



Think Loughton

News from Loughton Town Council

Autumn 2020 No 90

Barbara Harmer First female supersonic pilot



LOUGHTON TOWN COUNCIL was delighted to commemorate the UK's first female supersonic pilot, Barbara Harmer, with the installation of a Heritage Plaque at 91 Staples Road, Loughton, her place of birth.

Born in 1953, the youngest of four sisters, her family moved to Bogner Regis, West Sussex when she was five. Barbara left school aged 15 to become a hairdresser. Five years later, bored and unchallenged, she achieved a trainee position as an air traffic controller at Gatwick Airport.

Meanwhile, with the initial intention of gaining a law degree, she began studying for A-levels, by herself with no tuition. However, the 'flying-bug' had bitten and Barbara saved every spare penny (£5,000) and along with a £10,000 loan paid for her own flying lessons to earn herself a pilot's licence, taking control of an aircraft for the first time in December 1975.

Following a new job as a flying instructor at Goodwood Airport, a determined Barbara spent the next two years studying for her commercial pilot's licence by correspondence course, passing in 1982. Achieving her ambition of becoming a civil aviation pilot proved more difficult than envisioned. After submitting more than 100 applications, she was finally offered a post with a small commuter airline, Genair.

In 1984, she moved onto British Caledonian, and had her first experience of jet airliners, flying the BAC One-Eleven and then the larger McDonnell Douglas DC-10. Four years later Caledonian merged with British Airways. In 1992, from nearly 3,000 pilots – only 40 being women – Barbara was



Photo © BA Press Office

selected for an intensive six-month conversion course for Concorde, costing £100,000, fortunately this time paid by her employer! Her ambition now was to become a captain.

On 25 March 1993, Barbara made history flying as first officer on a BA Concorde from London's Heathrow to New York's JFK airport. In 2001, another woman, an Air France pilot, Béatrice Vialle, became the second female to pilot Concorde before the service was finally withdrawn. Only one other woman flew the aircraft, during its development phase, French test pilot, Jacqueline Auriol. After Concorde, Barbara retrained to fly

Boeing 777s, finally taking redundancy in 2009.

Barbara's passions didn't stop at flying, she was also a qualified offshore yacht master with plans to take part in a transatlantic event in 2013. Sadly, in 2009 she was diagnosed with ovarian cancer and died at St Wilfrid's Hospice in Chichester on 20 February 2011, aged 57.

Not long after she began piloting Concorde, during an interview Barbara said "...there's nothing else like it. Even pilots stop and stare, it has an aura about it." Hopefully, people will stop and stare at this plaque in recognition of a remarkably determined and successful woman.

**Better Service.
Better Tenants.
Better Rents.**

More Local Properties Urgently Required

Call us now on 020 8502 3500



PROPERTY PROFESSIONALS
since 1988

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 | 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 Underground) | 0343 222 1234 |
| Luton Airport | 01582 405100 |
| National Express | 0871 781 8181 |
| National Rail Enquiries | 03457 484950 |
| Southend Airport | 01702 538 500 |
| Stansted Airport | 0844 335 1803 |
| Tourist Info Centre (Waltham Abbey) | 01992 660336 |
| Traveline (public transport information) | 0871 200 22 33 |

COME ALONG TO OCTOBER OPEN DAY WEEK AT THE OAK-TREE GROUP OF SCHOOLS



BRAESIDE SCHOOL
Buckhurst Hill
Ages 2 ½ to 16
Wed 7 Oct 9.15am (2 ½ to 11)
Wed 7 Oct 6pm (5 to 16)



COOPERSALE HALL SCHOOL Epping
Ages 2 ½ to 11
Tues 6 Oct 9.15am
(2 ½ to 11)



NORMANHURST SCHOOL North Chingford
Ages 2 ½ to 16
Thurs 8 Oct 6pm (5 to 16)
Fri 9 Oct 9.15am (2 ½ to 4)



OAKLANDS SCHOOL Loughton
Ages 2 ½ to 11
Thurs 8 Oct 9.15am
(2 ½ to 11)

Four local privately-owned independent schools for children aged 2½ to 16

Find out more and book a place www.oaktreeschools.co.uk

 @OakTreeSchools

Clerk's Remarks



WHAT A DIFFERENCE a year makes. Normally in the autumn edition we would be reporting on numerous events and gatherings that had taken place and advising on future social occasions to look forward to.

