



Think Loughton

News from Loughton Town Council

Spring 2021 No 92



Fields in Trust Loughton Cricket Club



Photo © Loughton Cricket Club

GREEN SPACE PROTECTED FOR THE LOCAL COMMUNITY.

Loughton Town Council (LTC) and Loughton Cricket Club (LCC) have been working closely together over a considerable time to secure the cricket ground at the foot of Traps Hill, Loughton with 'Fields in Trust' status, providing more robust protection for this valuable green space.

This protection is strengthened through a 'Deed of Dedication' a legal agreement between Fields in Trust and the Town Council, to ensure that the playing field will be retained as a green space in perpetuity. Whilst cricket continues as normal, this status ensures that the land is open and accessible to the local community with a principal use for outdoor sport, play or recreation.

Both LCC and LTC are keen to see more community use of the ground and it is envisaged that a 'Loughton Day' to support local community groups, will be staged on the ground, once the ongoing threat of the Covid pandemic is over.

LCC Chairman, Cliff Greenhill, said "Loughton Cricket Club are delighted to have

been granted Fields in Trust status. This now ensures that the ground is safe from building development in the future.

Loughton CC was founded in 1879 and in addition to cricket in a picturesque setting with a thatched pavilion we have always been pleased to support the local community.

The ground hosts a variety of adult and junior matches, spectators are always welcome, and is used by local schools for a variety of sports events.

Various community events and festivals are also held on the ground.

We are a Clubmark status community club and money raised is used to keep the playing cost to members as cheap as possible."

LTC Councillor, David Wixley, Chairman of the Recreation Committee said "I'm very pleased that after a thorough and long process the LCC ground has been awarded Fields in Trust status which will protect it against risk of development in the future. I'm extremely grateful to all who have played a part in achieving this.

LCC has a long history in our town and has

made a valuable contribution to the lives of Loughton residents over the years, not just for cricket but for providing a venue for other activities and organizations.

The ground itself is an attractive green space feature in the townscape of Loughton.

Therefore, for all the above, Fields in Trust status is something to cherish and be proud of."

The ethos as described on the Fields in Trust website is supported by both LTC and LCC:

'Green spaces are good, do good and need to be protected for good. They are not pleasant, nice-to-haves to be taken for granted - they are the green hearts of our communities.'

Parks and green spaces are proven to help people stay physically and mentally well; places where we can all move, breathe, run and play. They are an important tool to drive social cohesion, combat loneliness and build community spirit.

These parks and green spaces are under threat from financial and development pressures and it is up to all of us to stem this cycle of disappearance and decline'.

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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
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LOCAL AMENITY REFUSE POINTS

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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
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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

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National Express	0871 781 8181
National Rail Enquiries	03457 484950
Southend Airport	01702 538 500
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Clerk's Remarks



KEEP GOING – 'there's light at the end of the tunnel' -

seems to be the message for all of us at the moment. At the time of writing, we are in the peak of the Covid pandemic. Life is difficult and we meet new challenges head-on each new day. This 'Think Loughton' edition usually highlights the Town Council's community and social events programme for

the coming spring and summer months. Currently the only certainty is 'uncertainty'.

We will continue these functions, as and when it is safe to do so, while adhering to Government guidelines. Please visit our website news page, from time to time, for the latest updates.

Initiatives such as the 'Loughton Wombles' too will start in earnest, when we get the all clear.

Having taken many walks recently during 'lockdowns' in Epping Forest, it is pleasing to see many local residents carrying their own litter pickers and bin bags taking up the cause under their own initiative. Spontaneous Loughton community spirit in action!

On another positive note, Loughton Town Council, working closely with Loughton Cricket Club, has finally secured the cricket ground in Traps Hill as a 'Field in Trust'. The dedication ensures this green space is protected for Loughton residents

and future generations, to enjoy in perpetuity. We hope to arrange our first 'Loughton Community Day' on the site when the threat of the Covid virus recedes. Marking a truly double celebration.

Our Services Manager, Paul Hoy, recently attended the Essex Playing Field Association (virtual) awards ceremony and was delighted to learn the Town Council was awarded gold for Roding Valley Recreation Ground and silver for Traps Hill Playground. Both areas are enjoyed in large numbers by local residents. Thanks are extended to staff and volunteers for all their hard work throughout these most challenging times.

