



Think Loughton

News from Loughton Town Council

Autumn 2021 No 94

A silver commemoration



LOUGHTON TOWN COUNCIL

commemorated its 25th anniversary this year, its inaugural meeting having been held on 8 May 1996.

The Town Council is made up of seven wards, Alderton, Broadway, Fairmead, Forest, Roding, St John's and St Mary's. May 2021 saw the election of 21 Loughton Resident Association councillors and 1 Independent to serve on the newly elected Town Council. Two of its founding members were re-elected in May this year, Cllrs Chris Pond (Loughton St John's ward) and Stephen Murray (Loughton Roding Ward).

The last 25 years fully justifies the campaign in the 1980's for the establishment of a Parish Council here in Loughton, which at the same time also resulted in the formation of the Buckhurst Hill and Chigwell parish councils.

Loughton Town Council is involved in the provision of so many important small scale community services, including allotments;

Loughton Cemetery; Open Spaces: Roding Valley Recreation Ground including football pitches and tennis courts, Hillyfields and Millennium Remembrance Grove, Willingale Road Playing Field, and the Memorial Rose Garden in Roding Road; commenting on local and strategic plans; the provision of Kingsley Hall and Murray Hall (Community Centres); playgrounds and outdoor gyms, Heritage Plaques, Christmas lights, the War Memorials, small grants to local organisations, community events, local noticeboards, Christmas card and Christmas window competitions; and of course producing this newsletter.

Perhaps one of the proudest and most important achievements was the role we played in fully supporting the community based campaign to save Jessel Green as a public open space, in the heart of one of our town's most built up areas. The Town Council continues its fight to preserve and protect the Forest, a designated UK Special



Area of Conservation (SAC).

The full list of newly elected councillors can be found on page 4. Cllr Rose Brookes was elected as the new Town Mayor and Cllr Barbara Cohen as Deputy Town Mayor at this year's Annual Council meeting, held on 19 May 2021. This was the first in person (socially distanced) meeting of the Town Council following the lifting of Covid restrictions imposed in March 2020. Due to social distancing measures only just having been lifted, at the time of producing this publication, we have yet to assemble the new council for its photograph, hopefully we will be able to do so for the next edition of this newsletter.

Above left: The inaugural meeting in 1996 along with Cllrs Chris Pond (back row, 7th from l-r) and Stephen Murray (front row, 5th from l-r). Above right: L-r Deputy Town Mayor, Cllr Barbara Cohen and Town Mayor, Cllr Rose Brookes

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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	0808 278 7855
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
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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

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Heathrow Airport	0844 335 1801
London Travel Information	
(TfL & London Underground)	0343 222 1234
Luton Airport	01582 405100
National Express	0871 781 8181
National Rail Enquiries	03457 484950
Southend Airport	01702 538 500
Stansted Airport	0844 335 1803
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Clerk's Remarks



'BACK TO NORMALITY' we are now told. At the time of writing, virtually all Covid restrictions have been lifted, but cases continue to rise. I am not sure that any of us know anymore what normality is apart from constantly adapting to new regulations and conditions at regular intervals.

Getting back to some form of normality is welcome though. Our Town Council meetings have now resumed on a 'face to face'

basis, albeit our members have been keeping appropriate social distancing. Current Government legislation has decreed it illegal to hold virtual meetings for Town and Parish Councils, despite the Zoom and TEAM meetings proving such a useful communication medium over the last year or so.

The whole office team is now back for the first time since March 2020. Fingers crossed that separate working shifts, office 'bubbles' and long stints of working from home become a thing of the past.

In the forthcoming edition of 'Think Loughton' we will look to introduce you to the new Town Council and members, elected in May this year, with particular focus on those newly elected faces.

Many of you may have attended the recent Essex County Council's (ECC) online public meeting or seen its exhibitions regarding its plans to demolish the old library and rebuild a new smaller version on the ground floor but with up to 38 apartment blocks above.

The library consultation had attracted much opposition and many questions remain as yet unanswered. The draft plans do not appear to meet the needs of the library users and community groups, with the existing internal floorplan space reduced by some 20%. In keeping with many residents, Loughton Town Council (LTC) is very concerned about the damage to the environment that would be caused by such a large scale development. The projected multi storey, 5 tier building is certainly not in keeping with its surroundings. LTC will continue to oppose through future ECC and EFDC meetings and via Town Council, Planning and Licencing Committee meetings the damage that would inevitably be caused to the Epping Forest Special Area of Conservation (SAC). Town Council members will be closely monitoring further developments.

