



# Think Loughton

News from Loughton Town Council

Spring 2022 No 96

## Meet your councillors

**THE ELECTED** Loughton Town Councillors for the 2021-2024 intake who represent residents on local issues were finally able to gather for their group photo, during an easing of Covid 19 restrictions. We are delighted to introduce your representatives to you:

From Left to Right – top row: Cllr Trevor Downing, Cllr Philip Beales, Cllr Sebastian Fontenelle.

Standing Back Row L-R: Cllr Katie Valentine, Cllr Graham Wiskin, Cllr Les House, Cllr Michael Owen, Cllr David Wixley, Cllr Stephen Murray, Cllr Chris Pond, Cllr Jon Riley, Cllr Neil MacKinnon, Cllr Will Kauffman, and Cllr Mick Stubbings.

Front Row Seated L-R: Cllr Philip Abraham, Cllr Caroline Pond, Cllr Kevin Rainbow, Town Mayor – Cllr Rose Brookes, Deputy Town Mayor – Cllr Barbara Cohen, Cllr Stella Murphy, Cllr Judy Jennings, and Cllr Carol Davies.

Loughton Town Council is responsible for the following services:

Allotments; Loughton Cemetery; Open Spaces; Consultees in



Planning and Licensing; Kingsley and Murray Halls; Playgrounds and outdoor gyms; Heritage Plaques; Street Furniture; War Memorials; Small grants to local organisations; Emergency Planning; and Community Matters

including Community events, "Think Loughton" newsletter, Local noticeboards and Christmas card and Christmas window competitions.

For full details of the councillors representing each ward within

Loughton and details of Committee Membership see page 4. To find out "Who does What" in local government, visit: Responsibilities (who does what) - Loughton Town Council ([loughton-tc.gov.uk](http://loughton-tc.gov.uk))

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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	www.loughtonchurches.org.uk
Epping Forest ReUse	01992 578222
ignite (Youth Activities)	020 8508 3643
Loughton Arts Centre	07532 053194
Loughton Voluntary Care Assoc.	020 8508 6114
Restore Community Centre	020 8508 9883
Royal British Legion (Loughton Branch)	020 8508 5044
Royal Voluntary Service	0845 608 0122
Supporting Carers in Essex	0300 770 80 90
Voluntary Action Epping Forest	01992 910701
Volunteering Enquiries	01992 284761

## HEALTH & HOSPITALS

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

## LOCAL AMENITY REFUSE POINTS

Essex County Council	www.essex.gov.uk/recyclingcentres
Chigwell IG7 5AA	Luxborough Lane
Waltham Abbey EN9 1JU	Brooker Road

## POLICE & FIRE (dial 999 for emergencies)

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

## PUBLIC UTILITIES

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

## SPORT

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

## TRAVEL & TOURISM

Arriva (traveline)	0344 800 4411
First Essex Customer Services	0345 602 0121
Gatwick Airport: Your service centre	01293 555713
Heathrow Airport	0844 335 1801
London Travel Information	
(TfL & London 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



**'IT'S BEHIND YOU'!** Great fun again for all age groups at last January's 'Treasure Island' pantomime at Lopping Hall. Without doubt 'the jolliest pantomime on the high seas' and definitely loosely based on a novel by Robert Louis Stevenson! Like everyone else, the production experienced some Covid scares, but the 'show must go on,' which it

did, with great aplomb and a really good time was had by all.

This is the first opportunity we have had to introduce the new Town Council (although elected last May) as Covid stipulations had restricted group gatherings for some considerable time. Although, Covid is certainly not 'behind us,' reassuringly, we are spending increasingly more time looking forward. The 'Loughton Wombles' have been out in large numbers and regular group litter picking events are being scheduled this year. Please do not hesitate to join us and make a real difference in tackling unsightly litter in Loughton.

Do make a note in your diaries for a number of events scheduled for the summer of 2022: -

■ 'Lighting of the Beacon' event on the evening of Thursday 2 June 2022 at Hillyfields Open Space, as part of the Queen's Jubilee Celebrations.

