



# Think Loughton

News from Loughton Town Council

Winter 2021/2022 No 95

## Shine a Light this Christmas

**WE ARE** once more able to host the 'Light Up a Life' service on Kings Green this year, following the postponement last year due to 'Covid'. The Town Council in partnership with St Clare Hospice is preparing to come together to celebrate the lives of family, friends and loved ones for what we envisage will be a particularly poignant occasion this year.

We plan to meet at 4.30pm on Saturday 27 November in the foyer of the Methodist Church in the High Road for the procession to the tree, the switch on ceremony and carol service. Each light on the tree will represent the life and memory of someone precious.

After the ceremony, we hope to invite everyone back to the church for an opportunity to chat and share cherished memories, while offering hot drinks and mince pies.

If you wish to dedicate a light to somebody special, make an entry in the online Light Up a Life Book of Remembrance. Put the name of your loved one and a short personal message into the book, and if you would like to support St Clare Hospice, you can make an online donation to the charity. A Book of Remembrance will be available at the service for viewing.

This will be just one of a series of Light Up a Life services being held over the festive season across the district. For more



information and to find out more about the invaluable work of the hospice visit <https://stclarehospice.org.uk/light-up-a-life/> or call 01279 773 750.

Everyone, of all faiths and none, is welcome to join this service, not just those who have experienced St Clare's support first-hand. We

look forward to welcoming Loughton residents at this celebration in memory of our loved ones.

*Any changes to this event, should we face a return to any Covid restrictions, will be provided on our website (News & Events - Loughton Town Council ([loughton-tc.gov.uk](http://loughton-tc.gov.uk))), Facebook page and noticeboards.*

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# Contact numbers

## COUNCIL SERVICES

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

## ADVICE, HELP & INFORMATION

|                                      |                |
|--------------------------------------|----------------|
| Action for Family Carers             | 0300 770 80 90 |
| Affordable Counselling Epping Forest | 01992 573402   |
| Citizens Advice                      | 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                      | <a href="http://www.loughtonchurches.org.uk">www.loughtonchurches.org.uk</a> |
| Epping Forest ReUse                    | 01992 578222   |
| ignite (Youth Activities)              | 020 8508 3643  |
| Loughton Arts Centre                   | 07532 053194   |
| Loughton Voluntary Care Assoc.         | 020 8508 6114  |
| Restore Community Centre               | 020 8508 9883  |
| Royal British Legion (Loughton Branch) | 020 8508 5044  |
| Royal Voluntary Service                | 0845 608 0122  |
| Supporting Carers in Essex             | 0300 770 80 90   |
| Voluntary Action Epping Forest         | 01992 910701   |
| Volunteering Enquiries                 | 01992 284761   |

## HEALTH & HOSPITALS

|                                     |               |
|-------------------------------------|---------------|
| ADAS (Alcohol & Drugs Service)      | 01279 641347  |
| Alzheimer's Society (Epping Forest) | 01279 427522  |
| Breathe Easy Harlow & Epping Forest | 01992 573387  |
| British Red Cross                   | 020 8508 2162 |
| Forest Medical Centre               | 020 8535 6888 |
| The Holly Private Hospital          | 020 8505 3311 |
| King George                         | 020 8983 8000 |
| Loughton Health Centre              | 020 8502 5000 |
| NHS Direct                          | 111           |
| Princess Alexandra                  | 01279 444455  |
| Rectory Lane Health Centre          | 020 8272 4600 |
| Spire Roding (Private)              | 020 8551 1100 |
| St Margaret's                       | 01279 444455  |
| Whipps Cross                        | 020 8539 5522 |

## LOCAL AMENITY REFUSE POINTS

|                       |  |
|-----------------------|--|
| Essex County Council  | <a href="http://www.essex.gov.uk/recyclingcentres">www.essex.gov.uk/recyclingcentres</a> |
| Chigwell IG7 5AA      | Luxborough Lane  |
| Waltham Abbey EN9 1JU | Brooker Road   |

## POLICE & FIRE (dial 999 for emergencies)

|                              |               |
|------------------------------|---------------|
| Essex Police (non-emergency) | 101           |
| Action Fraud                 | 0300 123 2040 |
| Anti-terrorist hotline       | 0800 789321   |

## PUBLIC UTILITIES

|                                |              |
|--------------------------------|--------------|
| UK Power Networks emergency    | 105          |
| National Gas Emergency Service | 0800 111 999 |
| Thames Water 24 hour leakline  | 0800 714 614 |

## SPORT

|                                  |               |
|----------------------------------|---------------|
| David Lloyd Chigwell             | 0345 129 6783 |
| Debden Sports Club               | 020 8508 9392 |
| Loughton Athletic Club           | 07958 903842  |
| Loughton Bowling Club            | 020 8508 3546 |
| Loughton Cricket Club            | 020 8502 2064 |
| Loughton Football Club           | 020 8508 4757 |
| Loughton Leisure Centre (& pool) | 020 3225 5460 |
| Loughton Rugby Football Club     | 07939 468222  |
| South Loughton Cricket Club      | 07941 347812  |

## TRAVEL & TOURISM

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

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## Clerk's Remarks



**GETTING BACK** to some normality. It has been good to have those friends and family reunions again after such a long time, nearly two years in some cases. Similarly, it has been rewarding to have all my colleagues back in the office again for the first time in ages. So much easier to have face to face contact (albeit at a distance) and communication

is so much easier and instant. To swap experiences and a shared sense of humour is something that we have all missed. Not to say that some of the advantages of working from home have proved advantageous in certain instances, benefitting aspects of Town Council work. To review how and why we do things, from time to time, can prove quite useful.