Let's hope by the time of the next edition, the Covid vaccination programme is in full swing and we all feel more reassured and relaxed with the world around us.

Keep going and keep safe.

Mark Squire
Town Clerk

Council tax

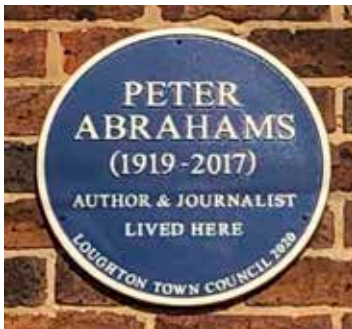
THE PRECEPT, the amount collected from residents in 2021/22 to spend on local services and facilities, will be £782,675. This sets the Loughton proportion of the annual council tax for a band D property as £62.44. An increase of £2.97 a year from the current figure, equating to just over £1.14 a week, a weekly increase of 6p.

In keeping with everyone else, the Town Council has not been financially immune from the effects of the ongoing Covid pandemic, which has diminished our income from hall hire and other normal income areas.

The Town Council is highly sensitive to the ongoing crisis and difficulties experienced by the local community so has kept the precept rise to a minimum whilst retaining reasonable reserves.

Restrictions have meant some Town Council projects have been reviewed and re-prioritised. These difficult times have highlighted the value of our playgrounds and a further £26,000 has been allocated to relocate and rebuild a new all-purpose children's play area on the Roding Valley Recreation Ground.

Peter Abrahams blue plaque



IN THESE days of social distancing and lockdowns, one of the avenues the Town Council has been able to continue is its Heritage scheme installing blue plaques to mark notable residents or buildings around the town.

Last autumn a plaque was installed at 37 Jessel Drive in recognition of Peter Abrahams, the South African journalist and 'freedom' writer. He explored, with sensitivity and passion, the injustices of apartheid and the complexities of racial politics. *Mine Boy* (published: 1946), became the first African novel written in English to attract international attention; and his memoir *Tell Freedom* (published: 1954) dealt in part with apartheid.

Peter Abrahams was born in Vrededorp, a suburb of Johannesburg, South Africa, in 1919.

Having early hopes of becoming a writer he faced considerable challenges as a South African. In 1939 he left his homeland. After working first as a sailor, he found his way to London where he became a journalist; living latterly with his wife, Daphne, in Loughton. Here he met several leading black activists and writers including George Padmore: a leading figure in the Pan-African Community; along with Kwame Nkrumah of the Gold Coast, and Jomo Kenyatta of Kenya (both of whom later became Heads of their respective nations).

In 1942, despite a manuscript reader's recommendation, Allen & Unwin published his *Dark Testament* (made up of pieces he had carried with him from South Africa). More publications followed in both the UK and USA.

In 1956 he moved to Jamaica, where he settled. He was awarded the Musgrave Gold Medal for writing and journalism by the Institute of Jamaica in 1994.

In January 2017, Abrahams was found dead (aged 97) at his home in Jamaica. A forensic examination showed he had been the victim of foul play, with Norman Tomlinson, a 61 year old local man, being charged with his murder.



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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

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
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S Pewsey

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VC K Latchford
P Abraham
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T Downing
S Murphy

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C D Wixley
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B Cohen
J Jogia
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M Stubbings

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Contacting us

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

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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

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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.**

Mar '21	1	Planning & Licensing
	3	Recreation
	10	Annual Town Meeting at 8pm Venue TBC
	15	Planning & Licensing
	23	Environment & Heritage
	29	Planning & Licensing
Apr '21	7	Resources & General Services
	12	Planning & Licensing
	14	Council
	26	Planning & Licensing
May '21	6	ELECTIONS
	19	Annual Council

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

News round-up

■ **ANNUAL TOWN MEETING:** Loughton Town Council will be holding its Annual Town Meeting on Wednesday, 10 March 2021. If Covid restrictions still apply the meeting may be held electronically. Details will be displayed on the town noticeboards and our website: News & Events - Loughton Town Council (loughton-tc.gov.uk)

■ **FLY THE COMMONWEALTH FLAG:** The Town Council will be flying the Commonwealth Flag on 8 March 2021, to celebrate Commonwealth Day in recognition of the friendship and goodwill between the member countries of the Commonwealth around the world.