■ Family Fun Day, at Jessel Green on Sunday 26 June  
■ Loughton Day at Loughton Cricket Club on Saturday 17 September 2022.

These events provide great opportunities for the community to come together after so many months of various forms of 'lock down' and in some cases isolation. Further details will be displayed on the Town Council's website and Facebook page soon.

Finally, a warm welcome to our new staff members, Kim Lumb, as the new Deputy Clerk and Responsible Financial Officer and Jonathon Glynn who has joined us as part of our finance and office team. Our two new colleagues are already making a positive difference to Loughton Town Council's operations.

**Mark Squire**  
Town Clerk

## Council tax

**THE PRECEPT**, the amount we collect from our residents in 2022/23 to be spent on local services and facilities, will be £829,663. This will set the Loughton proportion of the annual council tax for a band D property as £65.16, an increase of £2.72 a year from the current figure of £62.44. This equates to just over £1.25 a week, (a weekly increase of 11p).

Loughton Town Council (LTC) has not been financially immune from the continuing effects of the ongoing Covid pandemic, which has reduced our income from hall hire and affected other areas of operations.

LTC continues to be highly sensitive to the ongoing crisis and the difficulties experienced by the local community and has kept the precept rise to a minimum, whilst retaining a reasonable level of reserves.

This has meant that some Town Council aspirations and projects have been re-prioritised. However, the principal projects remain on course and a further £12,000 has been allocated to relocate, move, and rebuild a new all-purpose children's play area on the Roding Valley Recreation Ground.

# Citizen of the Year 2021

**THE PRESENTATION** to Pesh Kapasiawala of his 2021 Citizen of the Year award was made by the Town Mayor, Cllr Rose Brookes, at the Council Meeting on 20 October

2021. Pesh said following the presentation "I'm so proud and honoured to have received the Citizen of the Year award from LTC. I dedicate it to all our tireless

compassionate volunteers who have made us the biggest emergency food agency in Epping Forest District in less than 1 year. My sincere thanks to all the councillors and officers at LTC. It has been a pleasure to work with you, thank you for all your support."

<http://www.3food4u.org>  
Facebook page <https://www.facebook.com/3food4u/>

Town Mayor, Cllr Rose Brookes & Pesh Kapasiawala





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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  
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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  
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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@gmail.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  
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vietrose02@aol.com

**Cllr David Wixley** 020 8418 9284  
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**Cllr Neil MacKinnon** 07872 324028  
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Loughton IG10 3EU  
cllr.neilmackinnon@gmail.com

### ST JOHN'S WARD

**Cllr Chris Pond** 020 8508 2361  
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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.

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## Town Council Meetings

Loughton Library & Town Hall, Traps Hill,  
Loughton, IG10 1HD at 7:45pm  
2022

<b>Mar</b>	7	Planning & Licensing
	9	Recreation
	16	Annual Town Meeting The Murray Hall at 8pm
	21	Planning & Licensing
	29	Environment & Heritage
<b>Apr</b>	4	Planning & Licensing
	13	Resources & General Services
	25	Planning & Licensing
	26	Council
<b>May</b>	24	Annual Council

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

## News round-up

■ **LIGHTING THE BEACON:** Join us on Thursday 2 June 2022 at Hillyfields Open Space to commemorate the Platinum Jubilee of HM Queen Elizabeth II. The Beacon will be lit at 9.45pm and celebrations will include a piper and Town Cryer. See P9.

### ■ WELCOME TO THE TEAM:

**KIM LUMB** joined us as Deputy Town Clerk & Responsible Financial Officer (RFO) at the start of November.

With a history of working for a large bank in the City, where she was improving the customer experience, Kim previously worked for Buckhurst Hill Parish Council as their Deputy Clerk to the Council & RFO and prior to that for Witham Town Council as their Community Manager.

Kim, who is CiLCA qualified (Certificate in Local Council Administration), is delighted to have the opportunity to become a team member at Loughton Town Council and is looking forward to supporting the Council and residents in the best way she can.