LTC has been pleased to support the NHS and local residents, by lending its own Murray Hall as a Covid vaccination centre. It has proved

a very successful venture for all concerned over the spring and summer months. However as the NHS has completed the initial phases of its vaccination programme, they are now having to consolidate their sites across all areas of Herts and West Essex. The Hall will soon be returned to normal use for regular and casual hirers. Further details can be found on our website.

We are proud to celebrate the 25th anniversary of LTC, since its inaugural meeting in May 1996. The Town Council is the first tier of local government and with twenty-two Town Councillors spread over the width and breadth of Loughton we have the most local knowledge. We know what is important to Loughton's residents and will continue to protect local interests, hopefully for the next 25 years and beyond.

All the best

Mark Squire
Town Clerk

Loughton library redevelopment



A PUBLIC consultation on plans for the redevelopment of Loughton Library began in July with residents invited to share their views on the proposals by 1 August 2021.

The project, led by Essex Housing, is to demolish the current library and town hall on Traps Hill owned by Essex County Council, to be replaced by up to 38 residential apartments on the upper levels, with provision for a library and space for community partners, meeting rooms, events and a new outdoor learning and activity space on the ground floor level.

Loughton Town Council discussed this proposal at its meeting on 13 July, whereby the

following issues were raised:

The Library consultation had attracted much opposition with many questions remaining unanswered:

- The plans do not meet the needs of the library users and community

groups.

- Existing floorplan space reduced by 20%.
- Damage to the environment caused by the large scale of the development.
- Multi storey 5 tier building not in keeping with surroundings.
- Information lacking on the temporary rehousing of current library occupants, including Town Council staff.

Councillors agreed to oppose the current plans, in particular, the damage that would inevitably be caused to the Special Area of Conservation (SAC) by this proposal. We await further developments.

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Committee membership

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VC M Owen
R Brookes
B Cohen
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S Murray
M Stubbings

ENVIRONMENT & HERITAGE

C C C Pond
VC C P Pond
P Beales
B Cohen
S Fontenelle
K Valentine
G Wiskin

PLANNING & LICENSING

C T Downing
VC C Davies
P Abraham
S Murphy
K Rainbow
J Riley
G Wiskin

RECREATION

C D Wixley
VC K Valentine
S Fontenelle
L House
N MacKinnon
S Murray
M Stubbings

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

Contacting us

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

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Town Council Meetings

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

2021

Sep	6	Planning & Licensing
	7	Recreation
	21	Planning & Licensing
	22	Environment & Heritage
Oct	4	Planning & Licensing
	5	Resources & General Services
	18	Planning & Licensing
	20	Council
Nov	1	Planning & Licensing
	10	Recreation
	15	Planning & Licensing

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

News round-up



■ MURRAY HALL: Following its very successful Phase 1 and Phase 2 vaccination programme, the NHS left the Murray Hall in Borders Lane, on 26 July 2021. The NHS will now be consolidating

sites across all areas of Herts and West Essex as they no longer require the same level of services. Loughton Town Council was extremely proud to be able to play its part in the national vaccination programme, helping the country to overcome this awful pandemic. We are now undertaking measures to ensure the hall is ready for use by its regular and casual hirers, and we look forward to making the Murray Hall available to the community once again for various purposes.

■ REMEMBRANCE DAY PARADE: The commemorations on Sunday 14 November 2021 will start at 11am with two minutes silence at the War Memorial on Kings Green. This will be followed at 11.50am by the Annual Parade from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial. At 12.15pm the Remembrance Service and Poppy Wreath ceremony will commence followed by the march off up Church Hill.



■ ENGLISH SPEAKERS UNION FALLS SILENT: Acting Secretary, Daphne Ruffell, of the Loughton Branch of the English Speaking Union, which met on the first Thursday of each month at the Murray Hall, has advised that sadly and somewhat reluctantly, following its suspension during the Coronavirus pandemic, they have now decided to close completely. This popular local community group will be much missed.