■ **LOUGHTON WOMBLES:** When Covid restrictions are eased, hopefully in the not too distant future following the vaccination roll-out, the Town Council will look to put this scheme into action. All those who have volunteered to participate will be notified on how the scheme will be implemented.



■ **DEMENTIA ACTION ALLIANCE:** Epping Forest Dementia Action Alliance (EFDAA) brings together organisations and individuals across the district committed to further developing our dementia friendly community. DAAs are part of the wider community accommodating Health and Social care as well as any individual, retail and business organisation that would like to make a commitment in making their community dementia friendly.

For more info or to be a part of the Epping Forest DAA, contact lcleverley@eppingforestdc.gov.uk Follow us on Facebook: [facebook.com/EppingForestDAA/](https://www.facebook.com/EppingForestDAA/)

Essex Playing Fields Association Awards



THE BEST KEPT PLAYING FIELDS awards were held in autumn 2020. In normal circumstances, the Chairman of the Recreation Committee, Cllr David Wixley, and the Services Manager, Paul Hoy, would be invited to attend a presentation ceremony hosted by the EPFA and Essex County Council. Due to the Covid 19 Pandemic, the presentation was held virtually.

This year Loughton Town Council was delighted

to receive the following awards

Gold Playing Fields Award – Roding Valley Recreation Ground (Class 1: Playing Field serving a community with over 2,500 inhabitants); and

Silver Class 3 – Children's Playground – Traps Hill (Play Area or Playground Category)

The Services Manager extended his thanks to staff, contractors and volunteers for their hard work in helping to achieve this success.



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THE DEMAND RESPONSIVE TRANSPORT

(DART87) service replaced the Arriva 87 bus route which was withdrawn on 30 December. Offering a scheduled pick up and/or drop off service requested by passengers in advance, aimed at multiple users going to the same location e.g. a large employer, a rail/tube station etc.

The DaRT87 began running as a 3-month trial from 2 January, in partnership with Epping Forest Community Transport (EFCT), who ran a similar service through the spring lockdown for key workers at Princess Alexandra and St. Margaret's Hospitals. All vehicles are wheelchair accessible.

The route approximately mirrors that of the Arriva 87, covering: Debden, Theydon Bois, Epping, Epping Green, Staple Tye and Harlow. Princess Alexandra and St Margaret's Hospitals are also included, as well as the Epping Forest District Council offices, Epping Forest Shopping Park and New City College – Epping Forest Campus, and tube links at Debden and Epping stations.

EFCT usually requires a £15 12-month membership fee to use their services, however for this trial, that fee has been waived, although registration is required. If you haven't caught this new service yet, for further details and to register go to Epping Forest District Council's website:

www.eppingforestdc.gov.uk



High Road displays of festivity

UNFORTUNATELY, the Council's competition recognising the efforts of local businesses that decorate their premises, adding a festive feel to the town, did fall victim to the Coronavirus pandemic. Councillors felt it would be unfair to judge this competition as some businesses suffered the consequences of the situation far more than others following enforced closures. However many local businesses were able to create some fantastic displays bringing much needed cheer and enjoyment to our residents, during such challenging times. Some of the displays lighting up the High Road were captured:



Photo © Cllr Jayna Jogia



Poppy memorial displays



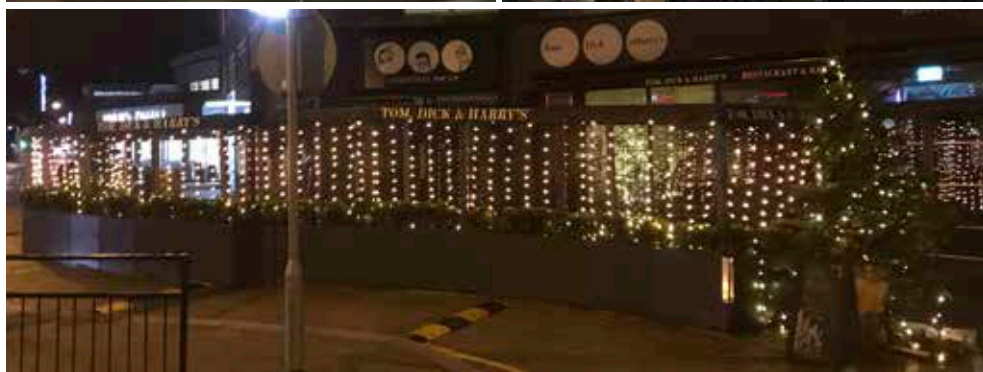
IN THE last edition of Think Loughton we were able to share with you the initial results of the community created poppy display on the oak tree outside Loughton Library; to commemorate Remembrance Day and the 75th anniversary of the end of WWII. The fully completed exhibition was quite stunning and admired by many local residents.

