



Think Loughton

News from Loughton Town Council

Autumn 2022 No 98



Inaugural Loughton Day

LOUGHTON TOWN COUNCIL invites you to its inaugural Loughton Day. Join us from 11am – 4pm on Saturday, 17 September, at Loughton Cricket Club in The Uplands, IG10 1NQ. This is your opportunity to discover what Community Groups and organisations in Loughton have to offer. The event is free to enter. Meet up with other locals, while enjoying entertainment, live music, food & drink and more. Churches Together in Loughton will be hosting the Café or you may prefer a burger from the local Scouts Group who will be hosting the BBQ.

If your interests are arts and crafts or sporting pursuits, the following groups will be among just some of those participating: Loughton Amateur Dramatic Society, Essex

Handicrafts Association Woodlands Branch, Woodford & District Floral Arrangements Group, Epping Forest Singers Community Choir, the National Jazz Archive, Loughton Athletic Club, Loughton Bowls Club, Loughton Karate Club, Loughton Taekwondo. For those of you wishing to find out more about local voluntary groups Voluntary Action Epping Forest and Restore Community may draw your attention. Alternatively, you might just wish to enjoy a bowl of strawberries and cream as you get to know your councillors and catch up with your neighbours. We thank Loughton Cricket Club for hosting the event, please do come along and see their newly refurbished club house which is available to hire.

Our new Town Mayor

CLLR BARBARA COHEN who has represented St Mary's Ward since 2016 was unanimously elected as Town Mayor for 2022-23. Cllr Stubbings will serve as her Deputy.

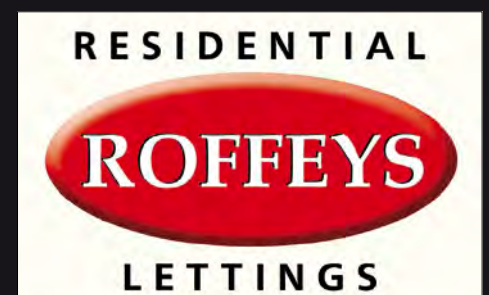
Cllr Cohen thanked the Council for honouring her with the opportunity to serve the community in this role and said that it had been a pleasure and delight being Cllr Brookes Deputy. The Town Mayor will be supporting the Lopping Hall Charity this year.



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Essex County Council (ECC)	03457 430 430
Adult Social Care	0345 603 7630
Child Social Care	0345 603 7627
Debden Library	0333 0132654
Education & Schools	0345 603 2200
Loughton Library	0333 0132677
Registrar: Births, ceremonies & deaths	0345 603 7632
Essex Parking Partnership (enquiries)	01206 282316

ADVICE, HELP & INFORMATION

3Food4u	01992 842642
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
New City College, Epping Forest	0330 135 9000
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

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

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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Clerk's Remarks



RECORD CROWDS were drawn to the Jessel Green Fun Day on 26 June and a great time was enjoyed by all. A big thank you to all involved.

We are hoping that the first ever **Loughton Day** at Loughton Cricket Club (off Church Hill and Traps Hill) on Saturday 17 September, will prove to be equally appealing

to local residents. This free to enter event is essentially about bringing local Loughton groups together and showing the wider community 'exactly what they do'. At the time of writing we are expecting over 30 plus stalls. There will be a stage area, with a diversity of local performers from Taekwondo to community choirs. We are expecting a large variety of stalls, anything from the National Jazz Archive to a floral arrangement stand. An assortment of hot and cold food and drinks will be available on the day. Loughton Town Council will be running a strawberries and cream stall. We are now closed to any new entries, so if you have missed out this year and would like to participate in the future, please let us know. The event is organised by Loughton Town Council with

the great support of Loughton Cricket Club. We look forward to seeing you all there. I am writing this, on the day, when the temperature hit 39 degrees. Whilst I predict that you will undoubtedly have a good time at Loughton Day, I cannot forecast the weather conditions in September, although it's safe to say, it may be a little cooler!