■ MOVING ON: Loughton Town Council bid farewell to Assistant Town Clerk (Finance), Brent Smith, in August. Brent was a popular member of the team, having joined LTC in April 2018. He has joined Chigwell Parish Council as Deputy Town Clerk and we wish him every success in his new role.



Latest heritage plaque

ON 2 JULY this year, Loughton Town Council was delighted to honour Sir Leonard Erskine Hill FRS and his son Sir Austin Bradford Hill FRS, by installing its latest heritage plaque on the entrance gate pier to Nafferton Rise, the site of Osborne House/Nafferton Lodge, one time residence of these two eminent medical professionals.

Sir Leonard was born on 2 June 1866, in Bruce Castle, Tottenham, (where his father, George Birkbeck Hill, a famous scholar and commentator on the works of Samuel Johnson was Headmaster). Leonard had wanted to become a farmer, but coming from a distinguished family, his parents 'decided' he should enter the medical profession, and he became a physiologist.

His work on blood pressure led him to believe "arterial pressure could be taken in man as rapidly, simply, and accurately as temperature could be taken with the clinical thermometer". This work developed into the *Hill's sign*. He later performed research into decompression sickness, oxygen toxicity, and the effects of carbon dioxide in diving; supporting linear or uniform decompression profiles. This type of decompression is used today by saturation divers.

Sir Leonard was also a distinguished watercolourist and wrote children's stories. Being fond of the outdoor life, he went every



day to bathe in a pond in Epping Forest. He was knighted in 1930 and died in his 86th year on 30 March 1952.

One of Sir Leonard's sons, Austin Bradford Hill (known as Tony), was born in London on 8 July 1897. As a child he lived at the family home,

Osborne House, Loughton and was educated at Chigwell School.

From childhood, Austin had wanted to be a doctor. Following the outbreak of the first world war in 1916 he volunteered for training as a pilot in the Royal Navy Air Service, and was posted to the Greek islands to support the attack on the Dardanelles. In November 1917 he developed pulmonary tuberculosis and was sent home 'to die'. Two years in hospital and two years of convalescence put a medical qualification out of the question, instead he took a degree in economics by correspondence at London University.

Advised and encouraged by Major Greenwood, he developed a career in medical statistics, first at the Medical Research Council and subsequently at the London School of Hygiene and Tropical Medicine.

As an epidemiologist and statistician, he pioneered the randomised clinical trial and, together with Richard Doll, demonstrated the connection between cigarette smoking and lung cancer. Hill is widely known for pioneering the "Bradford Hill" criteria for determining a causal association. He was knighted in 1961.

On his death in 1991, it was written "to anyone involved in medical statistics, epidemiology or public health, Austin Bradford Hill was quite simply the world's leading medical statistician."

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National Trust meeting again

AT LAST, some light in the tunnel that has been this global pandemic! We have, with thanks to our various marvellous local publications managed at least, to remind you all of our being here still, and through the advent of 'Zoom', with which we have managed to touch some of our members and interested people with our four talks. These have reminded us how much we have missed the communal emotion of being together ...and the news is, we can plan for that as we have a date and subject ready!

We plan to re-open our meetings with the first at All Saints Church Hall, Woodford Green at 2-30pm on Wednesday, 22 September, the speaker is Ed Fairey talking about the National Gardens Scheme in Essex, which we hope should appeal to all, (see P8-9 for details of further talks).

Plans are also underway to resume our London 'visits' to take a group to the National Army Museum in Chelsea, hopefully in October!

With best wishes to all in Loughton and surrounding areas keep well and safe and may the force be with you!



THE DISTRICT Council's Dementia Friendly Communities programme focuses on improving inclusion and quality of life for people with dementia in several ways. Encouraging communities to work towards becoming dementia-friendly and supporting those living with dementia to continue to live in the way they want.

Epping Forest Dementia Action Alliance (EFDAA), launched in May 2016, brings together individuals and organisations committed to improving the health and social care outcomes for those affected by dementia. EFDAA continued to grow throughout the pandemic, at a time when those affected by dementia needed care and support more than ever.

A successful funding bid by Epping Forest District Council's Community, Culture and Wellbeing service helped create a 10-week pilot programme with dementia-friendly activities.