Along with the display at the library, three impressive arches were crafted by members of the Woodlands Branch Essex Handicrafts Association and erected by council staff on

Kings Green around the War Memorial.

The Town Council would like to extend its appreciation once again to all Loughton residents for their knitted and crocheted poppy contributions producing such splendid and poignant displays; particularly as residents were unable to come together to pay their usual respects while the Coronavirus restrictions were in place.

Above right: Town Mayor, Cllr Stella Murphy, having laid the Town Council wreath at the War Memorial on Armistice Day.



Christmas card competition

KNOWING HOW popular this competition proves to be each year, especially among Loughton's schoolchildren, who have suffered so much as a result of the Covid

situation, the Town Council was keen that this event should not be another casualty to the pandemic.

It was therefore wonderful to receive just under 150 entries

for the Town Mayor and Deputy Town Mayor to select the winning Christmas card entries from.

Our **CONGRATULATIONS** go to Leah Chowdhry, a pupil at St John Fisher School, the overall and Junior category winner in the 2020 Christmas card competition, whose design was used for our official council Christmas card.

Unfortunately, Coronavirus restrictions did mean the exhibition of entries could not be displayed at the libraries this year; and the usual award presentation by the Town Mayor at the December Council meeting also had to be cancelled. However, our Services Officer, Debbie Taylor, ensured that each category winner received their certificate and £25 gift card; and it was clear from the winners' reactions the delight that the competition brings.

The results were as follows:

Infant Winner (top right)

Chloe Rawles, Runner-up
Sylvie Sayers;

Junior & Overall Winner (top left) Leah Chowdhry, Runner-up
Isla Fourie;

Secondary Winner (bottom left) Scarlett Fisk, Runner-up Sarah Bujor;

Adult Winner (bottom right) Jackie Bird, Runner-up Oscar M Hughes.

Loughton Town Council would like to thank in particular Hereward Primary, Oaklands, Oak View and Roding Valley Schools; along with The Mellows Care Home, for their multiple entries and continued support of this event.



Overall Winner Leah Chowdhry with her winning entry and certificate.



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Dates for the diary

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.

■ **9 Mar 7.30pm School musical** presentation by musicians at Bancroft's School followed by 'They make no noise' Zoom Lecture by Nigel Bates, Percussionist, the relationship between conductors and musicians. The Arts Society, Bancroft's, Enquiries: Mary Affleck 07767 662762. (See P14, col 4) All new members welcome.



■ **25 Mar 7.45pm Essex Handicrafts**, Church Hall, Loughton Methodist Church, Subject to be confirmed Contact Karen Myles 020 8508 4581 (see p13).

■ **22 Apr 7.45pm Essex Handicrafts**, Church Hall, Loughton Methodist Church, Subject to be confirmed Contact Karen Myles 020 8508 4581 (see p13).

■ **12 May 8pm 'Grinling Gibbons, Carver to the Crown'** Zoom Lecture by Caroline Knight FCA. The Arts Society, Bancroft's, Enquiries: Mary Affleck 07767 662762. (See P14, col 4) All new members welcome.

■ **27 May 7.45pm Essex Handicrafts**, Church Hall, Loughton Methodist Church, Subject to be confirmed Contact Karen Myles 020 8508 4581 (see p13).

