



Think Loughton

News from Loughton Town Council

Winter 2020/2021 No 91

Remember them from home

LOUGHTON TOWN COUNCIL

was delighted with the most generous response to its knitted poppy appeal. As ever, Loughton residents came to the fore and contributed a marvellous array of knitted and crocheted poppies.

Town Council staff and volunteers created a striking and most poignant display on the oak tree outside its offices at Loughton Library, alongside the 'there but not there' soldier. The tribute in recognition of all those who have served in the armed forces on behalf of their country and fellow citizens, be it in conflict or peacetime, seemed to have particular significance this year; following the unprecedented circumstances we have all experienced due to the Coronavirus pandemic and it being the 75th anniversary of VE & VJ Days.

With the cancellation of most events throughout the year, remembrance day, with its usual commemorations somewhat curtailed due to Covid 19, gave us

all a chance to reflect and remember those who have lost their lives, and to appreciate how precious our freedom is.

We also thank in particular, the Woodland Branch Essex Handicrafts Association for their concept and hard work towards the equally poignant 'remembrance poppy arches' on Kings Green by the war memorial. (We hope to have some photos to share with you, in the Spring edition of Think Loughton.)

No doubt spending life in lockdown provided some with the opportunity to contribute to this cause. We would like to extend our sincere thanks to all those who participated in this appeal and helped to create this wonderful exhibition. At the time of going to print (19 October 2020) the display was a work in progress, with poppies continuing to arrive. The final result can be viewed on our website and social media platforms, or better still by visiting The Library at Traps Hill, where the display will remain for several weeks.



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

ADVICE, HELP & INFORMATION

Action for Family Carers	0300 770 80 90
Affordable Counselling Epping Forest	01992 573402
Citizens Advice	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	07939 468222
South Loughton Cricket Club	07941 347812

TRAVEL & TOURISM

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

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Clerk's Remarks



SEASONS GREETINGS in exceptional circumstances. I am looking forward to the first edition of 'Think Loughton' that is entirely 'Covid' free. Unfortunately this rampaging disease continues to dominate every aspect of our daily lives.

As well as following the 'Hands, face, space' Government guidelines, Loughton's residents and community groups should

be proud of two underestimated characteristics that are there in abundance but perhaps go unnoticed - resilience and an understated sense of humour.

Resilience - typically defined as the capacity to recover from difficult life events. "It's your ability to withstand adversity and bounce back and grow despite life's downturns" and these downturns keep coming. Humour - who would have thought that toilet rolls would be at such a premium and that everyone walking around in face masks would not be seen as intimidating.

2020 has seen long periods of lockdown and social distancing. I wonder how many local residents have ventured into Epping Forest for the first time? What an asset on our doorstep. The Recreation Ground has been even busier than normal. Other areas such as Hillyfields, Willingale Road Playing Field, Lady Whittakers Mead and Jessel Green have proved how priceless these green open spaces are to the community.

Despite difficult conditions,

Loughton Town Council continues to operate as normal as can be. The Council continues to meet at full Council and Committee level through remote and virtual 'zoom' meetings. Up until early 2020, my only notion of zoom (and probably for those of a certain age) was a Lyons ice lolly! My colleagues have continued to work both outside and in the office on a rota basis / skeleton staffing or working from home depending on the prevailing Government guidelines and I am grateful for their unabated commitment and enthusiasm in these difficult times.

Following enforced cancellation of a number of festive events, the Christmas lights in the main shopping centres will be displayed as normal and we have run our annual Christmas competitions. Please see our Grant Scheme on page 4 and Citizen of the Year Scheme on page 3 where applications are invited. A big thank you for all your contributions to date on your reflections on 'Life in Lockdown' appeal and also for the great response to our knitted

poppy appeal.

Typically a festive theme would feature on the front page of the 'Think Loughton' Winter edition. This year the poppy tributes are fitting. Covid meant that we were not able to celebrate VE Day and VJ day as we would have liked to. For a number of families in Loughton the Covid virus has brought loneliness and personal loss in recent months. It is a valuable time to appreciate the people and values that we hold dear.