The Building Dementia Friendly Communities project includes Walking in Nature, Dance Connect and Falls Prevention sessions which start in September. Active Essex is helping fund the sessions at a subsidised rate for people living with dementia and their carers.

If you are interested in becoming a Dementia Friendly Organisation or would like further information on becoming a member of EFDAA, contact Laura Cleverley, Chair of EFDAA.

Email lcleverley@eppingforestdc.gov.uk

2021 Christmas competitions

THE TOWN COUNCIL launches this year's Christmas competitions in the hope that there will be none of the disruptions experienced last year.

Although, we managed to successfully complete the judging for the Christmas card competition and get the cards printed, we were not able to hold the usual exhibition at the library to display the fantastic entries received, nor the presentation to the category winners at the Council meeting. Sadly the Christmas window competition had to be abandoned altogether last minute, following the enforced closure of many of our local businesses in the lead up to Christmas and further Covid restrictions being imposed.

Loughton Town Council invites all local budding artists and photographers to showcase their talents and design the town council's official Christmas card. Create an original "Christmas" themed design of A5 size, portrait or landscape, colour or black/white. The format can be a photograph, drawing, picture or illuminated script, but remember it needs to be reproduced as a printed card. The closing date is Wednesday 10 November 2021. Competition rules and entry forms can be downloaded from the council's website www.loughton-tc.gov.uk

To enter the competition, you must have a connection to Loughton; live, work or attend school or college here – all ages welcome. There are four different age categories: infant, junior, secondary and adult. Each category

winner will receive a £25 gift card, with the overall winning design being used as the town council's official Christmas card.

We also invite all Loughton businesses to participate in the Christmas Window Competition. By decorating your windows with a Christmas themed display, it will guarantee automatic entry into the competition. Judging by the town mayor and two fellow councillors commences on 1 December until 7 December 2021. Displays will be judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort. Further details on this competition will follow.

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



2020 overall winner (& junior category) design by Leah Chowdhury

Whipps Cross Hospital redevelopment

SUBJECT to planning and business case approvals, it is anticipated that the new hospital will be completed by the end of 2026.

To find out more about the Whipps Cross redevelopment, please visit: bartshealth.nhs.uk/future-whipps



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Anyone who has experienced the loss of someone close, whether recently or in the past, is welcome to call the Bereavement Support Helpline. Callers do not need to have used services in the past and will be able to access immediate help and support.

By calling the Bereavement Support Helpline, you will have access to a range of supportive services:

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

The Bereavement Support Helpline operates from 9am – 5pm, Monday to Friday. The number to call is 01279 967670. It is free to call, though charges may apply in line with your standard network rate.

Get in tune

THIS AUTUMN Woodford Symphony Orchestra enters an exciting, innovative post-pandemic era under the baton of Claudio Di Mio, its new, talented and dynamic award-winning Musical Director/Conductor.

A programme of exhilarating music is being planned, rehearsals are held in Loughton on Thursday evenings.

New string players and bassoonists are welcomed, all details are on the website WSOrchestra.org.uk or telephone 020 8924 9370 (see p13).



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Dates for the diary

**ALL EVENTS SUBJECT TO
CURRENT COVID GUIDANCE –
Please check with organisers.**

■ 14 Sept 8pm Artemisia Gentileschi

Daughter of Rome and Painter of Europe. Lecture given by Dr Chantal Brotherton-Ratcliffe. A lecturer at Sotheby's Institute of Art, an experienced AS lecturer and a trained painting conservator. The Arts Society, Woodford Green (Bancroft's). Lecture delivered by 'Zoom'. All new members welcome. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com

■ 18 Sep 2.30pm Darius Brubeck

Quartet, Darius Celebrates the music of Dave Brubeck at the Loughton Methodist Church, 260 High Road, IG10 1RB. £20 See www.nationaljazzarchive.org.uk for more details

■ 19 Sep 3pm A10 Strings Free

Concert at The Church of the Holy Innocents, High Beach. Includes tea/coffee and home-made cakes available between 2pm and 5pm. Contact Jane Begley 07272 111387 / 020 7421 3854 or jane.begley@irwinmitchell.com

■ 21 Sep 2-4.30pm The Peter

Rudeforth Band Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. £10 members, £12 non-members. Contact: 07903 879209 or 01945 588325 / davedyer24@gmail.com / www.theydonjazzclub.weebly.com

■ 22 Sept 2.30pm National Gardens

Scheme in Essex a talk by Ed Fairey for the Woodford & District National Trust, All Saints Church Hall, Woodford Green. Enquiries: dickspeller@talktalk.net / 07774 164407

■ 23 Sep 7.45pm Essex Handicrafts

Association Woodlands Branch, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 7657 (see p13).