The following classes will be Zoom classes or face to face sessions dependent on local restrictions regarding COVID-19. These are EFDC classes, bookable via their website: <https://eppingforestdc.bookinglive.com/>

■ **Mon 09:30-10am and Wed 1:30-2pm Active Living** A gentle introduction to exercise and physical activity with a social focus. Most exercises are chair based or at a beginner level. **Free - first six weeks.**

■ **Tues 7-7.30pm and Fri 10-10.30am Get Active** A class of bodyweight exercises including aerobic, strength and balance practise. Put some music on and get moving! Suitable for all abilities and levels as there will be different options for each exercise. **£2 per class**

■ **Tues and Fri 1-1.30pm Revive** A session including Pilates, Stretching and Mindfulness to get you moving in the middle of the day. **£2 per class.**

■ **Thurs 1.45-2.45pm Pilates** Suitable for all abilities. Go through the basic principles of Pilates and the foundations of the exercises, working on posture, core stability, mobility and flexibility throughout the session. **£5 per class**

■ **Get in touch for exact dates and times Free 12 Week Programme Social Active Strong** Build your strength and improve your mobility. Sign up for a new 12-week exercise programme you can do in small groups face to face with an instructor or at home. To help maintain your strength and balance, become more active and improve your general wellbeing. Contact: csreception@eppingforestdc.gov.uk
EFD MUSEUM TALKS PROGRAMME delivered in association with Epping Forest District's first ever Festival of Culture! All talks hosted by the museum are bookable via: <https://eppingforestdc.bookinglive.com/>. All talks cost £8.50 and will be delivered online via Zoom. Details for joining the Zoom meeting will be sent via email to all those who have booked tickets.

To learn more about Epping Forest District Council's inaugural **Festival of Culture** and find out what's going on visit <http://www.visiteppingforest.org/cultural-festival>

■ **Thurs 18 Mar 7pm Colchester Zoo: Past, Present and Future** Talk by Rebecca Moore, Director of Conservation, Education and Research at Colchester Zoo. The history of zoos, and the role of the modern day zoo. Using Colchester Zoo specifically to examine the conservation work undertaken with breeding programmes and support of conservation programmes in the wild.

■ **Thurs 1 April 7pm Bats of Essex** Talk by Ella Barnett, Senior Ecologist, and representative of the Essex Bat Group. An exploration of bats around the world, why bats are so fascinating, what types we get here in Essex, and how they can be identified. The talk also explains the work of the Essex Bat Group and how people can help bats at home.

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■ **Thurs 15 April 7pm Barry Kaufmann-Wright: "The Wildlife Man"** A lifelong wildlife lover and keen photographer who lived in rural Essex. A talk by **James Lombard**, Natural Sciences Officer at Saffron Walden Museum. The Museum cares for some 70,000 prints and slides of wildlife and landscape photography taken throughout Barry's life and across the world, with a particular focus on his adopted home patch of Uttlesford district - a truly indispensable record from a remarkable person.



THE FOLLOWING SESSIONS WILL RESUME ONCE COVID RESTRICTIONS ARE LIFTED.

■ **Sat mornings 10.15-11.15am Athletics** Roding Valley Recreation Ground on the short track. Aged 4 years +. A Different Discipline Each Week. £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 562563

■ **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 4-13. £3 per session - first session free. For more information please contact Will Fordham wfordham@eppingforestdc.gov.uk 01992 562563

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. All talks suspended until the end of 2021. Situation will then be reconsidered.

■ **The Herts & Essex Architectural Society** all HEARS meetings for the rest of this session are CANCELLED. It is hoped to be able to start again in October 2021. 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.

SEND ACTIVITIES



The Epping Forest Inclusion Project runs a variety of sports and leisure activities for children and young people with special educational needs and disabilities (SEND).

The term time activity programme includes trampolining, football, tennis, yoga and more! There are also jam-packed sessions in the school holidays including whole day activities with siblings welcome to join in too. Holiday programme highlights include forest fun days, outdoor adventures, camping and multi-sport camps.

Parents or carers wanting to help shape the service can get involved in the Parent Forum to have their say.

Sessions and activities take place all over the district, Government guidance permitting. Keep up to date with the latest Epping Forest Inclusion Project news by liking us at facebook.com/EppingForestDisabilityForum

For more info please contact Olivia Worsfold - oworsfold@eppingforestdc.gov.uk

See <https://eppingforestdc.bookinglive.com/> for up to date dates and times. Prices vary.

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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Chairman's message

A MESSAGE from the Woodford and District Centre, National Trust, Chairman, Richard Speller.