It's gratifying to be able to make some solid plans now for future activities. The Town Council has worked closely with the Royal British Legion and other community groups in Loughton, to deliver a befitting Remembrance Parade. The Light Up a Life service held in conjunction with St Clare Hospice is scheduled for Saturday 27 November 2021 at Kings Green. The opportunity to come together during these difficult times to celebrate the lives of family, friends and loved ones has never been

more poignant. By the time this publication goes out we should have launched the 'Loughton Wombles' a concerted drive involving Loughton residents to combat the eyesore of unnecessary litter and to promote a cleaner and greener Loughton. The Queen's Platinum Jubilee Celebrations will be marked on the evening of Thursday 2 June 2022 with the lighting of a beacon at Hillyfields Green, Loughton. Another date for your diaries is Saturday 17 September 2022, at Loughton Cricket Ground, in Traps Hill, to launch the inaugural 'Loughton Day' where all community groups in Loughton will have the chance to promote their organization's work and causes. There will be a multitude of attractions to make this a great family day out. We also hope to announce the date for 'Jessel Green Day' shortly which will involve a number of fairground attractions which always prove

popular with local residents. Our website will be updated to give full details of each event nearer the time.

Of course, we have not yet shaken off this wretched virus, which is regrettably still here. During this tiresome period, so many local people have been selfless in their support of others in less fortunate circumstances or have worked hard in support of the Loughton Community. Please do not be shy in coming forward in recognizing somebody you know for their community work or bravery. Nominations are invited for 2022 Loughton Citizenship Awards (see article below).

From all at Loughton Town Council, we wish you a very Happy Christmas and all the very best for a fulfilling and less turbulent 2022.

**Mark Squire**  
Town Clerk

# Citizenship Award 2022



**NOMINATIONS ARE** invited for the 2022 Loughton Citizenship Awards. As we look to celebrate those special individuals in our town who go the extra mile for their fellow citizens. Maybe through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve community facilities or cohesion, or by an act of courage or bravery.

Do you know someone worthy

of recognition? Any Loughton resident, employer, educational institution, group or society can submit a nomination. There are three categories: Acts of courage or bravery that have resulted in the prevention of a serious crime or the rescue of individuals from danger. Voluntary Service for people aged 25 or over; and for people under 25 years of age. Each category winner will be presented with a silver bowl, an illuminated scroll and a cheque for £250 made payable to their favourite local charity. The awards will be presented by the Town Mayor at next year's Annual Town Meeting to be held on Wednesday, 16 March 2022 at 8pm at the Murray Hall in Borders Lane.

The closing date for nominations is 31 January 2022. For more information contact the Town Council or download a nomination form from the website at [http://www.loughton-tc.gov.uk/Documents\\_and\\_Forms\\_and\\_Policies\\_2583.aspx](http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx)



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# Loughton Town Council

**Town Mayor:** Cllr Rose Brookes **Deputy Town Mayor:** Cllr Barbara Cohen **Town Clerk:** Mark Squire

## Councillors

### ALDERTON WARD

**Cllr Philip Abraham** 020 8502 2925  
1 Lancaster Drive  
Loughton IG10 3NQ  
philabraham2000@gmail.com

**Cllr Michael Stubbings** 07766 480522  
70 Greenfields  
Loughton IG10 3HF  
mick.stubbings@hotmail.com

**Cllr Katie Valentine** 07477 012213  
44 Habgood Road  
Loughton IG10 1HE  
cllr.valentine@gmail.com

### BROADWAY WARD

**Cllr Philip Beales** 020 8418 0459  
65 Harwater Drive  
Loughton IG10 1LP  
p.e.beales@googlemail.com

**Cllr Kevin Rainbow** 07921 662715  
19 Audley Gardens  
Loughton IG10 2EL  
rainbow.kevin14@gmail.com

**Cllr Les House** 020 8508 3369  
109 Avondale Drive  
Loughton IG10 3DQ  
leshouse18@hotmail.com

### FAIRMEAD WARD

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

**Cllr Sebastian Fontenelle** 07941 365850  
82 Etheridge Road  
Loughton IG10 2HY  
cllr@sebastianfontenelle.co.uk

**Cllr Will Kauffman** 07799 148740  
28 The Greens Close  
Loughton IG10 1QE  
willkauffman@ymail.com

### FOREST WARD

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

**Cllr Trevor Downing** 020 8508 8877  
207 Smarts Lane  
Loughton IG10 4BW  
downingtj1@gmail.com

**Cllr Jon Riley** 020 8508 6604  
15 Albion Park  
Loughton IG10 4RB  
jonriley135@outlook.com

### RODING WARD

**Cllr Stephen Murray** 020 8508 7548  
1 Avondale Court, Avondale Drive  
Loughton IG10 3BT  
stephen.w.murray@hotmail.com

**Cllr Rose Brookes** 020 8502 5981  
3 Lower Park Road  
Loughton IG10 4NB  
vietrose02@aol.com

**Cllr David Wixley** 020 8418 9284  
2 Copper Beech Court, Goldings Road  
Loughton IG10 2QH  
david.wixley198@btinternet.com