**JONATHAN GLYNN** joined the Town Council to assist Kim with the financial management

and activity of the Council's work. His background in both private and public accountancy will be an asset to the Council.

Jon lives locally (just across the border) in Chigwell and knows Loughton

well. He is looking forward to meeting local residents and attending community events.

### ■ CHILDREN'S SWIMMING LESSONS:

Swimming is an excellent exercise and life skill. If you would like your child to learn to swim but your family budget means swimming lessons are not an option at the moment contact Loughton Town Mayor - Councillor Rose Brookes. Children must be attending a Loughton primary school and a school reference may be required. Sponsored places are limited but a commitment to attending lessons regularly at Loughton Leisure Centre is essential.

Contact Rose via email vietrose02@aol.com

■ **A NEW LOOK FOR 2022:** Our community halls have received a makeover. The Murray Hall was repainted in January, following its use as a Vaccination Centre by the NHS last year, and Kingsley Hall had replacement windows fitted in November 2021.





# Playing fields success

**CLLR DAVID WIXLEY**, Recreation Committee Chairman, and Paul Hoy, Services Manager, attended the annual AGM and "Best Kept Playing Field" Awards Evening, of the Essex Playing Fields Association (EPFA) in Chelmsford on 21 October 2021. Loughton Town Council was delighted to receive several awards, including a gold certificate in Class 1 (Playing fields serving communities of more than 2,500 residents) for Roding Valley Recreation Ground (RVRG), and in Class 3 (Children's playgrounds), alongside a merit certificate for Westall Road playground. Most notably, Traps Hill playground was voted outright winner of this category, judged to be the best playground out of 120 competition entrants.

LTC thanks all its play industry contractors and inspectors, along with the Epping Forest District Council Grounds Maintenance Team, for the huge role played in not only securing these awards, but more importantly ensuring Town Council facilities remain safe for public use. In recognition of this, Paul Hoy, and Debbie Taylor, Community and Services Officer, met with the EFDC Grounds Maintenance South Team at the RVRG on 16 November 2021 to present a certificate

to Phil Hawkins, Team Manager. Also in attendance were Chris Waghorn, Grounds Maintenance Officer South, and members of the grounds maintenance team responsible for the day-to-day work.

Our gratitude is also extended to all volunteers that carry out litter picking at the RVRG daily, in all weathers, and a special thank you to the Town Council's Park Warden Team who visit all the playground and recreation sites daily, ensuring they are clean, tidy, and safe for use. All those mentioned play a vital role in the Town Council's work, it is a true collective effort.

Finally, we would like to recognise the fine work undertaken by the EPFA. Formed in 1924, it provides help and advice to parish and town councils alongside independent sports clubs, striving to protect playing fields and sports facilities, particularly against the threat of development. Also encouraging facilities are maintained to high standards and promoting their upgrading, in particular, to reflect inclusivity. As the Association nears its centenary year, it is hoped that Essex parish and town councils and independent sports clubs who are not yet members, will join to further strengthen the Association going forward.



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EFDC Grounds Maintenance Team

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# Christmas window competition

**FOLLOWING** continuing difficulties faced by local businesses due to the Covid crisis, the Council decided to scale back this year's Christmas window competition, awarding just certificates in recognition of efforts made helping to bring festive cheer to the Town.

The judges: Town Mayor, Cllr Rose Brookes, Deputy Town Mayor, Cllr Barbara Cohen and Cllrs Carol Davies and Stella Murphy, extended their appreciation to all the businesses that were able to participate in this event.

We also thank the Epping Forest District Council Town Centres Department, who in an effort to encourage local shopping donated Champagne, which was also presented to the category winners by the Town Mayor, Cllr Rose Brookes.