■ 2 Oct 3pm Charity Concert,

All proceeds going to the British Red Cross. Tickets £15. Incs light refreshments. TicketSource: https://www.ticketsource.co.uk/stephen-fellowes/t-ynlvdd

■ 12 Oct 10.30am The Historic

Waltham Abbey Church a talk by the Woodford & District National Trust, the Memorial Hall, South Woodford. Enquiries: dickspeller@talktalk.net / 07774 164407

■ 12 Oct 8pm Mind the Gap

Graphic and Poster Design on the London Underground. A lecture given by Charles Harris. Global award-winning Creative Director of international advertising agencies. He examines the world-beating graphics, designs and posters created for the London Underground.

The Arts Society, Woodford Green (Bancroft's). Lecture delivered by 'Zoom'. All new members welcome. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com



■ 22 Oct 8pm 'The Buildings of Ongar High Street'

a talk by Anne Padfield. The Herts & Essex Architectural Society (HEARS) plans to organize regular meetings in 2021-22, starting with this talk. For further details please telephone 020 8508 2512, or visit our website: https://hears.vpweb.co.uk

■ 28 Oct 7.45pm Essex Handicrafts

Association Woodlands Branch, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 7657 (see p13).



■ 28-30 Oct 8pm A Fine Bright Day

Today by Philip Goulding, a warm, funny and moving play about finding love in later life. Performance by LADS at Lopping Hall, High Road, Loughton, IG10 4LF. Tickets £10 – call 07552 736110 or visit www.lads.org.uk

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■ **28-30 Oct 8pm California Suite** - Comedy by Neil Simon. A divorced couple Hannah and Bill argue over custody of their daughter; an actress frets over her Oscar nomination as her gay husband comes out of the closet; a businessman finds a comatose prostitute in his bed, and two competitive doctors settle their differences with a free-for-all tennis game! Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets - £12 Available online from <https://www.ticketsource.co.uk/theydonboisdramasociety> or by phone: - 01992 919038

■ **6 Nov 2.30pm James Pearson's Tribute to Cole Porter**. Fundraising event for the National Jazz Archive. Loughton Methodist Church, 260 High Road, IG10 1RB. £20 See www.nationaljazzarchive.org.uk for more details

■ **9 Nov 7.30pm Annual General Meeting followed by Silk on the Silk Road** The complex technologies required for the production of silk and their diffusion across Afro-Eurasia. A lecture given by Dr Susan Whitfield, writer, scholar and traveller of the Silk Roads. The Arts Society, Woodford Green (Bancroft's). Lecture delivered by 'Zoom'. All new members welcome. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com

■ **10 Nov 2.30pm East Anglian Families of Influence**, a talk by Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: dickspeller@talktalk.net / 07774 164407

■ **14 Nov 11.50am Remembrance Sunday Parade** from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial. At 12.15pm the Remembrance Service and Poppy Wreath ceremony will commence followed by the march off up Church Hill.

■ **Every Sunday Midday to 5pm Roast Sunday Lunch Carvery** with entertainment + raffle to raise funds towards remembrance parade. Royal British Legion, Church Hill, Loughton, IG10 1LH 020 8508 5044.

■ **Loughton and District Historical Society** Normally meets on the second Thursday at the Methodist Church. Arrangements for 2021-22 will depend on Covid rules. Please call 020 8508 2361 for details.

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.

All that jazz



THE THEYDON & Abridge Jazz Club (TAJC) was founded by Dave and Sheila Dyer, who have run jazz clubs for 27 years. Previously meeting at The Kings Oak in High Beach in 2016, they now meet every other Tuesday, between 2 – 4.30pm at Abridge Village Hall, 39 Ongar Road, RM4 1UD. Featuring live traditional Jazz Bands with dance area, a bar (club prices), tea and coffee, and disabled facilities all in a friendly atmosphere. Sadly, the Covid pandemic enforced closure, but from 27 July they intend to reopen with only minimal restrictions. On 21 September, they will feature The Peter Rudeforth Band.