I would imagine that for most Loughton households this year the Christmas festivities will be slightly more muted and a little more reflective. At the time of writing, we are unsure as to how many people will be allowed to sit around the table on Christmas Day? No doubt the holiday period will be an enjoyable time for most of us, but just different.

Festive greetings from all at Loughton Town Council and for a healthier and safer 2021.

Mark Squire
Town Clerk

Citizenship Awards



FOLLOWING THE year that we have endured due to the Coronavirus situation, many Loughton residents have stepped up to the mark this year showing their altruism, coming to the aid of their neighbours, friends, loved ones and strangers. Then of course there are individuals who simply demonstrate these qualities generally.

Do you know someone worthy of recognition for their community work or bravery? Your nominations are invited for the 2021 Loughton Citizenship Awards.

Each year we look to celebrate those special individuals in our town who go the extra mile for their fellow citizens. Maybe through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve

community facilities or cohesion, or by an act of courage or bravery.

Any Loughton resident, employer, educational institution, group or society may submit a nomination. There are three categories: Acts of courage or bravery that have resulted in the prevention of a serious crime or the rescue of individuals from danger. Voluntary Service for people aged 25 or over; and for people under 25 years of age. Each category winner will be presented with an illuminated scroll and a cheque for £250 made payable to their favourite local charity.

Last year's winner was Judy Lovell who regularly goes above and beyond her roles within the Restore Community Church and the Oakwood Hill Community Centre. Displaying compassion, empathy, professionalism and extreme caring, she is hands on and has set up various events making a huge impact on those who are in need, lonely, or vulnerable.

The closing date for this year's nominations is 31 January 2021. For more information contact the town council, email: contact@loughton-tc.gov.uk or call 020 8508 4200; or download a nomination form from the website at http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx

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

Councillors

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VC J Angold-Stephens
M Dalton
J Jogia
J Mahoney
S Murray
A Omer

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VC C P Pond
P Beales
T Cochrane
C Davies
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PLANNING & LICENSING

C J Angold-Stephens
VC K Latchford
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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.

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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, written comments are still invited.**

Nov '20	17	Recreation
	25	Environment & Heritage
	30	Planning & Licensing
Dec '20	2	Resources & General Services
	9	Council
	14	Planning & Licensing
Jan '21	4	Planning & Licensing
	6	Resources & General Services (Budgets) 7pm, Recreation
	18	Planning & Licensing
	26	Council (Budgets) 7pm, Environment & Heritage
Feb '21	1	Planning & Licensing
	10	Resources & General Services
	15	Planning & Licensing
	17	Council

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

News round-up

FINANCIAL ASSISTANCE: Loughton's local groups, organisations and charities are invited to apply to the town council for financial assistance for the period from April 2021 – March 2022. The closing date for receipt of completed applications at the Council Offices in Loughton Library, is Monday, 4 January 2021. Application forms can be downloaded from http://www.loughtontc.gov.uk/Grant_Scheme_2591.aspx or contact the council offices for more information Email: contact@loughton-tc.gov.uk Tel: 020 8508 4200

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



NEW ROLE – ASSISTANT TOWN CLERK (CIVIC & ADMINISTRATION): We are pleased to announce that Pippa Bryce has been appointed to this new position. Pippa has been with the Town Council now for over six years with increasingly evolving responsibilities. Her new duties will entail



greater onus on the Town Council's statutory obligations and additional specific project work. Her current management of civic duties (including

Mayor's Secretary), overseeing all aspects of cemetery administration and leading on a number of high profile council events, will continue as normal. We wish Pippa well in her new role.

CANCELLED CHRISTMAS EVENTS: Due to the ever growing list of Government 'Covid 19' restrictions and directive to curtail social gatherings, we regretfully had to cancel two of our mainstream events.

The 'Light up a Life' service (held with St Clare Hospice) scheduled for Saturday 28 November 2020 and also the 'Countdown to Christmas Event'.