**Cllr Neil MacKinnon** 07872 324028  
39 Barncroft Close  
Loughton IG10 3EU  
cllr.neilmackinnon@gmail.com

### ST JOHN'S WARD

**Cllr Chris Pond** 020 8508 2361  
Forest Villa, 7 Staples Road  
Loughton IG10 1HP  
loughton\_ponds@hotmail.com

**Cllr Caroline Pond** 020 8508 2361  
Forest Villa, 7 Staples Road  
Loughton IG10 1HP  
caroline\_pond@hotmail.com

**Cllr Michael Owen** 07467 430145  
Forest Side  
Baldwins Hill  
Loughton IG10 1SD  
michael.x.owen@gmail.com

### ST MARY'S WARD

**Cllr Barbara Cohen** 020 8502 3242  
23 Church Lane  
Loughton, IG10 1PD  
bcohen61@hotmail.com

**Cllr Judy Jennings** 020 8508 1861  
94 York Hill  
Loughton IG10 1JA  
cllrjennings@hotmail.co.uk

**Cllr Graham Wiskin** 020 8925 2003  
65 Traps Hill  
Loughton IG10 1TD  
cllr.graham.wiskin@gmail.com

## Committee membership

### RESOURCES & GENERAL SERVICES

**C** J Jennings

**VC** M Owen

R Brookes

B Cohen

W Kauffman

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.

### Deadline dates

| Edition                              | Copy deadline |
|--------------------------------------|---------------|
| Spring 2022                          | 17 Jan 2022   |
| Summer 2022                          | 18 Apr 2022   |
| Next issue covers March to May 2022. |               |

**We do not accept unattributed articles for publication.**

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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

2021

| Nov | 15 | Planning & Licensing         |
|-----|----|------------------------------|
|     | 23 | Environment & Heritage       |
|     | 29 | Planning & Licensing         |
| Dec | 8  | Resources & General Services |
|     | 13 | Planning & Licensing         |
|     | 15 | Council                      |

2022

| Jan | 10 | Planning & Licensing                                       |
|-----|----|--|
|     | 12 | Resources & General Services<br>(Budgets - 7pm) Recreation |
|     | 24 | Planning & Licensing                                       |
|     | 25 | Council (Budgets - 7pm)<br>Environment & Heritage          |
| Feb | 7  | Planning & Licensing                                       |
|     | 9  | Resources & General Services                               |
|     | 21 | Planning & Licensing                                       |
|     | 22 | Council  |
| Mar | 7  | Planning & Licensing                                       |

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

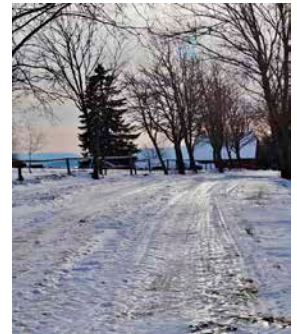
## News round-up

■ **HIGH ROAD COMMUNITY CAROLS:** Thursday, 2 Dec (4-5pm) outside St Mary's Church, Loughton.

Come and join the Carol singing, with free mince pies and mulled wine. They will also be lighting up the tree outside the church. Everyone welcome. Wrap up warmly!



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



■ **MURRAY HALL VENUE:** We are pleased to announce that the Murray Hall in Borders Lane will be available to casual hirers once again in the New Year, following a refurbishment programme, after our successful collaboration with the NHS using the hall as a vaccination centre. For bookings, please contact our Halls & Bookings Officer, Judy Graham on 020 8508 4200.

If you had your inoculation at Murray Hall and experience any problems regarding your vaccination record, you will need to direct your enquiry to the NHS, not Loughton Town Council. You need to supply your name/ address/DOB & details of query - (eg date of your jab which is not shown on system). Email: alison.murray-richman1@nhs.net or neil.singh@nhs.net



■ **CHRISTMAS OFFICE OPENING:** The Town Council offices in the library will operate the following hours over the Christmas period. Christmas Eve, Friday 24 December 9.30am until midday. Reopening from 10am to 3pm on Wednesday 29 & Thursday 30 December. On Friday 31 (New Year's Eve) 10am to 12.45pm. Monday 3 January 2022 - CLOSED. Normal opening hours (9.30am - 4.30pm) will resume from Tuesday, 4 January 2022.



# Loughton's / Buckhurst Hill's unknown mansion

**THE LOUGHTON** & District Historical Society has just published its 47th book.

Maggie Pollitt Brown and Lynn Haseldine Jones have researched the history of Holmehurst, in Manor Rd, a large property in its own miniature park.

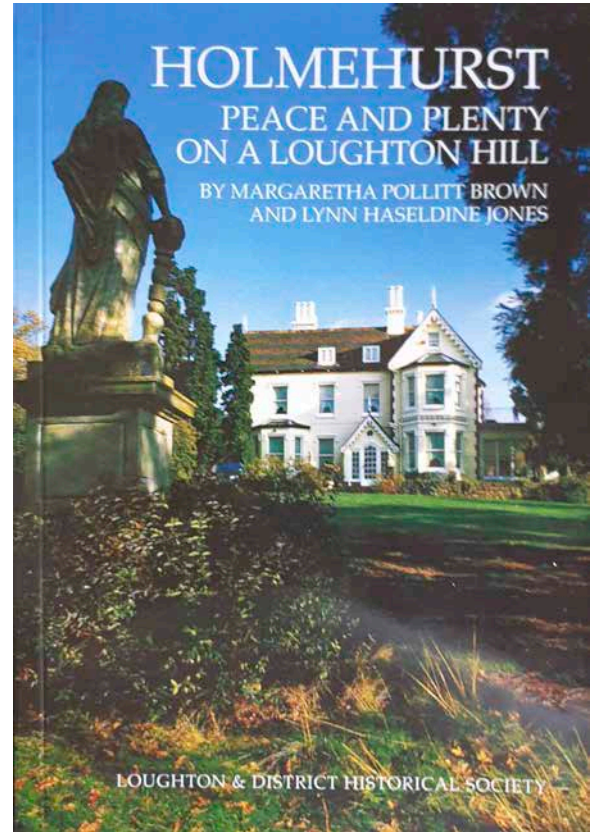
The house is little known, being set in its own secluded private grounds, and not easily seen by the public. It is over 150 years old, and was designed by the Loughton architect, Edmond Egan.