"Clearly all National Trust properties are closed due to the pandemic. Good and bad news is that most parks, grounds and NT owned countryside are open for exercise, following the regulations of course. Sadly, there are not many near us! Please check handbook or website for information.

However, readers are recommended to go to the National Trust website where there is a wealth of things to study. With their vast experience there is valuable gardening and cookery advice, exciting virtual tours of properties and much else.

For all it is going through, the National Trust is the guardian of a vast amount of this country's heritage and those of you who are proud of this your continued support is requested.

The Woodford and District Centre will get back into action as soon as circumstances allow and has a full programme of talks and visits ready. We are planning Zoom talks currently and will advise when these hopefully start by email etc."

Anyone wishing to make contact please get in touch with Chairman – Richard Speller, 07774 164407.

MiLife C19

EPPING FOREST YOUTH COUNCILLORS launch new school project for 2021 to address young people's health and wellbeing.

Following on from their COVID-19 Health and Wellbeing survey findings were presented to Cabinet members in October. It was agreed that the award winning MiLife project could be developed further to include support and resources to address young people's needs during the pandemic. MiLife C19 will address this and a short film has been produced by the Youth Council to introduce the project, which starts in the spring term.

The film is on Youtube and explains the MiLife C19 project <https://youtu.be/qUaGz3HWIZY>

MiLife C19 is about giving young people what they need to build their emotional resilience at this time. It will include a website with information about the Covid-19 virus and resources, tips and coping mechanisms to support wellbeing during these tough times. There will be a series of fun, informative and exciting workshops delivered direct into secondary schools in the Epping Forest district; to help young people build their resilience to enjoy good mental health and feel that they can cope.

Further information: contact Di Gilson-Butler dbutler@eppingforestdc.gov.uk



A winning streak South Loughton Cricket Club

FOLLOWING our earlier article on the success of the South Loughton Cricket Club (SLCC) U/12 team (now U/13), in the Brian Taylor Trophy, Cllr David Wixley, supported by Cllr Stephen Murray nominated them for the District Council's Civic Awards "Team of the Year". We are delighted to report they were duly chosen to receive this honour.

The presentation was made by the former Chairman of the District Council, Cllr Richard Bassett, in the presence of Cllrs Wixley and Murray, at the SLCC ground on Sunday 20 September; before the team played in the final of the Len Stentford Trophy, which is the Metropolitan Essex District Cricket Board competition for that age group. Needless to say their winning run continued, confirming their deserved recognition.

In January 2021, the under-15 SLCC team were invited by Essex County Cricket Board to represent the county in the 2021 ECB National Under-15 Championship.

Many of the players in last season's under-13 team will be under-14 in 2021 and so will form part of the squad given this fantastic opportunity to play in a national competition. This makes up for them missing out on the chance to play in the 2020 ECB National Under-13 Championship which was cancelled due to the pandemic. They have received a bye in the first round and have been drawn away to the Suffolk champions in round two on July 18.

Above photo: Under-13 captain Jeevan Kathuri, accompanied by team manager Yasin Mohammed, receiving award from Cllr Richard Bassett.

'EFDC Get Active Challenge' on Strava

AT THE START of this year The Community, Culture and Wellbeing Team at Epping Forest District Council set up a social group on the mobile phone app Strava.

Strava is used to track any walks, runs or cycles that you go on. The club was first set up as a response to the national lockdown to connect colleagues and residents who usually meet for exercise face to face as part of a regular session. It is a great chance to get social, be competitive (if you wish) and motivate you to get moving.

Join now to take part in regular challenges and have a chance to win prizes.

How can you join?

1. Download Strava onto your mobile phone or smart watches to track your walks, runs or rides through them.

2. Create an account. You will need an active email address and safe password.
3. Click the 'Explore' button across the bottom.
4. Click 'Clubs' along the top.
5. Search for 'EFDC Get Active'.
6. Click join.
7. Start taking part in challenges and tracking walks, runs and cycles.



Listen with LADS

HUGE NUMBERS switched on to hear Loughton Amateur Dramatic Society (LADS) as it broadcast its online YouTube productions at the end of October. The "Listen with LADS" broadcasts proved highly popular with over 633 viewings of "The Memory of Snow" and 344 viewings of "Alone/Together", surpassing their expectations.