CHRISTMAS OFFICE OPENING: The town council offices in the Library will operate the following hours over the Christmas period. Christmas Eve, Thursday 24 December 9.30am until midday. Re-opening from 10am to 4pm on Tuesday 29 & Wednesday 30 December. On Thursday 31 (New Year's Eve) 10am to 12.45pm. Normal opening hours (9.30am – 4.30pm) will resume from Monday, 4 January 2021.

A diamond couple



Cllr Stella Murphy, Loughton Town Mayor with residents Ian and Grace Maitland who celebrated their 60th Wedding Anniversary on 9 September 2020, and have lived in their

same home in Highlands Avenue, Loughton for 60 years! They met at St Michael's church youth club and have been involved with the St Michael's Scouts for many, many years.

Woodford & District National Trust Centre

TO ALL LOCAL folk interested in the National Trust and all it stands for, our many members and visitors, we should like to say that the continuing issues surrounding meetings, outings and even holidays with us, along with the many properties still not open for visits, we at the local Woodford and District Centre are missing you all - as much as we hope you are missing us!

We are striving to get together as soon as possible, and were hoping October would see a chance, but as our venues at Woodford and South Woodford are still not open and with the second wave of Coronavirus, it does seem a way off still. Through the help of these marvellous local news and topical information publications we are at least able to keep you in touch with us, and we truly value their support and help in this difficult time for us all.

Fortunately, our group is able to function still as we have reserves, and memberships and outings will be sorted as well as administrative scenarios within our committee team. We hope to be in touch soon with more news and are certain in those memorable words 'We'll meet again', we shall!!

Keep safe and well. We want you to know we care and desperately wish to keep our fellowship we all enjoy alive and functioning with you all.

Best wishes from the National Trust Woodford and District Centre Committee.

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Life in lockdown

FOLLOWING Loughton Town Council's recent appeal for Loughton residents' contributions showing how they had been filling their time, during 'life in lockdown', we were delighted to receive an assortment of artistic expressions to use in an exhibition, which we hope to display at the library once guidelines are eased and greater entry to the

library is allowed.

Hopefully, these examples will also encourage more of you to send in your contributions for this project. We welcome your poems, drawings/paintings, memories or creative pieces whatever their form. Our thanks to all residents that have already participated for their wonderful entries. Items

can be submitted by hand or post to the office: Loughton Town Council, Loughton Library, Traps Hill, IG10 1HD or, if appropriate, by email: contact@loughton-tc.gov.uk

Unfortunately we do not have room in this edition to display all the entries received so far. For the time being, here are just a few of the submissions received to date.

Isolation Walks Painting by Patricia Downey who visited Copped Hall, Epping



The Wild Bunch Throughout the spring I painted a watercolour of wild flowers that invaded my garden, waiting for each to bloom starting with the primroses, forget-me-nots and periwinkle in March and ending with red campions and grasses at the end of May. I call it "The Wild Bunch" – **Ron Heath**

Lockdown Shopping!

Today I am walking to the shops trying the best I can, ducking and diving and crossing the road, to avoid my "brotherhood of man!"

I was wearing a mask I made all by myself. As big as a dustbin lid! It wasn't just my nose and mouth this monster actually hid!

I couldn't breathe and couldn't see my purse when I went to pay. I think I'll have to try a new design for another day!

Outside the shop, I ripped free of the mask and zigzagged my way back home. I think it will be at least a week before I decide again to roam!

Angela
14th May 2020

One of three poems submitted by **Angela Wignall**



Ruth Newman has been most creative, trying painting and photography, resulting in this beautiful poppy photo; and has also been busy knitting poppies for our other appeal. She also found a use for toilet roll tubes; and hopes they raise a smile, she assures us however, she was not responsible for the toilet roll shortage!