Recognised businesses are listed below:

## LOCAL/INDEPENDENT

**Joint Winners** Tony's Hardware, 61 The Broadway, IG10 3SP, and Farima Perry Flowers, 262 High Road, IG10 1RB

**Runners-up** Little Fidgets, 7 Forest Road IG10 1DR, Taylor's Cards, 17-19 The Broadway, IG10 3SP

**Highly commended** ZONE SIX, Unit 2 Aubrey House, 165H High Road, IG10 4LF, Emily Grace, Florist, 51 The Broadway, IG10 3SP

## MULTIPLE/CHAIN STORE

**Winner** Loaded Gourmet Burgers, 279 High Road, IG10 1AH

**Runners-up** Pizza Express, 281/283 High Road, IG10 1AH, Nando's, 2 Station Road, IG10 1AA, Body Shop, 206 High Road, IG10 1DZ

## CHARITY SHOPS

**Winner** The Children's Society, 20 The Broadway, IG10 3ST

**Runners-up** Haven House, 188 High Road, IG10 1DN, St Clare Hospice, 72 The Broadway, IG10 3SY

## EATERIES

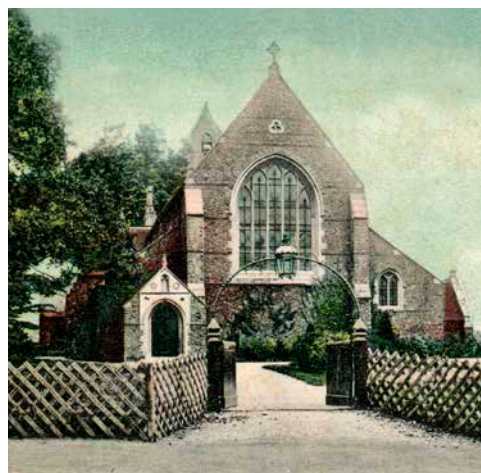
**Winner** Tom Dick & Harry's / God's Own Pizza, 153 High Road, IG10 4LF

**Runners-up** 8 Rocks Deli & Wine, 238 High Rd, IG10 1RB, Zest, 194 High Road, IG10 1DN, The Standard, 126 High Road, IG10 4BE

**Highly commended** Turquoise Grill & Bar, 280-282 High Road, IG10 1RB



# St Mary's celebrates 150 years!



**ON 5 JUNE 2022**, St Mary's Church Loughton will be 150 years old!

St Mary's was built in 1872 as Loughton was growing. The population then being just under 3,000. Now, 150 years later the town has grown ten-fold with the church growing and modernising too. St Mary's has always been at the centre of Loughton High Road and sought to be a community hub, welcoming to all. Over the last 15 years, it has developed its building to welcome even more people.

Vicar, Revd Malcolm Macdonald writes, "It is amazing to celebrate 150 years of St Mary's at the heart of Loughton. As a church family, we have always loved Loughton, existing to share the good news of Jesus with our community. Coming out of the pandemic, we wish to share the news of love, joy, and peace in Jesus and want to celebrate this

special year with everyone in Loughton."

St Mary's is asking the community to share your connection with the church over the past years. Maybe you were married or baptised there, belonged to the choir or Sunday School or youth groups, or perhaps you have old church photos. Anyone wanting to share memories can email [150years@stmarysloughton.com](mailto:150years@stmarysloughton.com) The church would love to exhibit these during May followed by a celebratory Cream Tea Party, open to all on 4 June from 2-4pm at the church. On 12 June we will be having three 'Open Church' Sunday services at 8:45am, 10:30am and 5pm. All our services are open to everyone, but these will have a particular focus on community thanksgiving for the 150 years.

Visit St Mary's website [www.stmarysloughton.com](http://www.stmarysloughton.com) for more information on the church.



# 2021 Christmas card competition

**THE TOWN MAYOR**, Cllr Rose Brookes, and Deputy Town Mayor, Cllr Barbara Cohen were delighted to judge the entries received in this popular competition and thank all the participants.

Our congratulations to Freya Smith, who attends St John Fisher Primary School, voted the overall and Junior category winner in the competition, whose design was used on the front of the official council Christmas card.