The Covid virus has affected everyone in every walk of life in some way, without exception.

At the time of writing, so much is 'on hold' and 'uncertainty' is the new norm. By the time one Government directive has been absorbed, it has been surpassed by the next. In keeping with the rest of the country, the vast majority of Loughton residents have shown admirable, resilience and tolerance, keeping to government guidelines and have responded well to rapid change. Loughton Town Council has been no exception, initially working with 'skeleton' staff and returning to some normality, as restrictions eased. The Town Council elections were deferred to 6 May 2021. Our Town Mayor, Stella Murphy kindly agreed to extend her Mayoral duties (where she could) following the deferred Annual Council meeting usually held in May. Our last summer 'Think Loughton' edition was produced only in electronic format but we

are now back to printing and circulating our additional hard copy version.

We are undoubtedly living through a dramatic and unwelcome period of history. We would like to document local residents' experiences during this difficult time, through your own writings, poems, artwork, drawings etc. We would collate these entries and produce a 'snapshot' record of Loughton, during this exceptional time (see page 4).

Can I remind you of our knitted poppy appeal (see page 7) where we are looking to produce a memorable display for Remembrance Day in November this year.

Please keep tabs on the 'news and events' section of our website where we will be able to update you on forthcoming Christmas events all being well.

Best wishes

Mark Squire
Town Clerk



Rudyard Kipling and Stanley Baldwin blue plaque

LOUGHTON TOWN COUNCIL commissioned a further heritage plaque, partially funded by the Kipling Society, to commemorate the 'summer idyll' spent by Rudyard Kipling, his sister Alice and cousin Stanley Baldwin at Goldings Farm which has now been installed on the site. It is hoped to hold a dedication ceremony to this plaque later this autumn. Our thanks go to the homeowners, Mr and Mrs Bassi, for consenting to the installation of this plaque on their property. The Town Council is keen to celebrate and inform Loughton residents of its rich history.

By the time you read this, a new book should have appeared about Kipling and Baldwin's boyhood visit



to Loughton. *The Loughton Idyll of 1877* has been researched and written by Janice Lingley and will be available through the Library and bookshop, price £6.50 (call 0208-508-2361 to buy).

At the Full Council meeting on 8 July, the latest heritage plaque was approved to commemorate Peter Abrahams, the South African freedom writer, who resided for a period in Jessel Drive. This project is currently being progressed.

A full list of the blue heritage plaques located in Loughton can be found on our website: http://www.loughton-tc.gov.uk/Blue_Heritage_Plaques_2586.aspx

Goldings Hill and Lower Road c1880. Goldings Farm, where as boys Rudyard Kipling and Stanley Baldwin stayed, looked down on this scene.



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
cllrjogia@outlook.com

Cllr John Mahoney 07909 517145
Flat, Lopping Hall, 189 High Road
Loughton IG10 4LF
Johnmahoneyig10@gmail.com

Cllr Stella Murphy 020 8508 2794
6 High View Close
Loughton IG10 4EG
stella.murphy6@icloud.com

FAIRMEAD WARD

Cllr Carol Davies 07817 230372
13 Colebrook Gardens
Loughton IG10 2HS
carolchristmas@yahoo.com

Cllr Kevin Latchford 07505 377886
c/o Loughton Town Council
Loughton Library & Town Hall
Traps Hill Loughton IG10 1HD
klatchford8@gmail.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
cllrjennings@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**
Winter 2020/21 28 Sept 2020
Spring 2021 11 Jan 2021
Next issue covers end Nov to end Feb 2021.

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

Loughton Library & Town Hall, Traps Hill, Loughton, IG10 1HD at 7:45pm

AT THE TIME OF GOING TO PRINT ALL MEETINGS (EXCEPT *PLANNING) WILL BE HELD ELECTRONICALLY. DETAILS WILL BE AVAILABLE ON OUR WEBSITE, FACEBOOK AND NOTICEBOARDS WHEN THIS SITUATION CHANGES. *Applications will continue to be considered under delegated authority, comments are still invited.