Coronavirus - or Covid 19 A poem from Barbara Miln

It started in China, November nineteen (Is that why they call it Covid 19?)
We knew little of it till Spring of this year
By then the high dangers became very clear

On March 23rd a "Lockdown" was declared
"YOU MUST NOT GO OUT" - and nobody dared
No visitors allowed, not relative or friend
The Government rules we really must not bend

A trip to the Supermarket means all are queuing
We must Toe the Line - gosh What are we doing??
One in and one out then we follow directions
Wearing gloves and a mask for the most protection

Daily walks are allowed for healthy fresh air
For exercise too - we really must care
About all our limbs, our lungs and our heart
As long as you keep two metres apart!

All pubs cafes and restaurants closed straight away
No hotels or campsites allowed you to stay
No theatre or cinema open to view
No galleries or museums to entertain you

Schools are all closed, Universities too
Time for 'Home schooling' for parents to do
Tricky with children of various ages
With lessons and learning at different stages

The NHS staff had to do many tasks
With visors and gowns, plus gloves and the masks
Special hospitals were built in different places
To cope with the patients of various races

The virus was spreading throughout the whole world
The extent of the crisis now finally unfurled
Poor Boris had it bad, but Charles only mild
The virus not fussy whether adult or child

Then VE Day celebrated its 75th
Which bought to the nation a sign of relief
Great 'Distance' parties were held on that day
It lifted the mood in a wonderful way

For Carers, Deliverers and Key workers too
And all NHS staff who help pull us through
We clap every Thursday to show we are knowing
That they are the people who keep us all going!

Now some workers return not a day too soon
While 'working from home' has been a big boon
Will it be schools or pubs open next?
Just look on your phone - they'll advise you by Text!

On the Plus side the skies have never been bluer
Pollution abated, the air feels much newer
What's important we know is NOT riches and wealth
It is FRIENDS and FAMILY, and the best of HEALTH!



Local resident, Paramjit Doal, found a new hobby of gardening during lockdown, following in the footsteps of his father-in-law and discovering he was quite green fingered!

Not only has he reaped the benefits of all the wonderful vegetables he has grown, including tomatoes, courgettes, pumpkins and chillies, but also the improvement to his physical and mental health. Paramjit has taken his new hobby one step further and created (with the help of his daughter) his own Instagram account @thepunjabgardener



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Dates for the diary

For information on Regular Activities see pages 13 & 14

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■ **Sat mornings 10.15 – 11.15am Athletics**
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■ **Sat mornings 9 – 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 5 – 11. £3 per session – first session free.

For more information please contact Will Fordham wfordham@eppingforestdc.gov.uk 01992 562563

■ **26 Nov 7.45pm Christmas Decoration**
Essex Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles 020 8508 4581 (see p13). **NO MEETING ON 24 DECEMBER.**

■ **28 Jan 2021 7.45pm Wool Bracelets**
Essex Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles 020 8508 4581 (see p13)



■ **25 Feb 7.45pm Smocking** Essex Handicrafts, Church Hall, Loughton Methodist Church Contact Karen Myles 020 8508 4581 (see p13)



Due to the continuing Coronavirus situation and current Government guidelines, unfortunately, most events are cancelled until further notice. The following details have been requested for inclusion by some of our regular groups.

■ 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)

■ Theydon Bois Drama Society, due to the Coronavirus situation All Shows Cancelled until mid-March 2021, when it is hoped to resume productions.

■ Farmers Market – usually held by the LRA on the second Sunday of the month – suspended until further notice. Hopefully, they will be back in the spring.

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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020 8508 1325

E-mail: aandjopticians@msn.com



THE EPPING INCLUSION

PROJECT runs a variety of Sports and Leisure activities for children and young people with SEND.

The project runs a term time activity programme including, Trampolining, Football, Tennis, Yoga to name just some of the sessions on offer. During the school holidays the Inclusion Project run whole day activities, where siblings are welcome to join us too - highlights of the holiday programme include Forest Fun days, Outdoor Adventure days, Camping, Multi-Sport Camps and much, much more.