Our annual allotment awards were made at the Horticultural Show at Murray Hall on 3 September 2022. A feature on this event and a list of the allotment winners will appear in the next 'winter' edition of Think Loughton.

We are in the process of establishing a brand new children's playground at the Roding Valley Recreation Ground near the existing tennis courts and running track. This project remains a top priority

for Loughton Town Council. The existing playground needs replacing and as the Roding increasingly breaks its banks and floods a wide area, the old site is no longer viable, and the new site is preferable on higher ground. In due course the old playground will be removed. A number of public consultations have taken place, and we thank adults and children alike for their valuable input. A special thank you to Alderton and Whitebridge Schools for their participation and cooperation in this exercise. We are currently out to tender for the works and regular updates on this project will be posted on the Town Council's website.

Best wishes

Mark Squire
Town Clerk

War memorial stonework

YOU MAY have noticed that Loughton Town Council has paid for extensive work to be completed to restore the war memorial to its former glory for the benefit of the local community. The memorial, which is made from natural Portland stone and consists of a four-tier plinth and a two-tier base had shown signs of visible discolouration pollution build up,

which is caused by its location to the busy high street. Two masons carried out comprehensive work, which involved steam cleaning, repointing and lettering renewal amongst other tasks, to bring it back to a more pristine condition. The restoration work will be especially appreciated at the Remembrance Parade on Sunday 13 November 2022.



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Town Mayor: Cllr Barbara Cohen **Deputy Town Mayor:** Cllr Michael Stubbings **Town Clerk:** Mark Squire

Councillors

ALDERTON WARD

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philabraham2000@gmail.com

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Cllr Kevin Rainbow 07921 662715
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rainbow.kevin14@gmail.com

Cllr Les House 020 8508 3369
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leshouse18@hotmail.com

FAIRMEAD WARD

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carolchristmas@yahoo.com

Cllr Sebastian Fontenelle 07941 365850
Loughton Town Council
Loughton Library & Town Hall
Traps Hill, Loughton, IG10 1HD
cldr@sebastianfontenelle.co.uk

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

FOREST WARD

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6 High View Close
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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

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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
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ST JOHN'S WARD

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Cllr Michael Owen 07467 430145
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Loughton IG10 1SD
michael.x.owen@gmail.com

ST MARY'S WARD

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23 Church Lane
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Cllr Judy Jennings 020 8508 1861
94 York Hill
Loughton IG10 1JA
cljrjennings@hotmail.co.uk

Cllr Graham Wiskin 020 8925 2003
65 Traps Hill
Loughton IG10 1TD
cldr.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 C Davies
VC W Kauffman
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 7.30pm

2022

Sept	7	Recreation
	12	Planning & Licensing
	20	Environment & Heritage
	26	Planning & Licensing
Oct	5	Resources & General Services
	10	Planning & Licensing
	19	Council
	24	Planning & Licensing
Nov	2	Recreation
	7	Planning & Licensing

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

News round-up



■ **BACK TO BUCKINGHAM COURT:** With the proposed redevelopment of the library building in Traps Hill, Town Council staff will return to Buckingham Court. All being well, our proposed move is anticipated for the week commencing 10 October. Town Council officers look forward to welcoming you back to our building at the top of Rectory Lane.

■ **CHANGING TIMES:** In May, Town Councillors agreed Committee Meetings would now commence at 7.30pm, rather than 7.45pm. Following our proposed move Committee meetings will be held in the Council Chamber at 1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ. (Please check our website for details:

Committees - Loughton Town Council (loughton-tc.gov.uk.) All meetings are open to members of the public.



■ **REMEMBERING FORMER EMPLOYEE - ALEX WILSON:** We are sad to report that Alex sadly passed away in May this year and we send our deepest condolences to Alex's



family. For many years he worked as the Cemetery Attendant, later performing concierge duties too at our Committee meetings. Alex was also a

pipper who regularly performed at both our events and those of the District Council. A fine tribute was paid at his funeral service by his fellow pipers.