Sept 7 Planning & Licensing
9 Recreation
21 Planning & Licensing
29 Environment & Heritage
Oct 5 Planning & Licensing
14 Resources & General Services
19 Planning & Licensing
28 Annual Council
Nov 2 Planning & Licensing
16 Planning & Licensing

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

News round-up

■ **VIRTUAL EXERCISE:** EFDC Community, Culture and Wellbeing team have relaunched some of their programmes with a new approach, running a new virtual schedule of online Zoom classes along with outdoor sessions across the District. The variety of classes includes Stretch and Relaxation, Wellbeing Fitness and their Active Living programme - for people doing less than 30 minutes of activity per week looking for a gentle approach to beginning their wellbeing and physical activity journey again. Other community fitness classes will be 30-45 minutes of movement, stretching and relaxation for all abilities and levels to enjoy. Follow them on their social media channels or contact csreception@eppingforestdc.gov.uk for more information. See P8 for further community fitness sessions too!



■ **VIRTUAL COUNCIL MEETINGS:** In the wake of the Coronavirus situation, all public meetings

had to be cancelled. Loughton Town Council held its first virtual meeting on 8 July and all future meetings, except Planning & Licensing, will be held electronically until Government guidelines change. The Planning Committee are continuing to consider all planning and licensing applications, with comments submitted to the local planning authority under powers of delegated authority. Written comments continue to be invited by interested parties. Applications under consideration are displayed on our website and our noticeboards.

■ **LIFE IN LOCKDOWN:** Loughton Town Council invites its residents to submit their reflections on life in 'lockdown'. We would like to collate and exhibit your experiences during this unprecedented time in our history, through artwork, writings, drawings, poems etc., send your contributions either by email: contact@loughton-tc.gov.uk or post: Loughton Town Council, Loughton Library & Town Hall, Traps Hill, IG10 1HD.

■ NEW CEMETERY ATTENDANT:

Following the retirement of our Cemetery Attendant, Alex Wilson, we are pleased to announce that Tim Horton has been appointed to this role. Tim joined the Town Council in June last year to act as concierge at evening Council meetings in the Library and caretaker at the Murray Hall, having previously had a career in the Metropolitan Police

Administrative Department. Tim has settled well into his new position, particularly as he enjoys physical activity and being outdoors. We wish him well in his new role.



Finances 2019-2020

Due to the Coronavirus lockdown in March, the financial information below was unable to be completed for inclusion in the Town Council 2020 Annual Report, which featured in the earlier summer edition.

Members' Allowances 2019/20

| The Parish Basic Allowance for 2019/20 is £120 p.a. | | | |
|---|------------------------|----------------------|--------|
| Councillor | Parish Basic Allowance | Travel & Subsistence | Total |
| | £ | £ | £ |
| P Abraham | 120.00 | | 120.00 |
| J Angold-Stephens | 120.00 | 23.10 | 143.10 |
| P Beales | 120.00 | | 120.00 |
| R Brookes | 120.00 | | 120.00 |
| T Cochrane | 120.00 | | 120.00 |
| B Cohen | 120.00 | | 120.00 |
| M Dalton | 120.00 | | 120.00 |
| C Davies | 120.00 | | 120.00 |
| T Downing | 120.00 | | 120.00 |
| J Jennings | 120.00 | | 120.00 |
| K Latchford | 120.00 | | 120.00 |
| J Mahoney | 120.00 | | 120.00 |
| S Murphy | 120.00 | | 120.00 |
| A Omer | 120.00 | | 120.00 |
| T Owen | 120.00 | | 120.00 |
| C C Pond | 120.00 | | 120.00 |
| C P Pond | 120.00 | | 120.00 |
| M Stubbings | 120.00 | | 120.00 |
| D Wixley | 120.00 | 30.15 | 150.15 |

Cllrs S Pewsey and S Murray have renounced their right to claim the allowance.

Financial Report

| £ | 2018/19 | 2019/20 |
|--|----------------|----------------|
| Band D precept figure per household | 53.59 | 57.15 |
| Income | | |
| Precept | 665,000 | 719,000 |
| Local Council Tax Support grant | 13,508 | 0 |
| Interest | 5,009 | 5,047 |
| Operating income | 194,206 | 187,143 |
| Total receipts | 877,723 | 911,190 |
| Running Costs | | |
| Resources & General Services | 169,789 | 152,640 |
| Environment & Heritage | 175,043 | 184,820 |
| Recreation | 495,623 | 508,461 |
| Planning & Licensing | 73,500 | 39,553 |
| Total payments | 913,955 | 885,474 |
| Summary | | |
| Balance c/forward | 707,969 | 671,737 |
| Add receipts | 877,723 | 911,190 |
| Less payments | -913,955 | -885,474 |
| Balance c/forward | 671,737 | 697,453 |
| Total net assets represented by: | | |
| General fund | 277,235 | 333,251 |
| Earmarked reserves | 394,502 | 364,202 |
| Overall balances | 671,737 | 697,453 |

For a detailed copy of the accounts please contact the council.