If you are keen on jazz music and would like to get involved, Dave and Sheila are keen to welcome all new members – especially those from the Loughton area. Entry is £10 for members, £12 non-members. Membership for the remainder of 2021 is just £5.

Contact: 07903 879209 or 01945 588325 / davedyer24@gmail.com / www.theydonjazzclub.weebly.com (see p13 – regular activities).

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Universal Credit

DUE TO the impact of Coronavirus over 5.5 million people are claiming Universal Credit. Many will be new to claiming Universal Credit having been negatively impacted by Coronavirus.

The following link is for the Universal Credit guide <https://www.jobcentrenearme.com/universal-credit/> which you may find useful.

Team Street Link

IF YOU are concerned about someone you have seen sleeping on the streets of Loughton, there are various services available to help.

Street Link (a registered charity) is a website, mobile app and phone line operating in England and Wales that enables the public to alert local services about people sleeping rough in their area. The service offers the public a means to act when they see someone sleeping rough and is the first step someone can take to ensure rough sleepers are connected to the local services and support available to them, visit: www.streetlink.org.uk or contact@streetlink.org.uk

Alternatively, you can contact Epping Forest District Council using:

- Telephone 01992 564165 in office hours (Mon-Thurs 9am-5pm, Fri 9am-4.45pm)
- Telephone 01992 564000 in an emergency out of hours

■ www.eppingforestdc.gov.uk/housing/homelessness/rough-sleeping-and-homeless-emergencies/

Essential Living Fund is for those on a low income or benefit, providing beds, white goods etc. Contact: Essentiallivingfund@southend.gov.uk / 0300 790 0124

Turn2Us is a national charity for when things are tough. Providing advice on benefit entitlement, searching for grants and Coronavirus information. Visit: <https://www.turn2us.org.uk>



Photo © NCC Epping Forest

A taste of Thailand

TRAVEL AND TOURISM students at New City College Epping Forest got a taste of Thailand when they completed a four-week virtual work experience placement with the Thai Tourism Authority.

Level 3 students, based at the college in Borders Lane, Loughton, created surveys and collected responses to questions such as 'Has the perception of travel to Thailand changed since the Covid pandemic?' which they fed back to the Thai Tourism Authority.

They also had to become a Thai Tourism expert where they completed modules online to achieve the highest status and were given a Thai goody bag and certificate.

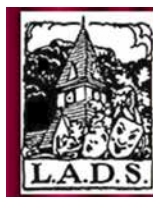
The virtual placement was organised by NCC's work experience department.

Simone Butler, Travel and Tourism Lecturer,

said: "The students worked really well in not only generating the survey but putting it out to family and friends to get back over 20 responses each. In total the Thai Tourism Authority had more than 610 responses, for use in their current marketing strategy. The students benefited so much from these work experience placements which helped them develop their knowledge of Thailand as a travel destination."

Student Isabella Dreher said: "I really enjoyed the whole virtual work experience and it has made me very keen to visit Thailand in the future."

Chloe Piper added: "The work experience has developed my computer skills in knowing how to create a survey and my communication skills when organising the responses. The goody bag was a nice treat to receive too."



Loughton Amateur Dramatic Society

LADS RETURN to the stage with a gentle drama about love, 18 months after they had to postpone their staging of *A Tale of Two Cities* due to the Covid 19 pandemic. Loughton Amateur Dramatic Society (LADS) are returning to the Lopping Hall on 28 October with a warm, funny and moving play about finding love in later life - 'A Fine Bright Day Today'. Thirty years after the death of her husband at a young age Margaret has become set in her ways, ruthlessly ordered and dependent on ritual. Her daughter invites an American visitor to the area, Milton, to lodge with her. With patience, humour and cheap wine Milton gradually encourages Margaret to relinquish her hold on control.