■ REMEMBRANCE DAY PARADE:

Join us for this year's commemorations on Sunday 13 November 2022. Starting at 11am there will be two minutes silence at the War Memorial on Kings Green. The Annual Parade from Loughton's Royal British Legion Headquarters in Church Hill to the War Memorial will follow later at 11.50am. The Remembrance Service and Poppy Wreath ceremony commences at 12.15pm followed by the march off up Church Hill.

Platinum celebrations

LOUGHTON TOWN COUNCIL proudly participated in this tribute whereby over 1,500 beacons were lit across the length and breadth of the country and Commonwealth, celebrating HM the Queen's Platinum Jubilee on 2 June 2022. Hundreds of local residents attended the lighting of the Beacon at the top of Hillyfields, enjoying their own picnics and the music provided, during the build-up to the Lighting Ceremony at 9.45pm.

Deputy Lord Lieutenant Mr Amrik Sandhu MBA, one of the Queen's official representatives, together with Loughton Town Mayor, Cllr Barbara Cohen led the proceedings, paying tribute to the Queen's dedication to the country and Commonwealth. They were admirably assisted by Fred Collins acting as Town Crier, making the official proclamation, and leading the countdown to the lighting of the flame.

Rousing, loud community singing along with lots of flag waving was entered into, and the ever popular 'Sweet Caroline' was so good, so good - it was sung twice! The evening drew to a close at 10pm with the National Anthem followed by 'Auld Lang Syne'.

A big thank you to all who helped and attended.




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It's the camera in your pocket!

IT'S SAID that the best camera you have is the camera in your pocket. It was certainly true for Loughton Camera Club's Tom Peck whose iPhone photo entitled 'London Wreck' was 'Highly Commended' at the club's annual exhibition judged 30 July. After scoring over 340 images in eight categories (with separate classes for mono and colour) the judge, David Steel, commented that the overall standard of this year's entries was particularly high, especially landscapes, and proved that great photos aren't down to the camera. "We see some great shots taken with phones," he said. "Photography is all about the image, what the photographer is trying to say, the angle, the quality of light." It's a message that lies at the heart of Loughton Camera Club. We're a lively and ambitious community of photographers of various skill levels who share a passion for photography. But, most of all, we are very friendly! Our regular Wednesday meetings, 8pm to 10pm at Lopping Hall – start again 7 September. Want to know more? Have a look at our website at:

<http://www.loughtoncameraclub.org.uk>
or Facebook <https://www.facebook.com/Loughtoncameraclub>



Photo © Tom Peck

Fun on Jessel Green returns



JESSEL GREEN Fun Day triumphantly returned in June, following a three-year absence due to Covid. With fantastic weather and record numbers in attendance, this popular annual, not-for-profit, community event proved our most successful.

Deck chairs lined the arena area where residents enjoyed music, dance, a children's entertainer, Taekwondo, and a Punch & Judy show. In addition, there were all the usual, popular children's inflatables and fun fair rides. A fabulous display by the Essex Kite Flying Association flew above, and the Queen's Platinum Jubilee was celebrated by a Best Crown Competition, won by 4-year-old Ronnie Stafford. Thank you to Tony's, 61 The Broadway, for kindly donating his prize.

A variety of community and charity stalls participated, including a Raffle stall in aid of

the Town Mayor's charity, 3Food4U, with a lucky winner receiving a BMX bike worth £150 donated by Halfords.

Loughton Town Council, who organized the event, thank the Red Balloon Family Foundation and Restore Community Church for all their assistance; with thanks also to John Walsh and his team at the Cottage Loaf pub, for their generous sponsorship, and providing live music from 4pm into the evening, rounding off a perfect day.

A final thank you to The Loughton Wombles whose members came along and litter picked!