Home
There's no place like it



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.



FREE initial consultation

EXPERIENCED CREATIVE PRACTICAL

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

50 Queens Road,
 Buckhurst Hill,
 Essex IG9 5BY





Remembering Margaret Chalk

LOUGHTON TOWN COUNCIL was saddened to hear of the passing of former councillor, Margaret Chalk on 22 April this year, aged 90, at the Marcris House Nursing Home, Epping.

Margaret, born Margaret Ribbitts in Romford in 1929, served for 8 years as a LRA Town Councillor for Loughton Roding Ward, until the age of 86, she was very fondly remembered by fellow councillors and staff as a real character.

Along with representing her constituents she was also heavily involved with the former Debden Community Association and the Roding Valley Meadows Nature Reserve.

Several decades ago, Margaret led nature walks around the reserve, recounting en route names and information about much of the fauna and flora as she went. In her later years, she maintained her high spirits and vivacity taking up art classes at the Baptist Church, along with visits to either The Hollybush or The Last Post. Margaret was well known and fondly regarded in the local community.

We send our sincere condolences to Margaret's surviving niece, family and friends.



Social. Active. Strong.
helping you move forward with confidence

A new strength and balance service for residents of Epping Forest, Harlow and Uttlesford.



A **FREE** 12-week programme of activity to help you **build strength, improve mobility** and help sustain your day to day activity levels.

Doing more gentle strength based physical activity can help improve mobility and balance leading to a more active, social and independent life. **Social. Active. Strong.** is a **FREE** service available to adults living or registered to a GP's practice in Epping Forest, Harlow and Uttlesford.

For information and to register for **FREE ONLINE CLASSES**...

EPHING FOREST & HARLOW RESIDENTS

tel 01992 564561

corseption@epppingforestdc.gov.uk

UTTLESFORD RESIDENTS

tel 01799 510985

tel@uttlesford.gov.uk



Christmas competitions

FOLLOWING ALL the uncertainties faced over the summer months, with autumn approaching the town council looks forward with cautious optimism as it launches its 2020 Christmas competitions.

Put your artistic talents to the test and design the town council's official Christmas card. Create an original "Christmas" themed design. It must be A5 size, portrait or landscape, colour or black/white. The format can be a photograph, drawing, picture or illuminated script. The closing date is Wednesday 11 November 2020. Competition rules and entry forms can be downloaded from the council's website www.loughton-tc.gov.uk

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

The town council also invites all Loughton businesses to decorate their windows with a Christmas themed display. This will guarantee automatic entry into the 2020 Christmas Window Competition. Last year the judges faced really difficult decisions as so many businesses decorated their premises and set such high standards. There are now four entry classes: local/independents; multiple/chain stores; charity

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

Judging by the town mayor and two fellow councillors commences on 30 November. Displays will be judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort.

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

2019 overall winning (& infant category) design by Joel Smith



Team departures

LOUGHTON TOWN COUNCIL said goodbye to two of its officers this summer, Lorraine Gibson and John Wooton.

Lorraine, our part-time Town and Community Development Officer, left us at the end of July to take up a full-time position with Epping Forest District Council. Lorraine was appointed to her role in the spring of 2016 and worked tirelessly

in developing links with Loughton's organisations and businesses. She successfully organised many Town Council events, including the Jessel Green Community Fun Day which under her guidance, has grown year on year, and co-ordinated the council participation in the Sunday Remembrance Parade. Lorraine will be sorely missed by her colleagues, not least because she recruited many of our event volunteers with her numerous family members, for which we have been truly grateful. We wish Lorraine every success in her new role at EFDC.