The project also runs a Parent Forum, which not only gives the parents a voice in the type of service we provide, we also run training workshops and Sibling Days Out.

Sessions and activities take place all over the district.

To find out more please contact Olivia Worsfold - oworsfold@eppingforestdc.gov.uk

Or to keep up to date with our latest news or see what we get up to please like our Facebook page - Epping Forest Disability Forum.



DEBDEN YOUTH GROUP for 13-16 year olds who love exploring big questions, pursuing social justice and spending time together. This is an exciting group to be part of, full of original thinking and genuine friendships. We will be meeting at the new community hub St John's-on-the-Broadway, 66 The Broadway on Wednesdays at 6.30-8pm.

We'd love to see you there! Sign up here: <https://www.rbf.org.uk/stjohnloughton>

Lizzy Lysaght, Partnerships Manager
020 3086 8186 - 20 // elysaght@rbf.org.uk

The show must go on...line

DUE TO COVID-19 restrictions, East 15 Acting School students will be performing 'online' again this term. Performance details will be added to their website and all shows will be live-streamed to their YouTube Channel. www.east15.ac.uk



Open Door Friendship Group

FOR ADULTS who have suffered from mental ill health at one time or another, meeting every Friday from 3.30 – 5.30pm at St Michael and All Angels Church, Roding Road, Loughton.

The club meets regularly providing members with support and the opportunity to make friends, valuing each and every one of its members as individuals. We are just meeting again after a break of nearly six months due to the Covid virus. We are following the Government's guidelines as a support group and are allowed to meet following social distancing.

It is important that we have face to face contact, it is essential for our well-being. If you live in the local area and feel alone, isolated or suffer from mental ill health you will find a warm welcome at Open Door Friendship Group. At the moment we offer a tea and sandwich but more important an opportunity to chat amongst friends in a warm, safe and friendly environment.

Paula Wilson opendoorfriendship@gmail.com

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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** ...

EPPING FOREST & HARLOW RESIDENTS tel 01992 564561 carception@eppingforestdc.gov.uk	UTTLESFORD RESIDENTS tel 01799 510585 info@uttlesford.gov.uk
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Loughton floods

The High Street was deluged on 30 September after an extraordinarily heavy downpour causing a flash flood. Just what local businesses didn't need following the Coronavirus pandemic lockdown!



Building Design Award



LOUGHTON TOWN COUNCIL continually seeks to protect and enhance our town. If there is a new development, commercial or residential, or a refurbished property that has caught your eye and deserves recognition, submit your nomination for this award.

Last year we received several nominations. The award was presented, following a majority decision, to a rebuild at 1 Hillcrest Road, cited as "an example of good design and construction. Its use of traditional materials, particularly the green oak timber, being both complimentary and sympathetic to the street scene, enhancing the

appearance of its surroundings and the town. The plot was a difficult shape and the house was well designed to fit the site while enabling the residents to enjoy the forest beyond. The appearance of the garden was also well thought out."

We encourage all residents, architects, developers, building contractors and owners to nominate their favourite building projects that were completed within the last year. Visit <https://tinyurl.com/yb3sk7k2> to download a form or contact the town council for more information. The closing date for nominations is 31 January 2021.

Highway Ranger Service to improve local environment



HIGHWAY RANGERS are being welcomed back to Epping Forest District, as a way of taking back control of some of the local highways issues.

Epping Forest District Council (EFDC) working in partnership with Essex County Council Highways is to provide a Highway Ranger service. Two rangers are currently undergoing training to pick up some of the tasks around the upkeep of the local environment.

EFDC and town and parish councils are contributing to a pot of money to pay for repairs to things like fingerposts which are seen as an important part of the district's street scene heritage.

Rangers will be undertaking tasks such as cleaning and minor repairs to non-electrical road signs, trimming vegetation and grass cutting, cleaning and minor excavation of roadside water channels and litter picking from highway land.



Garden challenge

TOWN MAYOR, Cllr Stella Murphy, was kindly invited by Woodland Grove Care Home, located in Rectory Lane, to officially open their Garden Project on 15 September 2020.