Brown and Jones go through the very varied occupiers of this remarkable house, who range from a manufacturer of surgical hemp, and an Australian paper merchant, to a Swedish match magnate, who must have bought it to demolish and redevelop, which attempt it happily survived, because in 1939 it became home to anti-Hitler Sudetenlander refugees who were exiled when

Germany annexed Czechoslovakia after Chamberlain's infamous "piece of paper", and then after the War, for resettlement of the "Loughton Boys", Jewish survivors from the notorious Theresienstadt ghetto/ concentration camp. The first-hand accounts of some of these people, now advanced in years, is most moving.

The illustrated 176-page book, again expertly designed by Ted Martin, which is published in connection with the Epping Forest District Museum, and their current *Loughton Boys* exhibition, is available direct from the LDHS (call 020 8508 2361), at the Waltham Abbey Museum, and the Loughton Bookshop, price £7.50.

*Why "Loughton / Buckhurst Hill"? Because in 1995 the parish boundary was changed, and Holmehurst, in Loughton for a thousand years, then found itself in Buckhurst Hill...*



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## Epping Community Hub

**EPPING FOREST** District Council Civic Offices now incorporates a community hub offering the following services:

**Changing Pathways** - Advice and support for those experiencing domestic abuse and stalking

**Citizens Advice** - Provide advice on a range of topics including debt and benefits

**The Department for Work & Pensions** - Advice and support regarding pensions and benefits

**Epping Forest District Council Services** -

Support and advice on a number of services

**Epping Forest Foodbank** - Provide emergency food parcels and debt support

**Epping Forest ReUSE** - Local charity providing low cost donated furniture

**Essex County Council Family Solutions** -

Work with families to help them identify their own solutions to problems

**Essex County Council Adult Social Care** -

Support and promote independence and wellbeing of disabled/older people, and informal carers

**Nacro** - Help for those in custody to reintegrate into the community

**Phoenix Futures** - Work with offenders on projects within the district

**Peabody** - Short-term support with housing

**CHESS Homeless** - Support with street homelessness and those with housing needs

**Voluntary Action Epping Forest** - Signpost to volunteering opportunities

**Essex Partnership University NHS Foundation**

**Trust** - Assessment and treatment for those with mental health problems

Visit Epping Community Hub, Civic Offices, Epping, CM16 4BZ. Find out more [www.eppingforestdc.gov.uk/eppingcommunityhub](http://www.eppingforestdc.gov.uk/eppingcommunityhub)

## Message in a bottle

**Do you live alone? Could the emergency services access vital details about your medical history or next of kin?**

Message in a Bottle is a voluntary scheme operated by Essex Neighbourhood Watch and is intended for use by any person who is living at home alone.

The scheme provides the Emergency Services with vital details of any illness or allergy you may suffer from, medication you may be taking and the name of a person to be contacted in the event of you suffering a sudden illness or personal accident.

### How does the scheme work?

Your details are stored in a plastic container which is kept in your fridge (as this is the last item to suffer damage in a fire). Two special stickers known to the emergency services and other caring agencies, are put in your house - one on the outside of your fridge and the other on a wall or panel inside your front door.

### How do I join in?

Loughton Town Council has a supply of "Bottles" to distribute within the local community. You can contact us at: Loughton Town Council, Loughton Library & Town Hall, Traps Hill, IG10 1HD. Telephone: 020 8508 4200. Email: [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk)



# Loughton Building Design Award

**NOMINATIONS ARE** now invited for this annual award. Loughton Town Council continually seeks to protect and enhance our town, and we offer this award providing public recognition to those individual examples of good design and construction and/or sympathetic restoration. Residents, architects, developers, building contractors and owners are all encouraged to nominate their favourite building projects that were completed in 2021. The closing date for nominations will be Monday 31 January 2022.

If there's a new development, that has caught your eye and deserves to be celebrated, whether commercial or residential, or a refurbished property, visit [http://www.loughton-tc.gov.uk/Documents\\_and\\_Forms\\_and\\_Policies\\_2583.aspx](http://www.loughton-tc.gov.uk/Documents_and_Forms_and_Policies_2583.aspx) to download a form or email: [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk)

**Policies\_2583.aspx** to download a form or email: [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk)

Last year the judges presented awards to two properties: 2 Connaught Avenue, IG10 4FB (below top) – the conversion of a house into flats, upon which the judges noted “*The conversion has enabled it to maintain its looks as a house rather than the block of flats that are housed within.*”; and Royal Oak Close, IG10 4FD (below bottom) – the conversion of a much-loved Public House into flats with a number of houses to the rear, the judges commenting “*The developer has maintained the heritage frontage aspect on Forest Road whilst also providing much needed housing to the side and rear facing onto Smarts Lane.*”







# Professor of Adventure honoured

**AT THE** end of July, the latest (48th) heritage plaque, celebrating Loughton's history, was installed at Walnut Cottage, Stony Path, IG10 1SJ, to remember Millican Dalton – Environmentalist and "Professor of Adventure".