LADS pre-recorded "The Memory of Snow", which poignantly marked the lives of the four young Romanov sisters during their incarceration in Ekaterinburg during the Russian Revolution. The radio play, written by Siân Rowland, was a popular draw on LADS's YouTube channel. LADS also broadcast "Alone/Together" - a collection of stories written by members about isolation and community, telling of their thoughts, fears and human spirit during the Coronavirus pandemic.

LADS has been very active and visible to its members during the pandemic with bi-weekly video calls where its actors can perform online



Photo © Loughton Amateur Dramatic Society - Listen with LADS

play-readings and rehearsing.

To become a LADS member and join in or to find out more about other upcoming online productions see www.lads.org.uk

Jean Cooper, chairperson of LADS, said, "Over 900 people accessed YouTube last week to listen to the "Memory of Snow" and "Alone/Together". This has given us a very clear message that our

community want to see and hear plays and drama performances during lockdown, especially while theatres across the UK are unfortunately closed. LADS is in a fantastic position to be creative, produce performances and show our audiences that drama doesn't have to be in a traditional theatre setting to still entertain people and keep the show going on!"

ADULT COURSES

Starting soon at your local college.

Many people pay no or low course fees!

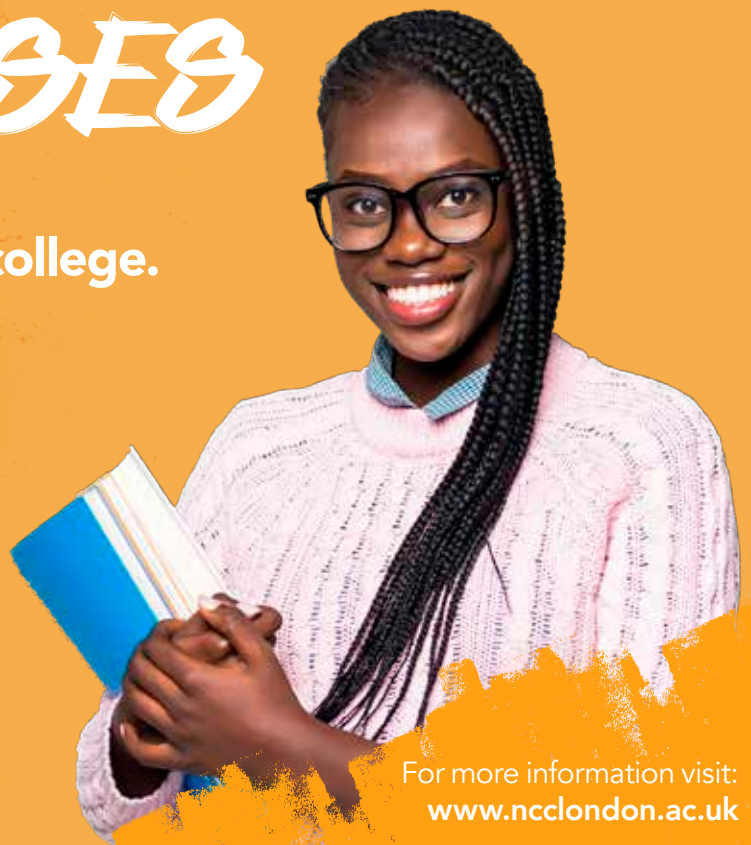


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Regular activities

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@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

Loughton Foodbank Weds, 10am-12
noon, St Mary's Church, 201 High Rd &
Sats, 10.30am-12 noon, St. John's on
the Broadway, 66 The Broadway, IG10
3ST, 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 Astrokids (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/Welcom.html

Loughton Chess Club, Loughton Bowling
Club, Eleven Acre Rise. Weds, 7.30pm.
020 8508 8407 www.freewebs.com/kengroce/

Loughton & District Historical Society,
Loughton Methodist Church, 260 High
Rd. £2.50 non-mems. 2nd Thurs, 8pm
www.loughtonhistoricalsociety.org

**Loughton & Epping Forest Amateur Radio
Society**, All Saints Hse, Romford Rd,
Chigwell Row, IG7 4QD. Alt. Fri 7.45pm
020 8502 1645 www.lefars.org.uk

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

HEALTH

**ADAS (W Essex Alcohol & Drugs Service
- by appt)** Rectory Lane Health Centre
01279 641347 / admin@adasuk.org.uk
www.adasuk.org