During lockdown LADS kept entertaining their



audiences with a number of fine YouTube productions but they hope that this gentle drama, set in an English coastal town, will encourage and draw their audience back into live theatre. The newly elected chair of LADS, Cathy Naylor, commented. "We want to attract our audience back to Lopping Hall with this lovely, engaging drama, featuring a small cast. It has been a traumatic 18 months for everyone and we think the feel good nature of 'A Fine Bright Day Today' is the right piece for LADS to restart live shows."

'A Fine Bright Day Today' by Philip Goulding will be performed at 8pm on 28, 29 and 30 October 2021 at Lopping Hall, High Road, Loughton, IG10 4LF. Tickets are £10 – call 07552 736110 or visit www.lads.org.uk

Students with big ideas!

STUDENT ENTREPRENEURS from New City College (NCC) Epping Forest campus were celebrating after scooping a major award at the London Metropolitan University's Big Idea Challenge.

Open to all students nationwide, the Big Idea Challenge is an annual pitching competition seeking to unearth and reward ideas and the passionate people behind them. Whether the idea is for a business, social purpose, creative endeavour or making the world a better place – the best projects were honoured at an online awards ceremony.

Caring students from the college in Borders Lane, picked up the overall Schools and Colleges Grand Champion Award for their innovative idea, Cancer Care, which provides a new, safe and supportive network for people living with cancer. The judges said it was a great initiative and a worthy cause which would have a large social impact.

A NCC spokesperson said: "The students have done remarkably well to beat such tough competition to the top award and the college is incredibly proud of them."

The team won vouchers from London Met and a free digital mentoring session by NatWest to explore their business concept even further.

The Big Idea Challenge, now in its sixth

year, recognises students who dream about starting their own companies and helps them to develop their ideas into powerful business models and pitches, through a series of workshops. It is open to schools and colleges across the country and also has an international section.

The awards are sponsored by Lucidica and NatWest.



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www.abbeyfieldriderhouse.com

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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.rodinroadallotments.co.uk/
Willingale Road Allotments, Loughton
 Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Dog Agility Club Epping
 Cricket Club, Epping. Thurs Evenings
 6.30-8.30pm. Jodie Lucas 07804630394
Forest Dog Training School Club, Debden
 Park Community Centre, Tues, 6.30-
 7.30pm. 020 8508 3468 / fdt1@aol.com

ARTS & CRAFTS

Creative Art Classes LifeWorks Centre,
 Loughton Methodist Church, 260 High
 Rd. £12. Tues & Thurs. 07944 589998
www.ruthdriffield.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 /
 theornes5@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
affordablecounsellinger@gmail.com
Samaritans. Free, confidential emotional
 support for the distressed & despairing
 available 24/7. 020 8553 9900 / 116 123
 / jo@samaritans.org / txt 07725 909090
**Spark Counselling and Mentoring for
 young people**. Loughton Youth Centre,
 Borders Lane, Loughton 020 8508 6743
 Spark@worthunlimited.co.uk Free service
 - donations accepted

EDUCATION

Music Lessons, Loughton Music
 Academy, High Rd. 020 8502 2992
www.loughtonmusicacademy.co.uk
WEA (Workers' Educational Association)
 Loughton & Epping Branch. Mrs Pat Dale
 020 8281 1536 / <http://wea-essex.org.uk/branches/loughton-and-epping/>

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 Countryside, EFDC's
 Countryside team. Volunteering projects
 in district's nature reserves. Thurs
 10am-4pm 01992 788203 www.eppingforestdc.gov.uk/index.php/out-and-about/countryside

Epping Forest & District Stamp Club,
 Roding Valley High School, Alderton Hill,
 2nd Tues (most months) 8pm. 01992
 654001

Essex Wildlife Trust – 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.filmfoughton.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 Astrokysds (6-14
 yrs). Thurs 8-10pm. Brian Morton 01992
 815804 www.las-astro.org.uk

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

Loughton Bridge Club, 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 <http://www.loughtonchess.co.uk/>

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

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

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

HEALTH

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

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

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

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

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

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

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

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

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

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

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

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

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

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

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

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

Girlguiding in Loughton Rainbows
 Brownies & Guides (girls aged 5 -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

Accurro: 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

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
Toddler Church, Loughton Methodist
 Church, 260 High Rd. (0-5). Tues
 (term time), 10am. 020 8502 3071
administrator@loughtonmethodist.org.uk

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
 Peter Jones – 07769 973405

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.rodinplayers.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

Theydon & Abridge Jazz Club (TAJC)
 Abridge Village Hall, 39 Ongar Rd, RM4
 1UD. 07903 879209 / 01945 588325.
www.theydonjazzclub.weebly.com Every
 other Tues 2-4.30pm £10 members
 (£12 non-members).