Millican Dalton was born on 20 April 1867, to a Quaker family in Nenthead, Alston, Cumberland. At age 7 his family relocated to Essex, where he enjoyed being out in the wild, experiencing adventures. As a young man he worked in the City as an insurance clerk, and lived at Walnut Cottage, although apparently spent much of his time sleeping under canvas in the garden.

Aged 36, Millican found the lure of the wild - or the tedium of the office - too much and decided to leave Loughton and head off to Borrowdale in the Lake District in pursuit of his life of adventure. It was here that he enjoyed his simpler life of self-sufficiency, living in a cave during the warmer months, located on the

eastern flank of Castle Crag, known locally now as "Millican Dalton's Cave", (but retreating to a wooden hut in Buckinghamshire during the winter).

Somewhat ahead of his time, he was a vegetarian, pacifist and teetotaler, who offered his services as a climbing guide to earn a small income to live off and adopted the self-styled moniker "Professor of Adventure". He lived in his cave for almost fifty years, carving into it his epitaph, which reads 'Don't waste words, jump to conclusions.'

In the winter of 1946-47 Dalton's hut, in Bucks, burnt down whereby he resorted to living in a tent. Sadly this proved too much for a man of his age and frailty, and he contracted pneumonia from which he died in Amersham Hospital on 5 February 1947, aged 79.

Loughton Town Council extends its thanks to the residents of Walnut Cottage for nominating this plaque and allowing its installation.



## Financial assistance

**WE INVITE** Loughton's local groups, organisations and charities to apply to the Town Council for financial assistance. Successful groups will receive funding for the period April 2022 – March 2023. The closing date for receipt of completed submissions at the Council Offices in Loughton Library, is Friday, 7 January 2022.

If you are part of a local organisation that is delivering excellent work for people in Loughton and require a bit of extra cash, download an application form at Documents & Forms & Policies - Loughton Town Council ([loughton-tc.gov.uk](http://loughton-tc.gov.uk)) or contact the council offices for more information Email: [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk) Tel: 020 8508 4200.



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## Dates for the diary

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

■ **25 Nov 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 4581 (see p13). THERE WILL BE NO MEETING ON 23 DECEMBER.

■ **26 Nov 8pm Harwich: behind the Facades** a talk by Elphin and Brenda Watkin. The Herts & Essex Architectural Society (HEARS) These meetings will be conducted online via Zoom. Details will be posted on the HEARS website: <https://hears.vpweb.co.uk>

■ **7 Dec 10.30am The History of Ongar High Street** a talk by the Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: dickspeller@talktalk.net / 07774 164407

■ **7 Dec 8pm As Good As Gold** The story of gold and its significance and symbolism within the history of art. Lecture by Dr Alexandra Epps, Official guide and lecturer at the Tate, City of London guide. Lectures now in person. The Arts Society, Bancroft's Prep School, Whitehall Road, Woodford Green, IG8 0RF All new members welcome. £5 Enquiries: 020 8504 9138



■ **11 Dec 2pm Woodford Singers Christmas Concert** Free Concert with retiring collection, The Church of the Holy Innocents, High Beach Includes light refreshments. Contact Jane Begley 07572 111387 or jane.begley@irwinmitchell.com

■ **11 Dec 7.30pm Gala 20th Anniversary Christmas Concert** The Roding Players Orchestra. St Mary's Church, 201 High Road, IG10 1BB. Tickets: £8, £7 concessions, under 11s free – available on the door – includes refreshments. Contact: Shirley Fuller – shirley.fuller55@gmail.com 07713 113384 <http://www.rodingplayers.co.uk>

■ **15 Dec 7pm Free Informal Carol Service** by candlelight on a Nordic theme, with retiring collection. The Church of the Holy Innocents, High Beach Includes seasonal refreshments. Contact Jane Begley 07572 111387 or jane.begley@irwinmitchell.com

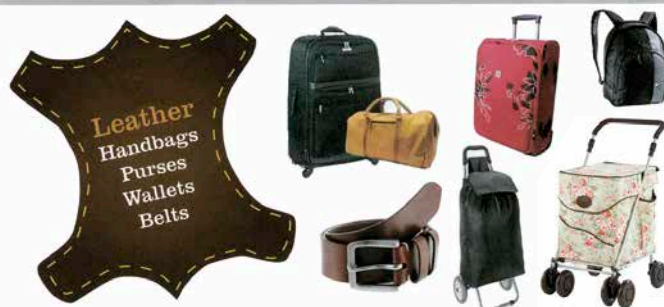
■ **24 Dec 4pm Christingle Service** with retiring collection for The Children's Society. The Church of the Holy Innocents, High Beach Includes seasonal refreshments. Contact Jane Begley 07572 111387 or jane.begley@irwinmitchell.com

■ **11 Jan 8pm Bruegel Peter Bruegel the Elder** was the most significant artist of Dutch and Flemish Renaissance painting. Lecture by Dr Paula Nuttall, lecturer at the Courtauld Institute of Art. The Arts Society, Bancroft's Prep School, Whitehall Road, Woodford Green, IG8 0RF. All new members welcome. £5 Enquiries: 020 8504 9138

■ **13-15 Jan 8pm Neighbourhood Watch** - Comedy by Alan Ayckbourn. Brother and sister Martin and Hilda Massie live together, leading a quiet, Christian existence until their peace is shattered by a young trespasser in their garden. The neighbours agree to form a neighbourhood watch group to safeguard against further incidents. What begins as a well-intentioned scheme for a safer community ends in violence and acrimony. 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 (from 15 Nov)