Breathe Easy (British Lung Foundation),
Tony Carr 01992 573387

Lifewalks EFDC walking for health scheme
various locations Mon, Tues, Thurs 10am
& Sat, Sun 10.30am. Karen Murray 01992
564222 / kmurray@eppingforestdc.gov.uk

**Loughton Memory Café (Alzheimer's
Society)**, Church Hall, Loughton Methodist
Church, 260 High Rd. 1st & 3rd Mons,
10am-12pm 01279 427522 www.alzheimers.org.uk

Memory Café Rotary Club of Loughton
Buckhurst Hill & Chigwell, Loughton Club,
8 Station Rd 2nd Fri 10am-12pm
Fran 07984 100379

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

**ProActive (W Essex Prostate Cancer
men's self-help group)** St Margaret's
Hospital, The Plain Epping CM16 6TN.
Fri monthly 10.30am-2.30pm. Anthony
Dollimore 07973 345094
www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

**2324 (Chigwell) Squadron, Air Training
Corps**, Buckhurst Hill. Mons & Thurs
evenings (13-17 yrs). 020 8505 3353
www.2324squadron.org.uk

7th Epping Forest Scout Group, St
Edmund's Church, Traps Hill. Tues:
Scouts boys/girls (10½-14½ yrs) 7.30-
9pm. Thurs: Beavers boys/girls (6-8 yrs)
5-6pm & Cubs boys/girls (8-10½) 6.30-
7.30pm. Keith Davis 07553 376181

16th Epping Forest Scout Group Trinity
Church Hall, Mannock Drive. Friday's during
term time. Beavers (6-8 yrs) 5-6.15pm,
Cubs (8-10 yrs) 6.15-7.45pm & Scouts
(10-14 yrs) 7.45-9.30pm. Linda Brede
020 8508 4867 / lulu.brede@gmail.com

30th Loughton Scout Group, St John's
Church, Church Lane. Beavers (6-8 yrs),
Cubs (8-10 yrs) & Scouts (10-14 yrs)
Paul Snowden GSL 020 8508 4336 /
info@30thloughton.co.uk

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

Baby & Toddler 20-min session. Loughton
Library, Traps Hill. Mons 10am Tues
10.30am; Thurs 2.20pm. 1st Sat (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 / fferari@eppingforestdc.gov.uk

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

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

Clubbercise Murray Hall, 106 Borders Lane. Easy dance workout routines Weds 7.15-9.15pm Lisa 07877 010158

Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Sats & Suns 07951 820444 www.colebrookroyals.co.uk

Connaught Tennis, Squash and Bowls Club Beginners & Improvers Social Lawn Bowls. First 5 sessions free. Make friends, have fun and bowl! Every Tuesday 5pm to 7pm. Connaught Club, Chingford. Call Nicola on 020 8529 2341

EFDC Fitness (all abilities). All classes £5 - first session free. Loughton Bowls Club, Eleven Acre Rise.

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@eppingforestdc.gov.uk / 01992 564561

Epping Forest HF Walking Group regular Sunday walks in the local area. www.ehfg.org.uk

Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Rd. Sats 10am-1pm (term time) efsc@hotmail.co.uk www.efsportability.com

Jumping Jens, St Michael's Church, Jubilee Hall, Roding Rd. £4. Tues & Thurs, 8-9pm. 07866 127522

Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk

Keep Fit with Caroline Loughton Methodist Church, Joseph Rank Room, 260 High Rd Tues & Thurs, 10.40-11.40am £5. 07714 467784

Loughton Athletic Club, The Pavilion, South View Rd (Roding Valley Rec Ground). Tues, 7pm. www.loughtonac.org.uk

Loughton Cricket Club The Uplands, Loughton, IG10 1NQ. Mid April through to September. Children (5yrs) to adults. For info: Contact Cliff Greenhill Chairman 020-8502-2064 cliff.greenhill@btinternet.com / www.loughtoncc.hitscricket.com

Loughton Fencing Club Weds, term-time, Debden Park High School, Willingale Rd. All abilities, equipment supplied free. 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 (youth 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.westessxramblers.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. 020 8505 9001 / 01992 812454. Group suspended until end of 2021. To be reconsidered then.

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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