The winners, who each received a £25 gift card and certificate, were as follows:

**Infant Winner** Georgia Thornhill, (bottom left), Runner-up Scarlett Roberts-Rhodes

**Junior & Overall Winner** Freya Smith, (top right), Runner-up Luca Montalbano;

**Secondary Winner** Evie Twyford, (bottom middle), Runner-up Asya Kara;

**Adult Winner** Sharma Prem, (bottom right), Runner-up Sandra Oliver.

Unfortunately, due to the Omicron Coronavirus variant being so prevalent in December, it was reluctantly decided to postpone the winners' presentation, which will hopefully be held later

this year. We were, however, able to display an exhibition of the entries at Loughton library.

Loughton Town Council thanks Hereward and St John Fisher Primaries, and Roding Valley High School; along with The Mellows and Woodland Grove Care Homes, for their multiple entries and continued support of this event.



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■ **31 Mar – 2 Apr 8pm.** *Frost/Nixon* by Peter Morgan. A dramatization of events surrounding broadcaster David Frost's 1977 tv interviews with disgraced former US president, Richard Nixon – one of the most famous political interviews of all time. Nixon seeking to redeem himself; Frost to extract an apology. Mixing the real words of the 2 men with fictionalised dialogue. Presented as a kind of boxing match as both seek to out talk and upstage the other in order to gain the upper hand. There can only be one winner... Performance by Loughton Amateur Dramatic Society (LADS) at Lopping Hall, High Road, IG10 4LF. Tickets £10 – call the box office on 07552 736110 (answermachine) or visit [www.lads.org.uk](http://www.lads.org.uk)

■ **2 Apr 7pm** *The Roding Players Orchestra Spring Concert* 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](mailto:shirley.fuller55@gmail.com) 07713 113384 <http://www.rodingplayers.co.uk>

■ **6 Apr 2.30pm** District AGM followed by 'A Stroll through Snaresbrook' talk by Lynn Jones, Woodford and District National Trust, All Saints Church Hall, Woodford Green. Enquiries: [dickspeller@talktalk.net](mailto:dickspeller@talktalk.net) / 07774 164407.

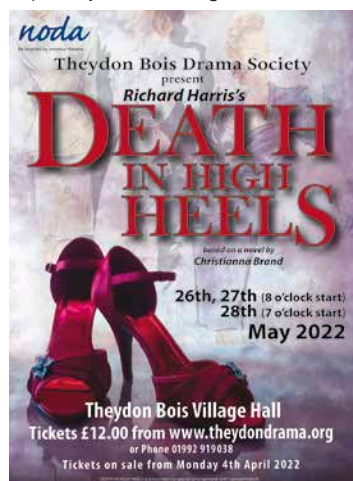
■ **22 Apr 8pm** 'Medieval Buildings in Maldon High Street' talk by Tim Howson. The Herts & Essex Architectural Society (HEARS). Meetings conducted online via Zoom. Details will be posted on the HEARS website: <https://hears.vpweb.co.uk>

■ **28 Apr 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).

■ **10 May 8pm** *History & Architecture of Canals* lecture by Roger Butler, landscape architect who has worked on some of the UK's major canal restoration projects. The Arts Society, Bancroft's Prep School, Whitehall Road, Woodford Green, IG8 0RF. New members welcome. Donation Requested. Enquiries: 020 8504 9138. Subject to restrictions, lectures take place in School Hall.

■ **26 May 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).

■ **26 & 27 May 8pm 28 May 7pm** *Death in High Heels*, Comedy by Richard Harris. There is a death by poisoning at a Bond St. fashion house. The designer, the owner, the models and even the tea lady all have secrets to hide, but who's hiding a murderous one? Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER. Tickets - £12. Available online from <https://www.ticketsource.co.uk/> theydonboisdramasociety or phone: - 01992 919038 Website address - <http://theydondrama.org>



■ **2 June 2022 9.45pm** *Lighting the Beacon* Hillyfields Open Space to commemorate the Queen's Platinum Jubilee. Celebrations include a piper and Town Cryer. See website/Facebook for full details: News & Events - Loughton Town Council ([loughton-tc.gov.uk](http://loughton-tc.gov.uk)).