John joined the Council in 2013 in the role of part-time Finance Assistant, following nearly 40 years working in investment banking. John decided to spend his final working years in a community based environment and has provided excellent service to the council and Loughton residents. Being a dedicated family man and Tottenham Hotspur supporter, he leaves us to enjoy his retirement spending his time with his wife and family, particularly his wonderful grandchildren, who bring him great pleasure – unlike the mixed emotions he experiences with his football team! We wish John and his family every happiness; he too will be much missed by all his colleagues (even those supporting rival teams!).

Lorraine and John at last year's Town Mayor's Fun Run



Community policing

by PC Anokhi Chouhan, beat officer for Loughton

THE COMMUNITY POLICING TEAM at Loughton Police Station have had the delight of recently welcoming two new Police Community Support Officers. PCSO Adam Dixon-Peters and PCSO Paul Ludewig have been getting to know the Loughton streets by doing

extensive foot patrol up and down the town. They have enjoyed speaking to the residents of Loughton as well as the local businesses on the High Street. This has led to a WhatsApp group being set up for shop owners, so that they can share information about shoplifters and let the other local businesses know to keep an eye out. They of course should still report crimes the usual way, i.e. 999 for an emergency or crime-



threw themselves into helping the rest of the Community Policing Team. Most recently a warrant was executed on a seemingly normal residential address in Loughton, where a cannabis factory made up of 571 plants was found. This was dismantled by our very own CPT and Town Team and has led to one suspect in custody and approximately £750,000 worth of cannabis off the streets.

in-progress, or 101 for a non-emergency.

Loughton also has a brand new Town Team. During the peak of lockdown, with most local businesses closed and the streets pretty much deserted, PC Luke Maskell and PC Charlotte O'Brien

Knitted poppy appeal



FOR THOSE residents who were unable to access the last edition of Think Loughton which due to the Coronavirus pandemic was only available electronically, we are looking to mark Remembrance Day in November with an exhibition of knitted poppies to be displayed in a prominent location in Loughton.

If you can knit or crochet, maybe you would like to put your skill to good use and submit your poppies for Remembrance Day.

PLEASE BRING YOUR COMPLETED POPPIES TO A COLLECTION BOX SITUATED IN THE ENTRANCE FOYER OF LOUGHTON LIBRARY OR POST TO: Loughton Town Council, Loughton Library, Traps Hill, IG10 1HD.

A knitting and crochet pattern can be found in the summer edition on our website, if you do not have access to a computer and would like a copy, contact the office on 020-8508 4200.



MOBILITY CENTRE AT YOUR SERVICE



STAIRLIFTS TO RENT OR PURCHASE
ALL MOBILITY PRODUCTS PROVIDED
ELECTRIC SCOOTERS / WHEELCHAIRS
REPAIRS / BREAKDOWNS / SERVICE
BATTERIES / TYRES / CHARGERS

Please call in and chat to us:
199 Manford Way, Chigwell, ESSEX IG7 4DJ

or you can ring us on:

07885 218703

020 8252 8192

info@bradshawstairlifts.co.uk

www.bradshawstairlifts.co.uk

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



- private parties • conferences
- community events • clubs and societies
- dances and performances



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

Dates for the diary

For information on Regular Activities see pages 13 & 14

AT THE TIME OF GOING TO PRINT THE FOLLOWING ENTRIES HAVE BEEN INCLUDED AT THE REQUEST OF THE ORGANISERS. IN THE LIGHT OF THE CORONAVIRUS SITUATION YOU ARE STRONGLY ADVISED TO CHECK WITH THE CONTACTS LISTED FOR EACH ITEM FOR THE LATEST INFORMATION.

■ **Sat mornings 8.45-10am Athletics**

Roding Valley Recreation Ground on the short track. Aged 4 and upwards Running, Shotput, Javelin, Discus, Hurdles, Relay races. £3 per session – first session free. EFDC qualified enthusiastic coaches help to improve your skills in a fun and safe environment. Up to date with all guidelines and procedures to ensure all sessions carried out safely. Coaches will ensure your child has fun, enjoys themselves and makes new friends all while learning new skills! For more information please contact Will Fordham wfordham@eppingforestdc.gov.uk 01992 546 166 ext. 2563



■ **Sat mornings 8.45-10am Tennis** – If

athletics is not your thing, come and try Street Tennis with fun, enthusiastic qualified coaches. Practice every week to improve your knowledge and skills. Aged 4–11. £3 per session – first session free. For more information please contact Will Fordham wfordham@eppingforestdc.gov.uk 01992 546 166 ext. 2563



■ **24 Sept 7.45pm AGM Essex**

Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles 020 8508 4581 (see p13)

■ **22 Oct 7.45pm Tassels Essex**

Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles 020 8508 4581 (see p13)



■ **8 Nov 11.50am Remembrance**

Parade Royal British Legion march to the War Memorial, Kings Green followed by poppy wreath laying service at 12.15pm.