Above left: Town Mayor, Cllr Barbara Cohen with Ronnie Stafford, 4, winner of Best Crown Competition and his mum

Above right: Town Mayor with David Wilde – 'Mr Punch'

Festive competitions

An experience that worked

By Erin Weeks [17] Student at Roding Valley Sixth Form

THE TOWN COUNCIL is launching this year's festive competitions, its 2022 Celebration Card Competition and Best Dressed Window Competition.

All local budding artists and photographers are invited to showcase their talents. Create an A5 size, portrait or landscape, colour or black/white original "festive" themed design. Submit a photograph, drawing, picture or illuminated script, but remember it must be reproduced as a printed card. The competition closes Wednesday 16 November 2022. Rules and entry forms can be downloaded from our website **Documents & Forms & Policies - Loughton Town Council (loughton-tc.gov.uk)**

There are four age categories: infant, junior, secondary and adult, with each category winner receiving a £25 gift card, and the overall winning design will be used as the Town Council's official card. Entrants must simply have a connection to Loughton; live, work or attend school or college here.

We also invite all Loughton businesses to participate in the Best Dressed Window Competition, which returns to its original format this year. Decorate your windows with a festive theme display to guarantee automatic entry into the competition, while adding some cheer to the town. The Town Mayor and two

fellow councillors will undertake the judging between 1 – 7 December 2022, considering a range of criteria: overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort. Winners of each category: local independent, multiple/chain stores, charities, and eateries will receive an engraved cup (to keep for 11 months) along with a certificate and a £75 donation to their chosen charity.

Full details are available on our website. For more information contact Debra Paris on 020 8508 4200 / contact@loughton-tc.gov.uk



2021 overall winning (& junior category) design by Freya Smith, a pupil at Thomas Willingale School)

THE WEEK beginning 18 July, I joined Loughton Town Council (LTC) for work experience to learn about the Council and how it operates. The Council had kindly scheduled my week, ensuring I got to observe the various aspects of what it does and the responsibilities their roles include. During the week, I had the opportunity to attend meetings, help with the playground consultation and visit the different sites managed by LTC, whilst learning more about each person's individual role and the additional roles they take on to ensure the Council runs seamlessly. I set out to answer one question: how does the Town Council operate? From my experience this week I have learnt that the Town Council is a team effort, relying on each other to ensure the never-ending needs of the town are met efficiently and to a high standard. This week afforded me the opportunity to not only learn about the Council in more depth but also get involved in the kinds of things it is responsible for. As such, I would like to thank the Council for having me and preparing a most informative and insightful week.



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Dates for the diary

■ **13 Sept 2pm Carol Braithwaite** jazz vocalist appearing with her "JAZZ CREW". Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. £10 - members, £12 non-members. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - joining membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **13 Sept 8pm The Art & Culture of Fin-de Siècle Vienna** Discusses why Vienna became a cultural hotbed around 1900. Lecture by Gavin Plomley writer, broadcaster and newspaper contributor: lectures widely on the culture of Central Europe c. 19th & 20th centuries. The Arts Society, The Beckett Centre, St Thomas of Canterbury Catholic Church, 557 High Road, Woodford Green. IG8 0RB. All new members welcome, donation requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com

■ **17 Sept 11am - 4pm Loughton Day** Loughton Cricket Club, The Uplands, IG10 1NQ, free to enter event. Discover what Loughton Community Groups have to offer, and meet up with other locals, while enjoying entertainment, live music, food & drink and more. Contact@loughton-tc.gov.uk

■ **17 Sept 7pm Concert by Opera Octaves** a selection of classical and popular music. The Church of the Holy Innocents, High Beach, IG10 4BF. Tickets £10 to include light buffet and glass of wine/soft drink from Jane Begley - janey.begley@outlook.com or 07572 111387. All proceeds to church funds.

■ **21 Sept 2.30pm Mr Bowles, The Crocus King And Myddleton House** a talk by Bryan Hewitt for the Woodford & District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com / 07774 164407

■ **22 Sep 7.45pm Essex Handicrafts Association Woodlands Branch**, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 Branch Secretary (see p13).