■ **Lifewalks** Short brisk walks for all. Btwn 1–3 miles. Various locations across the district. Mon, Tues & Thurs 10am, Sun 10.30am. First walk free. For more info: [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) or 01992 564222. Booking: <https://eppingforestdc.bookinglive.com/> or 01992 564226. (See P13)

■ **Cycling For Health** Weekly lead rides with a break at a café. Bring your own bike or hire one. Various locations across the district. Every Wednesday 10am. Enquiries: as above

**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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## Loughton Bowls Club

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Email: [loughtonbcl@hotmail.com](mailto:loughtonbcl@hotmail.com)  
[www.loughtonbowlsclub.co.uk](http://www.loughtonbowlsclub.co.uk)





# Hedges - a vital resource



**IN LOUGHTON**, bordering the forest and outskirts of London as we do, our hedgerows provide habitats key to supporting plants and animals, providing food and shelter, creating vital green links to help wildlife move freely and keep populations healthy. Creating new hedges or properly maintaining old ones is vital.

Loughton's hedges are under threat, either growing out, not being properly maintained, dying, or being removed altogether. This is mainly due to the large amount of building development, changes in fashion and a lack of knowledge.

We can improve the situation though by learning how to maintain our hedges properly. Trimming on a 2-3 year rotation provides two and half times more blossom for pollinators. Trimming in an A shape, narrower at the top and thicker at the base, offers wildlife maximum protection, while still allowing light to reach the ground flora.

Situated on the edge of the forest, hedge boundaries were traditional in Loughton. Across the town we have some ancient hedges too. The main one you might know borders Jessel Green. Not only is it strong but it helps nature and is attractive on the street scene. With climate change a key factor a natural native planted hedge is the perfect solution. Along with rainforests, our humble hedgerows store millions of tonnes of carbon.

If you are moving house or making home-improvements you might like to think before removing a hedge, garden, grass, flowers, and trees and replacing with a manmade border, along with installing low gates or high coping stones. They keep out hedgehogs and stop them getting to food or shelter. If you do have a hedge or are thinking of planting one, make sure you include a diverse range of native species that support the most wildlife. Boosting our network of hedgerows would create more than 25,000 new jobs over the next three decades.

The recent COP26 international climate summit showed, the window for action on the climate emergency continues to shrink. We know that one of the readymade solutions to the climate and nature crisis sits just outside our front door and that's – the humble hedgerow.

Photo © South Loughton Cricket Club



**LOUGHTON TOWN COUNCIL (LTC)** is encouraging residents to volunteer to become 'Loughton Wombles,' to unite and tackle the continuing problem of 'Litter'.

After numerous Covid related delays, LTC was pleased to convene its first Loughton Wombles meeting. We thank the considerable number of local residents that attended, volunteering to become a 'Loughton Womble', to take on the challenge of making Loughton a litter free town.

Following a short briefing, litter pickers, Hi Viz jackets and gloves were handed out to all

likeminded residents who were then sent on their way!

The vision is for groups of volunteers to coordinate and operate together on a regular basis. You may well have seen them out and about.

As well as helping a worthy cause, it is a great opportunity to socialise and make new friends. Regular updates will appear on our website and Facebook pages.

If you'd like to join in and help, please contact Debbie on 020 8508 4200 [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk)

# National stage for cricket club

**FOR THE** second year running, South Loughton Cricket Club's juniors will be playing in a national competition this summer.

In 2021, the club's under-15 team qualified for the national stage of the England & Wales Cricket Board's Under-15 Cup, contested by the champion club from each county. Following victories over the Suffolk, Surrey, and Kent champions, the team finally met their match in Warwickshire champions Knowle & Dorridge, an outstanding team and eventual competition winners. However, they bounced back to win the third-place play-off against the Yorkshire champions.

"At times it felt slightly surreal for our club to be competing against – and beating – some of

the biggest names in the UK," said chairman Andrew Shields. "However, our players and coaches thoroughly enjoyed the experience and are eager for more."

Remarkably, many of the same group of players have a second chance on the national stage after winning the Sir Alastair Cook Trophy, last August, qualifying for the ECB competition.