■ **English-Speaking Union Murray Hall**, 106 Borders Lane, 1st Thursday. 10.15 for 10.45am. No events arranged until further notice. Contact 0208 508 9001 or 01992 812454.

■ **The Herts & Essex Architectural Society** hopes to resume its meetings as soon as possible. For further information, please refer to the HEARS website: <https://hears.vpweb.co.uk>

■ **Open Door Friendship Group DUE TO THE CORONAVIRUS SITUATION THE YOGA SESSIONS USUALLY HELD AT 2PM ON A WEDNESDAY AT LOUGHTON METHODIST CHURCH HALL ARE CURRENTLY CANCELLED** (see Regular Activities p13, column 3)

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.

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-5pm
Saturday 8.30am-4.30pm

24 Forest Road, Loughton, Essex IG10 1DX

020 8508 1325

E-mail: aandjopticians@msn.com

Covid19 Mutual Aid group



THE LOUGHTON Covid-19 Mutual Aid group was set up in March to connect neighbours to offer practical help during the pandemic. Volunteers support elderly and shielding neighbours with shopping, collecting medication and being a trusted, friendly face to rely on. We organise through Facebook and WhatsApp groups and connect people who need help with those who can offer help on their street or nearby. During the lockdown, this grassroots group offered vital street-level practical support to neighbours and helped to build stronger

community connections. Fairmead Ward Co-ordinators, Jo and Kelly commented that the experience of being part of the group has been positive and rewarding. They say: "It's been a bit hectic at times as we're both still working from home throughout the pandemic! But feel totally proud to be part of a group of people who are enthusiastic and professional and most importantly warm and caring and want to support others in the community." Find us on Facebook www.facebook.com/groups/loughtoncovid19mutualaid

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.



f Haslers in Haslers

www.haslers.com

@HaslersUK HaslersUK

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

Spurs development programme at New City College

Professional pre-season training starting now

A SIGNIFICANT agreement between Tottenham Hotspur and New City College means that over 300 young sports men and women at the college will now benefit from professional training, sports industry preparation and work experience alongside a BTEC Diploma in Sport.

And, the programme is offering sign-ups for free pre-season training.

Paul Griffiths (Tottenham Hotspur Football Development Centre Programme Head Coach) explains: "Many young footballers have lost out on almost three months of club or local training through lockdown. To prepare for the new season and college year, applicants signing up to the New City College Education and Tottenham Hotspur Football Development Centre will get the benefit of professional pre-season training in the lead up to the start of their college development programme."

After six successful years at the Epping Forest campus, the Tottenham Hotspur Football Development Centre programme will now be extended to New City College students at its Redbridge, Hackney and Tower Hamlets campuses.

Paul Griffiths continued: "We've already seen great levels of talent and success in our NCC Epping Forest trainees. We're delighted that even more footballers across the New City College group will now be able to take part in the opportunities of the development programme."

Curriculum Director Shaun Clifford said: "Our partnership with Tottenham Hotspur has already shown that students who work hard through the programme get rewarded. Our students visit Tottenham Hotspur's Training Centre, they get the opportunity to work at high profile Premiership games and they progress to great things. Extending the relationship to benefit students at three further campuses is a magnificent opportunity for young football enthusiasts right across East London."

Students' progress from the programme to a range of careers in sport or university degrees, from sports development to coaching. And those with exceptional talent have been signed to professional football clubs.

Aaron Clifton was a student on the programme in 2018/19 and was recommended for Tottenham Hotspur's Coaching Excellence Centre where he has been mentored and up-skilled by the Clubs Academy coaches along with a year-long work placement with the Clubs First Team staff. Aaron has now gone on to secure a coaching role with Tottenham Hotspur Football Club!