■ **24 Sept 7pm Jubilee Prom in the Forest**. Come and celebrate the Queen's Platinum Jubilee with all the pomp of the Proms. The Church of the Holy Innocents, High Beach, IG10 4BF. Tickets £11 - no refreshments will be served at this concert. Numbers strictly limited and only available via TicketSource on www.ticketsource.co.uk/stephen-fellowes or search for "Jubilee in the Forest". There will be no ticket sales on the door. All proceeds to Church funds.

■ **27 Sept 2pm Pete Rudeforths Jazz Band**. Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. £10 - members, £12 non-members. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - joining membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **11 Oct 10.30am Livry Companies** a talk by David Cole-Adams for the Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: speller643@btinternet.com / 07774 164407



■ **11 Oct 2pm T J Johnsons Jazz & Blues Band**. Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. £10 - members, £12 non-members. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - joining membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **11 Oct 8pm The Cabinet of Curiosities** The culture of collecting in early modern Europe. Lecture by Albert Godetzky, Associate Lecturer at the Courtauld Institute: research concentrates on North European art of the early modern period. The Arts Society, Bancroft's Preparatory School Hall, 611 High Road, Woodford Green. IG8 0RF. All new members are welcome, donation requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com

■ **19 Oct 11am Knole House** a talk by Nathalie Cohen for the Woodford and District National Trust, Copped Hall, Epping. (Talk followed by tour of House and Gardens for those wishing it. Refreshments available - Booking will be required - see NT Newsletter) Enquiries: speller643@btinternet.com / 07774 164407

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■ **20-22 Oct 8pm (Sat at 7pm)** **Talking Heads** - by Alan Bennett. Performing three of the best known Alan Bennett's Talking Heads plays. 'Bed among the lentils' - the tale of an alcoholic vicar's wife, who finds redemption from an unexpected source; 'A chip in the sugar' - Graham, a single middle aged man still living with his mother, has his life turned upside down when she meets an old flame; 'Lady of Letters' - letter writing busybody Irene entertains herself by watching her neighbours and writing sometimes wholly inappropriate letters about them - then one day, she gets caught out and her life takes an unexpectedly interesting turn. Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex, CM16 7ER. Tickets - £12 Available online from www.ticketsource.co.uk/ theydonboisdramasociety or by phone: - 01992 919038. Website address - <http://theydondrama.org>



■ **5 Nov 2.30pm** Chris Ingham Quartet, **Stardust Memories** a celebration of the great American songwriter Hoagy Carmichael. Loughton Methodist Church, 260 High Road, IG10 1RB. Fundraising event for the National Jazz Archive. Tickets £20 from www.wegotickets.com/event/541420/ 020 8502 4701 / events@nationaljazzarchive.org.uk

■ **8 Nov 2pm** Richard Exalls **SHOOTING STARS**. Theydon & Abridge Jazz Club, Abridge Village Hall, 39 Ongar Road, RM4 1UD. £10 - members, £12 non-members. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - joining membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **8 Nov 7.30pm** Society's AGM followed by 'Wonderful things' Examines the discovery of the tomb of Tutankhamun. Arguably the greatest archeological find of the 20th century. Lecture by Lucia Gahlin, Egyptologist: Hon Research Fellow at UCL Institute of Archaeology: leads tours to Egypt. The Arts Society, Bancroft's Preparatory School Hall, 611 High Road, Woodford Green. IG8 0RF. All new members are welcome, donation requested. Enquiries: MaryAffleck07767662762@gmail.com

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

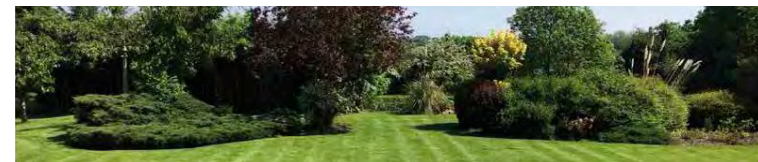


Disclaimer: Loughton Town Council takes no responsibility for events organised by external organisations/ individuals that are listed above. Please always check details and availability with the relevant organiser.