South Loughton also won the Metropolitan Essex under-11 and under-15 titles last summer. Andrew Shields emphasises the club is not just about elite competition: "From our modest base at Roding Valley Recreation Ground, we welcome boys, girls, men and women of all backgrounds and experience. Running four adult men's teams



playing weekend league and friendly cricket, a women's soft ball team, and a junior programme (5 to 8-yrs). Everyone at the club is a volunteer with opportunities to get involved off and on the pitch. We are also keen to discuss sponsorship opportunities with Loughton businesses who might wish to use our profile for mutual benefit."

For more info contact [cricketshields@gmail.com](mailto:cricketshields@gmail.com) visit [southloughton.org.uk](http://southloughton.org.uk) or on Twitter @southloughtoncc



# Good samaritan student

**NEW CITY COLLEGE** student, Ella Payne, 17, from Buckhurst Hill, who is studying Business at the Loughton campus, was recognised for her 'superb citizenship' after giving first aid to an elderly man who had fallen in the street. She was presented with a Certificate of Appreciation by the college's Deputy Principal Sue Clark, who said "Everyone at the college was very proud of Ella who deserved to be recognised for her superb citizenship".

Ella was on her lunch break, in nearby Debden Broadway, when she saw the 74-year-old man lying injured on the ground.

She said: "I ran over to him because he looked to be in a bad way and could see his ring had cut into and injured his finger. I helped him up and started giving him First Aid, which I had learnt from a college course."

As I helped him to sit down at a café, the teacher who led the First Aid course happened to come along, but she said I was doing such a good job, she let me carry on."

Ella asked the café owners for tea towels and water and held the man's hand up in the air while she rang for an ambulance and waited for his wife to arrive.

She added: "He was quite shaken up and confused. He'd knocked some teeth out and was upset, so I wanted to make sure he was alright. He told me he was on his way to get the



Ella presented with her Appreciation Certificate by Deputy Principal Sue Clark with left to right, Kieran Amos, Mitus Castillo and Senior Curriculum Manager Sharon Cosby

bus home and suddenly fell."

Ella fortunately remembered the First Aid skills she had learnt.

The course was taught by Mitus Castillo, the college's Senior Coordinator for Personal Development, Welfare and Enrichment. Mitus said: "We were so proud of Ella. For her to help a stranger and have the confidence to give First Aid treatment, is amazing. It was even more amazing to hear her say that she used what she

had learned at the college's First Aid course."

Kieran Amos, Assistant Coordinator for Personal Development, Welfare and Enrichment, who was walking with Mitus, added: "Ella was very decisive and confident in helping the man. We were so impressed with her actions and the care and kindness she showed him."

There are a lot of positives about our students' behaviour, and this was definitely one of them."

 New City College

# Open Evening

**Tuesday 22 March**  
**4pm - 7pm**

Epping Forest Campus  
Loughton IG10 3SA

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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.rodingleadallotments.co.uk/](http://www.rodingleadallotments.co.uk/)  
**Willingale Road Allotments**, Loughton Town Council 020 8508 4200

## ANIMAL TRAINING

**Epping Green Dog Agility Club** Epping Cricket Club, Epping, Thurs Evenings 6.30-8.30pm. Jodie Lucas 07804 630394  
**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)

**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 midday Tues/Thurs. Epping 3.15pm-6.15pm Thurs. 01992 573402 [affordablecounselling@gmail.com](mailto:affordablecounselling@gmail.com)  
**Samaritans**. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / [jo@samaritans.org](mailto: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](mailto: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-eppling/>

## 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://epplingforest.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

**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 Countrycare**, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thurs 10am-4pm 01992 788203 [www.epplingforestdc.gov.uk/index.php/out-and-about/countrycare](http://www.epplingforestdc.gov.uk/index.php/out-and-about/countrycare)

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

**Epping Forest Singers** Thursdays (during term time) 7.30pm to 9.30pm. Buckhurst Hill Community Primary School, Lower Queen's Road, Buckhurst Hill, IG9 6DS [www.epplingforestsingers.com](http://www.epplingforestsingers.com)