To sign up to the 16-18 New City College Education and Tottenham Hotspur Football Development Centre programme, visit ncc london.ac.uk

New bereavement support helpline



ST CLARE HOSPICE recently launched a Bereavement Support Helpline (01279 967670); a new telephone service aiming to offer immediate support to local, bereaved people.

The helpline operates from 9am – 5pm, Monday to Friday. It is run by a team of Hospice staff and volunteers, trained to deliver immediate emotional support and practical guidance to those seeking extra support after the loss of someone close.

Anyone who has experienced the loss of a loved one, whether recently or in the past, is welcome to call St Clare's Bereavement Support Helpline.

You will have access to a range of supportive services:

- A listening ear, and emotional support from trained St Clare staff and volunteers
- Information and guidance on what to do after a death (things like registering a death, closing accounts, planning a funeral, and other practical arrangements and considerations)
- Sign-posting to other St Clare services that you can access, as well as resources in your local community that could benefit you

If you would like to speak to someone about the loss of someone close, no matter how long ago you were bereaved, the number to call is 01279 967670. *The Helpline is free to call, though charges may apply in line with your standard network rate.*

St Clare's new Bereavement Support Helpline is funded by £46k of funding from the National Lottery's Community Fund. It is part of a range of new services that the Hospice has launched in response to a community need for bereavement support during the pandemic.

In May 2020, St Clare also developed its popular Bereavement Café project, launching 'online communities' within localised Facebook groups to offer bereaved people an opportunity to continue meeting and connecting with others who understand.

To find and join your local Bereavement Café online community, visit the St Clare Hospice Facebook page at facebook.com/stclarehospice and look under the 'Groups' tab.

For more information about any of St Clare Hospice's bereavement services, visit their website at stclarehospice.org.uk/bereavement



DURING THE LOCKDOWN, GROW Community Garden was closed to the public but the site was still maintained by a committed team of volunteers who went, one at a time, to sow seeds, look after the plants and water the vegetable beds. This means that there is still a harvest of organic, locally grown produce for volunteers and the wider community this year. With the easing of government guidelines, we

are now fully open to the public once again. All volunteers welcome and no experience needed. It's a great way to stay healthy by doing outdoor activities as well as connecting with others in the local community to make a difference. You are also welcome to come and visit and take a look round. Opening times: Wednesdays 10:30am to 3pm and Saturdays 10am to 2pm. www.growloughton.org.uk or call 020 8508 9883.

Copped Hall



THE CURRENT COPPED HALL was built in 1753 for the Conyers family. The property is situated on a ridge within Epping Forest overlooking its landscaped parkland. Both mansion and gardens are on a site of ancient human habitat. Many important buildings from the medieval, Tudor and Elizabethan ones were demolished prior to the present one being built and enlarged by the Victorians. The estate was last owned by the Wythes family and was subject to a disastrous fire in 1917. It was burnt out with

just a shell remaining. In 1993 the Copped Hall Trust was formed and the house along with 24 acres of gardens was saved for the purposes of education, culture, local community activities and recreation. The restoration programme continues. This wonderful and historic place is run by over 100 volunteers, creating an oasis of good people. If anyone wishes to join and help they are most welcome, apply Alan Cox email – coxalan1@aol.com Please also see Copped Hall website www.coppedhalltrust.org.uk

Citizens Advice We're here for you

IF YOUR LIFE has been affected by coronavirus and you would like some support and advice we are here for you.

Our trained advisers can support you on a range of issues including financial, housing and family concerns, access to local services, benefits and employment advice.

Our specialist debt advisers can help you to manage your debts before they become overwhelming. They are also experts in liaising with creditors to agree repayment plans that meet your current circumstances.

We know the impact of Coronavirus has hit people and families hard across the District. Don't put off your worries and concerns, call us now for expert, confidential advice. We're here for you. Call us on 0300 330 2107 Tuesday to Thursday, 9:30 to 14:30.

Our Help to Claim service for those considering making a claim for Universal Credit is also available on 0800 144 8444 or go online for webchat at www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim

You don't need to go through this alone. Get in touch. Give us a call. Our advisers are waiting to help you.