Following a particularly difficult year for both residents and employees of care homes due to the Coronavirus pandemic, the 72 residents of Woodland Grove conceived the idea of a challenge to transform a particular area of their garden in 72 hours. The challenge included everything from the initial planning, held by the resident-led garden committee, to choosing materials and getting out in the sunshine to make the magic happen.

Residents decided the level of involvement that they wished to make in participating in the event, whether that included choosing wind chimes, digging up soil, or potting a plant at their bedside. The 72 hour element of the challenge set the project apart from anything Woodland Grove had undertaken previously.

Cllr Murphy was delighted to attend and honoured to cut the ribbon. The challenge also raised money for the Care Workers Charity totalling a magnificent £1,027! The Town Mayor was thrilled to present the cheque on behalf of Woodland Grove Care Home to a representative of the charity.

Social. Active. Strong!



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in the Epping Forest District

EPPING FOREST DISTRICT COUNCIL'S COMMUNITY, CULTURE and Well-being team is always committed to providing and delivering the best service for the community ensuring the well-being of residents at all times. In line with government guidelines and ensuring all social distancing, cleaning and hygiene measures are followed we will be slowly relaunching some of our outdoor programmes. Please bear with us as we implement new ways of working to ensure the safety of staff and customers and slowly reintroduce our activities and programmes where it is appropriate for us to do so. Please keep an eye on emails, our social media channels or contact csreception@eppingforestdc.gov.uk for further information.

Social. Active. Strong!
Build your strength and improve your mobility with Social. Active. Strong.
Sign up for a new 12-week exercise programme you can do in small groups face to face with an instructor or at home.
The program is to help maintain your strength and balance, help you become more active and improve your general wellbeing.
If you or someone you know is interested, please contact: csreception@eppingforestdc.gov.uk

ADULT COURSES

**Starting in January 2021
at your local college.**

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LOUGHTON
262 HIGH ROAD, IG10 1RB
020 8023 8629



WWW.TCRIBB.CO.UK

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

VOLUNTARY ACTION EPPING FOREST Relief Boxes

Throughout September and October - VAEF will be assigning Relief Boxes to individuals or households who are struggling, financially, partly due to Covid19. Relief Boxes are provided and delivered to the referred client's address by Ongar Dairy Group and contain an estimated 2-week supply of fresh fruit and vegetables, bread, butter, milk and eggs for one person, or an estimated 1-week supply, for a couple or small family. (See image of contents).



The Relief Box also contains the following household items:

- Toothpaste
- Shampoo / Conditioner (all in one)
- Shower gel
- 4 pack of toilet roll
- Washing powder
- Washing up liquid
- Hand sanitiser
- Disinfectant

Request referrals from partner agencies must be received no later than 12pm on a Wednesday.

Relief boxes will be distributed to referred clients on a Thursday between 9am-5pm

For referrals - please email covidresponse@vaeff.org.uk with the following information:

- Client full name
- Telephone number
- Is support required as a result of covid19 (Y/N)?
- Full address
- Date of birth

Relief Boxes may be requested for a client more than once; however they can not be repeatedly guaranteed. Partner agencies are advised to make request referrals for clients with the greatest immediate support need, as a result of loss of income, redundancy, or financial circumstances impacted by covid19 pandemic.

In partnership with:



Voluntary Action Epping Forest
Registered charity no: 1097376

To discuss any referral case, specifically, and any wider personal support that may be available / offered - please call Nick on: 07967 726 851

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Regular activities

Amendments to: debra.paris@loughton-tc.gov.uk

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Road.
www.rodingleadallotments.co.uk/
Willingale Road Allotments, Loughton
Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Dog Agility Club Epping
Cricket Club, Epping. Thurs Evenings
6.30-8.30pm. Jodie Lucas 07804630394
Forest Dog Training School Club, Debden
Park Community Centre. Tues, 6.30-
7.30pm. 020 8508 3468 / fdts1@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@afgmail.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
www.sparkworthunlimited.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