**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.filmiloughton.com](http://www.filmiloughton.com)

**Forest Creative Writers**, Jazz Archive, Loughton Library, Traps Hill, Thurs (term time) 12.45-2.45pm. 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 Astrokyds (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@Welcome.html](mailto:Loughton_Camera_Club@Welcome.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)

**RSPB North East London Local Group** Talks held on the 2nd Tuesday of every month at 8pm (except July and August). St Mary's Church, 207 High Road, South Woodford E18 2PA. [www.rspb.org.uk/groups/northeastlondon](http://www.rspb.org.uk/groups/northeastlondon)

**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

**Cycling For Health** Weekly lead rides with a break at a café. Bring your own bike or hire one. Various locations across the district. Every Weds 10am. Enqs: [kmurray@epplingforestdc.gov.uk](mailto:kmurray@epplingforestdc.gov.uk) or 01992 564222. Booking: <https://epplingforestdc.bookinglive.com> or 01992 564226

**Lifewalks** Short brisk walks for all. Btwn 1 to 3miles, various locations Mon, Tues, Thurs 10am & Sun 10.30am. Enqs: Karen Murray 01992 564222 / [kmurray@epplingforestdc.gov.uk](mailto:kmurray@epplingforestdc.gov.uk) Booking: <https://epplingforestdc.bookinglive.com> or 01992 564226

**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 / [ags41@gmail.com](mailto:ags41@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.rodingleadplayers.co.uk/](http://www.rodingleadplayers.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)



### 13 SOCIAL

**Bowls** Social Bowls for beginners at Loughton Bowls Club, Eleven Acre Rise. From May-Sept. Fri. 7.30pm. Free parking. Call Chris 020 8508 1661

**The Buffaloes**, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm. midjawsfold@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 & 3rd Thurs, 2pm-4pm. Social activities & games, refreshments, company. 020-8418 7944

**Civil Service Retirement Fellowship**, Loughton Library (Jazz Room), Traps Hill. 3rd Mon, 2pm. Mrs E Vale 020 8508 2459

**Forest Probus Club**, Gilwell Park, E4. 2nd Fri. Lunch & speaker. New members welcome. Chairman Brian Cook 0208 5320227

**Friday Market**, St Michael's Church, Roding Rd. Fri, 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 / ferrari@epppingforestdc.gov.uk

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

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

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

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

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

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

**Strength & Balance** - Mon 10-11am

**Beginners Yoga** - Tues 10-11am (dementia friendly, free of charge for carers) - Loughton Cricket Club, The Uplands

**Pilates** - Weds 9.30-10.30am

**Keep Fit** - Fri 10-11am Enquiries: csreception@epppingforestdc.gov.uk / 01992 564561

**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

**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 (yth teams), Sats (snrs) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com/contact-us

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

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

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

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

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

**Old Loughtonians Hockey Club** All ages, beginners to elite welcome. www.oldloughtons.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

**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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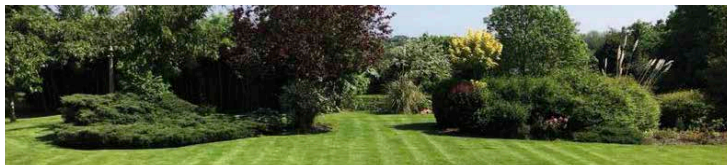
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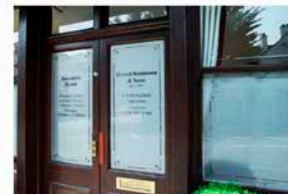
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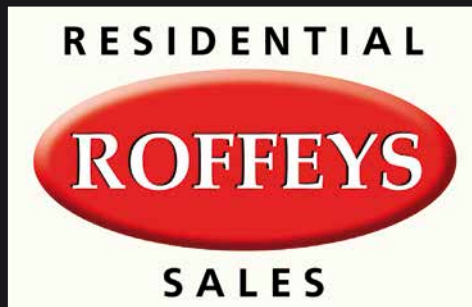
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