## EROS SHOES, KEYS & TRAVEL GOODS

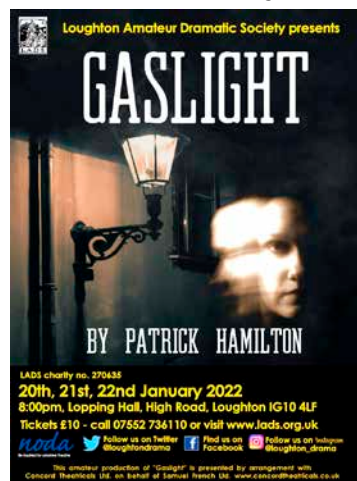
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■ **20-22 Jan 8pm Gas Light** by Patrick Hamilton. Why do the lights in the Mannings' house inexplicably dim? Is Mrs Manning losing her grip on reality or are there sinister forces at work? Set in fogbound, Victorian London, this compelling drama promises to grip its audience from the start. Performance by LADS at Lopping Hall, High Road, Loughton, IG10 4LF. Tickets £10 – call 07552 736110 or visit [www.lads.org.uk](http://www.lads.org.uk)



■ **27 Jan 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 4581 (see p13).

■ **28-30 Jan (28th & 29th evening performances 7pm / 29th & 30th matinees 2.30pm) 'Treasure Island'** by Basil D Raffles. Adventure, skulduggery and laughs, when young Jim Hawkins meets the most dastardly pirate who ever sailed the seven seas... Long John Silver! Pantomime performed by the Upstage Theatre Company at Lopping Hall, 189 High Road, IG10 4LF. Tickets £10, to book: [www.ticketsource.co.uk/upstageetc](http://www.ticketsource.co.uk/upstageetc) or phone Ticket Source on 0333 666 3366.

■ **28 Jan 8pm 'Adrian Gibson: His Life and Work'** a talk by Helen Gibson. The Herts & Essex Architectural Society (HEARS). These meetings will be conducted online via Zoom. Details will be posted on the HEARS website: <https://hears.vpweb.co.uk>

■ **8 Feb 8pm Land of Vision & Enchantment**. The impact of chinoiserie on European art & design. Lecture by Anne Haworth, lecturer at the V & A and British Museum. The Arts Society, Bancroft's Prep School, Whitehall Road, Woodford Green, IG8 0RF. All new members welcome. £5 Enquiries: 020 8504 9138

■ **24 Feb 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 4581 (see p13).

■ **25 Feb 8pm 'The Country Houses of Sir Edwin Lutyens'** a talk by Charles Hind. The Herts & Essex Architectural Society (HEARS). These meetings will be conducted online via Zoom. Details will be posted on the HEARS website: <https://hears.vpweb.co.uk>

■ **New Vistas** talks are underway again. Its first meeting since the pandemic was on Tuesday, 7 September. Meetings with guest speakers are on the 1st and 3rd Tues at 1.45pm. NB: they now meet at Loughton Bowls Club, Eleven Acre Rise, IG10 1AN. Ample parking. Tel. (as before) - Juliet Hipkin 01992 574552. Dual vaccinations are required! Regretfully, this is necessary for the safety of everyone.



**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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# LoyalFree launch

**EPPING FOREST** District Council has launched a new high street app, a place promotion app, designed to boost footfall and sales in the local area, forming a new partnership with multi award winning app LoyalFree, as part of the district's recovery plan from Covid-19.

We are the latest area in the UK to launch the LoyalFree app, which encourages consumers to shop local safely.

LoyalFree is an innovative digital platform which showcases vital area information for locals and visitors including exclusive deals and loyalty schemes, fun local events and interesting trails. Businesses will benefit from advertising opportunities; customer insights and social media support and the dynamic app allows users to benefit from using just one app across the UK - so they can tap into the local area wherever they are! You can download the LoyalFree app for free at: **www.loyalfree.co.uk/download** or search 'LoyalFree' on the iOS and Google play store.



# Loughton Folk Club

**WE ARE** a small, friendly acoustic club that meets upstairs in the Loughton Club on Station Road on Thursday evenings.

Each week we have guest artists from the world of folk, roots and acoustic music and we welcome floor spots from singers, players and poets. Doors open at 7.30pm, the music starts around 8pm, finishing around 10.30pm.

Entry is usually £5 (£4 for members of Loughton Club). The Loughton Club bar offers real ale, lagers, Guinness, wine and other beverages at competitive prices.

For more information or to book your floor spot please email [loughtonfolkclub@googlemail.com](mailto:loughtonfolkclub@googlemail.com) We are on Facebook too: <https://www.facebook.com/Loughton-Folk-Club-166282200055280?pid=5293> (See listing on P13)



# Leave a legacy

## Hospice Trustee calls on local people to leave a legacy

**ST CLARE** Hospice Trustee, Mark Astarita, is making an impassioned plea for local people, in West Essex and East Hertfordshire, to consider making a gift in their Will to St Clare Hospice, in order to help the charity continue to provide outstanding care to people in the local community.

St Clare Hospice is using Mark's support to launch a new campaign to highlight the impact that leaving a gift in a Will can make; one in five people are cared for by the Hospice due to the generosity of others who have previously given in this way.

Harlow resident, Mark, experienced Hospice care first-hand, when his wife was cared for at a hospice "Losing a loved one can be a very scary and painful experience, but arriving at a hospice with my wife instantly took the pressure off of mine and my son's shoulders," recalls Mark. "We were able to enjoy the precious time we had left with my wife, knowing the nurses and doctors would take great care of her."