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 - Roding Valley
Meadows. Volunteer work parties
undertaking practical reserve
management, Tuesdays & Wednesdays,
10am-3pm. Contact: roding@essexwt.org.uk 020 8500 3094

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; 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 -17yrs).
Leadership opportunities available for girls
& women over 14yrs. More information
and to register <https://www.girlguiding.org.uk/information-for-parents/>

Tots Time (0-4) Mons 9.30-11am. Forge
(Y7-13) Weds 3.30-5.30pm. Shine!
Toddler church (2-5) Thurs 9.45-10.45am.
After Hours (Y9+) Fri 8-10pm pool & table
tennis & console games etc. Shooting
stars (Y1-6) St Michael's Church field,
Roding Rd, Weds 4pm

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

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

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

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

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

**Rainbows, Brownies, Cubs & Scouts
Groups**, St Michael's Church, Roding Rd.
020 8418 7944

Red Balloon Family, Epping Drama Club
7-16yrs Tues 5.45-7.45pm @ The Box,
Epping, CM16 5DN 020 3086 8186
www.rbf.org.uk

**Red Balloon Family, UpStage Theatre
Company** 7-14yrs Mon 5-7pm; 14yrs+
Mon 7-10pm @ Lopping Hall, Loughton,
IG10 4LF 020 3086 8186 www.rbf.org.uk

Reindeer Explorer Scouts, St Edmund's
Church, Traps Hill. Girls/boys (13½-18
yrs). Fri. Dave Martin 07889 189261

MUSIC

60's music appreciation social group
Loughton Club, 8 Station Rd. Last Tues
2-4.30pm 020 8508 8365 / 07761
792691

Loughton Folk Club, 8 Station Rd. Live
acoustic music. Thurs, 8pm. Jim 07762
146623 / loughtonfolkclub@googlemail.com

Loughton Ladies Choir Meets every
Thurs 2.15-3.45pm St John's Church
Hall, Church Lane IG10 1PD. New
Members welcome - sopranos/altos
Marilyn Cross - 01279 430105

Loughton Operatic Society, Lopping
Hall, High Rd, 020 8505 2033.
loughtonoperaticsociety@hotmail.com
www.loughtonoperatic.org.uk Rehearsals
Tues & Thurs

National Jazz Archive, Loughton Library,
Traps Hill Mon-Weds, Fri, 10am-1pm
020 8502 4701 www.nationaljazzarchive.org.uk

Roding Players Orchestra rehearsals,
Roding Valley High School, Alderton
Hill. No audition. Mons, 7.30-9.30pm.
Miles Harwood 020 8505 4329 www.rodingleadplayers.co.uk/

South West Essex Choir, Loughton
Methodist Church, 260 High Rd. Tues,
7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/

Stand & Deliver Acoustic Open Mic Club,
Royal British Legion, 118 Church Hill.
2nd Tues 8pm. Roy Tyzack
roy.tyzack@btinternet.com

Woodford Symphony Orchestra
welcomes new string players. Rehearsals
Thurs, 7.45-9.45pm, Roding Valley High
School, 020 8924 9370
www.wsorchestra.org.uk

SOCIAL

The Buffaloes, Loughton Club, 8
Station Rd. A charitable brotherhood -
members (18+). Tues & Thurs, 8.30pm.
mljdaworsfold@yahoo.co.uk
www.loughtonclub.blogspot.com

13 ► Café Hope St Mary's Church, 201 High Rd Mon-Fri 9.15am-2.45pm 020 8508 3643
Chit Chat Club, St Michael's Church, Roding Rd, 1st Thurs, 1-3pm. Social activities & games, refreshments, company. 020-8418 7944
Civil Service Retirement Fellowship, Loughton Library (Jazz Room), Traps Hill, 3rd Mon, 2pm. Mrs E Vale 020 8508 2459
Forest Probus Club, Gilwell Park, E4. 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
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 (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. 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



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