**citizens
advice**

ADULT COURSES

NEW CITY COLLEGE | Epping Forest

**Starting soon at
your local college**

**Many people pay no
or low course fees!**



Scan this QR code
to download our
new Adult Course
Guide **NOW!**



NEW CITY COLLEGE
BORDERS LANE, LOUGHTON IG10 3SA



2020-21

www.ncclondon.ac.uk



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 HEARSEs

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



Golden Charter
Funeral Plans



INVESTORS
IN PEOPLE



Grief Journey
Essex



Overseas office
Accra, Ghana

WWW.TCRIBB.CO.UK

Essex & Herts
Air Ambulance
Your local life-saving charity

BUY-A-BRICK AND HELP BUILD OUR FUTURE

Building our own airbase will help us secure the future of the charity's North Weald operations.

Buying a brick is a great way to be part of our new airbase. Every pound goes to the build. Thank you.



Choose your brick at ehaat.org/buy-a-brick or call us on 0345 2417 690



We'll send you an email to thank you for your support.



We'll send you an e-certificate of thanks.



We'll send you an e-certificate of thanks, and your name will be credited in the reception area for a minimum of a year.



You'll be invited to a special preview of our North Weald Visitor Centre in 2021, we'll send you an e-certificate of thanks, and your name will be credited in the reception area for a minimum of a year.

Charity Number: 1108989



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.rodingerallotments.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 / fdt1@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 Waltham Abbey 9.30am - 12.30 midday Tues/Thurs. Epping 3.15pm-6.15pm Thurs. 01992 573402 affordablecounselling@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. 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.filmiloughton.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). email rachel@forestmusical.co.uk or visit www.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 Scout Hall, Church Lane. 2nd Thurs, 5-10pm alternate months. David Southgate 020 8508 7530
Loughton Amateur Dramatic Society, Lopping Hall, High Rd. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.
Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk
Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thurs pm. 020 8502 0237
Loughton Bridge Club, 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) 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.rodingerplayers.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 Tyzak roy.tyzak@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, 2nd Fri. Lunch & speaker. New members welcome. Chairman Brian Cook 0208 5320227

Friday Market, St Michael's Church, Roding Rd. Fri, 10am-12 noon

Loughton Probus Club, Gilwell Park, Chingford. 4th Tues (lunch). Secretary Derek Allen 020 8504 3074 www.probusloughton.org.uk/

Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8637 4357

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

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

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

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

SPORT

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

Eppping Forest HF Walking Group regular Sunday walks in the local area. www.efhfg.org.uk

Eppping 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. Jns 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 (yht 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. Training Wednesdays 7.30pm. Matches Saturdays. Contact: Michael Walker 07939 468222

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



SCOTT DRYDEN DESIGN

CREATIVE DESIGN SERVICES

LOGOS • FLYERS • BROCHURES
ADVERTS • WEB DESIGN • ONLINE ADS
BANNERS + MORE

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



Think Loughton

Over 15,000 copies printed each issue

To promote your business in
Think Loughton contact Total Media
01245 790244 / 07942 800865
mail@totalmediamarketing.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
SERVICERepairs 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

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



- garden maintenance • garden clearances • turfing
- jet washing • astro turfing • tree pruning/felling
- commercial & domestic work • paving

Jason Skeet
EVERGREEN GARDENS
reliable, honest garden care

Jason Skeet
M. 07950 670 555
E. evergreen_gardens@outlook.com
f evergreen_gardens

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

Providing
tailored support
and personal
home-based
care packages.Enabling people
to continue to live
independently in
their own homes.Manorcourt
Homecare

We Are In Your Area To Help

If you would like to talk about any of our services, then
please give our **Loughton Branch** a call on **0203 7575504**
Honey Tree Court, Pyrls Lane, Loughton, Essex IG10 2RDTALK
TO US

If things are 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 1DTTalk to us any time you like,
in your own way – about
whatever's getting to you.

SAMARITANS

A registered charity

f ManorcourtHome

manourcourthomecare.co.uk





PROPERTY PROFESSIONALS
since 1988

**Local Market Analysis and Expertise.
Discover the Real Worth of Your Home.
Receive Our Comprehensive Sales Market Report.
Book Your Free Valuation Now.**

**More Local Properties Urgently Required
Call us now on 020 8508 0101**

www.roffeys.net



I would certainly recommend Roffeys to sell your property in Loughton. Their in-depth experience and local area knowledge is excellent. When you're selling your property you want to know that you are dealing with hardworking and credible people who provide accurate and professional advice. Roffeys most certainly delivers on all these counts.

Max Price