Since his wife died, he has become a Trustee at St Clare Hospice. "I am now in the privileged position of seeing all of the hospice's extraordinary work and I want to make sure that St Clare is here in many years to come so that local families throughout East Hertfordshire and West Essex can continue to receive the same level of care that my family did. That is why I have decided to leave a gift in my Will to St Clare Hospice."

Mark explains "St Clare is a local charity mostly funded by local people - a significant amount of money comes to St Clare in the form of gifts in Wills. If those were to disappear, then the range of outstanding care St Clare provides could be at risk. St Clare currently cares for around 1,500 families each year, both at the Hospice and in peoples own home, as well as providing free bereavement support.

"Writing a Will is a profound thing to do - it is simple and empowering, and I think everyone



should think about writing one. When writing my Will, I made sure that my family and friends were taken care of first, and then I left gifts to various charities, including St Clare. Knowing that I will be making a difference to local families when I am no longer here means the world to me - because as long as my family and friends are taken care of, why wouldn't I want to help someone else that is in desperate need of hospice care?"

Mark adds: "I like knowing that I will be leaving the world in a slightly better place once I have gone - my legacy will live on, knowing that I have left a bit of my stardust behind to help others. I believe that giving is a two-way thing, you get a lot back from giving to someone else."

Writing or amending a Will is easy to do either by using a solicitor or on-line. When leaving a gift to St Clare, people can choose to leave a percentage of their estate or a specified amount. Any gift, no matter how big or small, will make a difference to St Clare Hospice and the local people they care for 24 hours a day, 365 days a year.

For more information, visit St Clare Hospice's website: [stclarehospice.org.uk/leave-a-gift-in-your-will](http://stclarehospice.org.uk/leave-a-gift-in-your-will) or email [fund@stclarehospice.org.uk](mailto:fund@stclarehospice.org.uk)



# Celebrations for exceptional students

**OUTSTANDING STUDENTS** who have shown tenacity, determination and compassion for others were honoured at the New City College Epping Forest Campus Awards Evening.

Trophies and certificates were presented to winning students at the college in Borders Lane, Loughton, in front of families, staff, students and special guests Epping Forest District Council Chairman, Councillor Helen Kane, and Councillor Stephen Murray.

During the celebratory night, heartfelt citations were read out in recognition of the worthy winners, who had been nominated by teachers and other staff for going above and beyond and achieving despite adversity.

Awards for categories such as Student of the Year, Apprentice of the Year, Contribution to the College, Academic Achievement and Outstanding Community Involvement were handed out to some wonderful young people.

The audience was treated to refreshments and given a goody bag as well as being entertained by Performing Arts student Elise who sang a mesmerising rendition of Celine



Dion's track My Heart Will Go On.

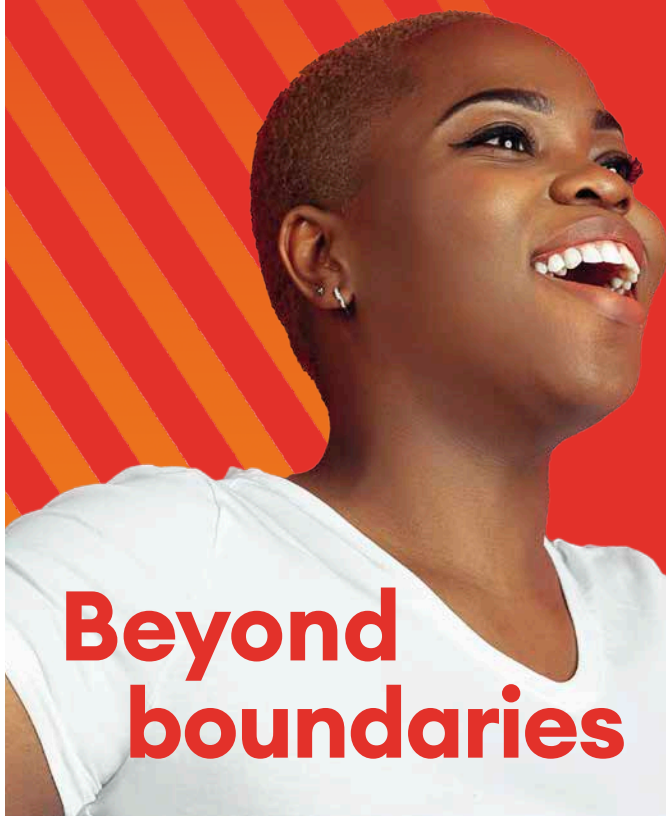
During the evening, Principal Narzny Khan and Deputy Principal Sue Clark spoke of their pride at being able to hand out trophies to such exceptional young people, especially considering the challenges of the past year,

and wished them all the best of luck as they moved on to exciting futures.