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

SOCIAL

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

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

13  **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.loughtonrbclub.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 Trampolining Club (disabled people to 19 yrs), Debden Park High School, Willingale Rd. Weds 6.45-7.45pm. Loughton Flyers Trampolining 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.effhg.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. Jhrs 7-8.30pm, snrs 7.30-9pm. First session free. info@loughtonfencingclub.co.uk

Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Suns (yht teams), Sats (snrs) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com/contact-us

Loughton Karate Club, Lopping Hall. All ages & all levels. Suns 5-6pm + weekday evenings. Stephen O' Brien 07758 341584. ALSO **Women's Self-Defence Class** - see website http://loughtonkarateclub.co.uk/

Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm. www.loughtonmc.org

Lopping Hall community hall in Loughton IG10. Events and shows, rooms to let, dance and keep fit classes, Art Centre. For more info: loppinghallmanager@gmail.com / www.loppinghall.org.uk / 020 8508 1660

Loughton Rugby Club, Hornbeam Road, Buckhurst Hill, IG9 6JT. Training Wednesdays 7.30pm. Matches Saturdays. Contact: Michael Walker 07939 468222

Loughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Weds 7pm. 07971 672542 www.loughtonwadokai.co.uk

Old Loughtonians Hockey Club All ages, beginners to elite welcome, www.oldloughtonians.co.uk 02085044010, OLHC@oldloughtonians.co.uk

Pilates classes Epping Forest Community Church, Grosvenor Drive, IG10 2LG, Weds 8pm, Thurs 10am. £5 Suitable for all. www.ginafitnesspilates.co.uk

Roding Valley Angling Club. New members welcome. Darren 07818 392020 / roding.valley.angling.club@gmail.com

Walk - West Essex Ramblers (sorry no dogs). Weekends, Wed & Thurs. 020 8554 1665 / 07434 902394 www.westsexramblers.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

Mothers' Union, St John's Church in Lady Chapel, Church Lane. 3rd Thurs, 10.30am for coffee & speaker. Ivy Southgate 020 8508 7530

National Trust, £3 non-members. Refreshments & NT info. 020 8508 9541 See Dates for the diary

New Vistas, Loughton Club, 8 Station Rd. Guest speakers. 1st & 3rd Tues 1.45pm. Juliet Hipkin 01992 574552

St John's Wives' Group, St. John's Parish Hall, Church. Lane, Loughton, 1st & 3rd Mons 8pm (excluding August). Anne Pratt 020 8508 3539



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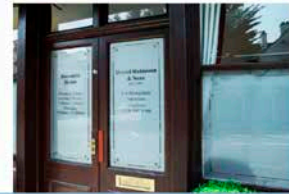
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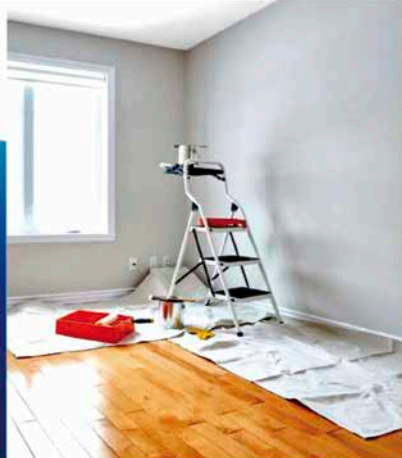
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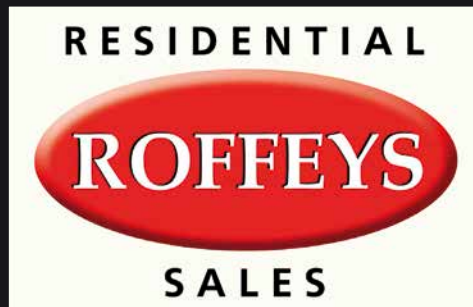
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