**Pictured is Student of the Year Isabella Dreher (centre) with Deputy Principal Sue Clark, (left), and Councillor Helen Kane (right) who presented the award**

Photo © New City College

 **New City College**



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# Regular activities

Amendments to: [debra.paris@loughton-tc.gov.uk](mailto:debra.paris@loughton-tc.gov.uk)

## ALLOTMENTS

**Loughton Potato Ground**, Baldwins Hill.  
[www.loughtonpotatoground.com](http://www.loughtonpotatoground.com)  
**Roding Road Allotment & Leisure Gardens Association**, Roding Road.  
[www.rodinroadallotments.co.uk/](http://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 / [fdts1@aol.com](mailto: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](http://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 /  
[theornes5@hotmail.co.uk](mailto: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  
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6.15pm Thurs. 01992 573402  
[affordablecounsellinger@gmail.com](mailto:affordablecounsellinger@gmail.com)  
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/ [jo@samaritans.org](http://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](http://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](mailto:efcv2@yahoo.co.uk) [www.efcv.co.uk](http://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/about-and-about/countryside](http://www.eppingforestdc.gov.uk/index.php/about-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](mailto:roding@essexwt.org.uk) 020 8500 3094

**Film Loughton**. Film screenings locally.  
[www.film.loughton.com](http://www.film.loughton.com)  
**Forest Creative Writers**, Jazz Archive,  
Loughton Library, Traps Hill, Thurs (term  
time) 12.45-2.45 pm. Midge Venables  
020 8504 1261

**Forest Musical Theatre Company**, St  
Michael's Church, Roding Rd. Tues  
& Weds (rehearsals). email [rachel@forestmusical.co.uk](mailto:rachel@forestmusical.co.uk) or visit [www.forestmusical.co.uk](http://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](http://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](http://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](http://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 7.20pm [lindajenkins34@hotmail.com](mailto:lindajenkins34@hotmail.com) [www.bridgewebs.com](http://www.bridgewebs.com)

**Loughton Camera Club**, Lopping Hall,  
High Rd. Weds, 8-10pm. 07873 534  
604 [www.loughtoncameraclub.org.uk/](http://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](http://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](http://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](mailto:admin@adasuk.org.uk)  
[www.adasuk.org](http://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](mailto:kmurray@eppingforestdc.gov.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](mailto: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](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto: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/>

**Junior Youth Club - Restore** Ages  
7-11yrs. 6-7.15pm Weds. Oakwood  
Hill Community Centre, Longcroft Rise,  
IG10 3NB. Weekly sign-ups: Restore  
Community Facebook Page  
& Oakwood Hill Community Centre  
Facebook page.

**Little Angels Baby & Toddler group**, St  
Michael's Church, Roding Rd. Weds  
10-11am (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](mailto: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](mailto: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](mailto:Spark@worthunlimited.co.uk)

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

**The Loughton Pantomime UpStage  
Theatre Company** Mon 6-7pm 7-15yrs  
(Junior Chorus). Mon 7-10pm over 16s  
(Adult Cast) @ Lopping Hall, Loughton,  
IG10 4LF [www.upstage.org.uk](http://www.upstage.org.uk)  
[hello@upstage.org.uk](mailto:hello@upstage.org.uk)

**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

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

**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](mailto: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.  
[loughtonfolkclub@googlemail.com](mailto: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](mailto:loughtonoperaticsociety@hotmail.com)  
[www.loughtonoperatic.org.uk](http://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](http://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/](http://www.rodinplayers.co.uk/)

**South West Essex Choir**, Loughton  
Methodist Church, 260 High Rd. Tues,  
7.45-10pm. 01992 812606 [www.southwestessexchoir.org.uk/](http://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](mailto: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](http://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](http://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](mailto:mldjavorsfold@yahoo.co.uk)  
[www.loughtonclub.blogspot.com](http://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 & 3rd Thurs, 2pm-4pm.  
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, 10-11.15am

**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. 1st Fri 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

**Wesley Café**, Loughton Methodist Church, 260 High Rd Mon-Thurs 9.30am-3.30pm; Fri 9.30am-12 noon. Closed Sat and Sun. 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.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. Jnrs 7-8.30pm, snrs 7.30-9pm. First session free. info@loughtonfencingclub.co.uk

**Loughton Football Club**, Avondale Close. 8-18 yrs + senior team. Suns (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 020 8504 4010, OLHC@oldloughtonians.co.uk

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

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

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

**Wing Tjun Kung Fu** Roding Valley High School, Alderton Hill. All ages and abilities £8. Sundays (times vary betw 11.15am-3.15pm for each age group) 07977 132111 www.omni-martialarts.co.uk

**TALKS**

**Arts Society Woodford Green**, Bancroft's Preparatory School Hall, Whitehall Rd, Woodford Green. Member of NADFAS. 2nd Tues, 7.15 for 8pm. 020 8599 6281

**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 Bowls Club, Eleven Acre Rise, IG10 1AN. Ample parking. 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 2pm (excluding August). Anne Pratt 020 8508 3539



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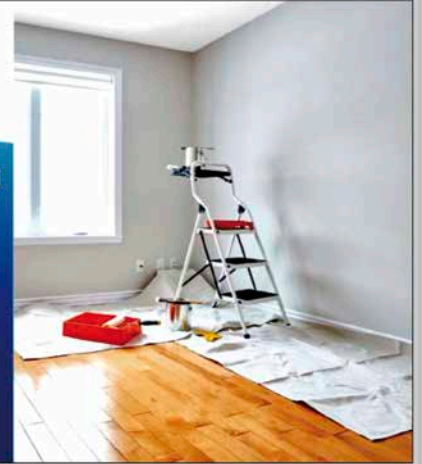
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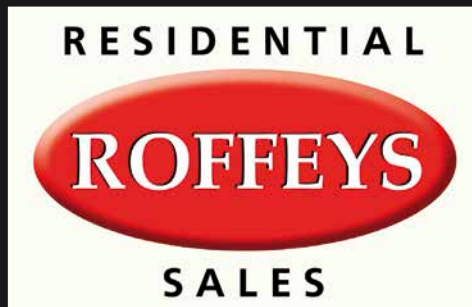


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