■ **25 Oct 2pm** Theydon & Abridge **Jazz Club**, (Act to be Confirmed) Abridge Village Hall, 39 Ongar Road, RM4 1UD. £10 - members, £12 non-members. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - joining membership available. Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com

■ **27 Oct 7.45pm** Essex Handicrafts Association Woodlands Branch, Subject to be confirmed. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 Branch Secretary (see p13).

■ **31 Oct 5pm - 7pm** Festival of light to include free BBQ, crafts and games. The Church of the Holy Innocents, High Beach, IG10 4BF. Jane Begley - janey.begley@outlook.com or 07572 111387.



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Ground-breaking celebration

50 years of volunteering



Photo © New City College

A NEW fitness centre for the Epping Forest community is officially a step closer after a symbolic 'breaking ground' event.

The state-of-the-art sport, fitness and wellness centre set to open in 2023 in Borders Lane, Loughton, will be the result of an £8 million investment by New City College. It will include modern, well-designed facilities for a whole range of wellbeing activities, to be enjoyed by the college community and the general public, in direct response to requests and needs of local people.

Gathering to mark the occasion were representatives and councillors from Epping Forest District Council and Loughton Town Council alongside key contacts from the college. Guests were treated to afternoon tea prepared and served by NCC catering students.

Standing on the site of the new centre, Loughton Town Mayor Cllr Barbara Cohen opened the proceedings, saying: "Congratulations to you for this wonderful project which I hope will be a great benefit to all your students and the residents of Loughton."

Epping Forest District Council Chairman Mary Sartin continued by thanking the college for engaging with the community and local stakeholders on the development of such a wonderful facility. "The past few years had shown how much physical activity helps our mental wellbeing. Hopefully, this will encourage students and residents to engage with fitness, whether a cardiovascular workout or a stroll around the park. I look forward to seeing it develop."

Above: L-R - EFDC Chairman, Cllr Mary Sartin; NCC Principal, Narzny Khan; Loughton TM, Cllr Barbara Cohen

LOUGHTON VOLUNTARY CARE celebrated decades of supporting the Loughton Community with a gathering of volunteers on 12 May.

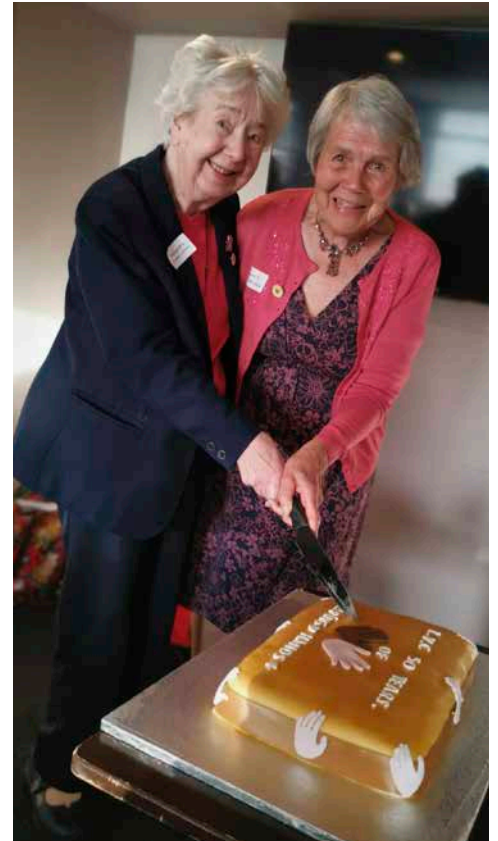
Cllr Rose Brookes, Town Mayor, speaking at the event, thanked LVC for all their community work, stating "When I first became a councillor, people mentioned three things to me on the doorstep and one of them was the great work provided by LVC".

Formed in the 1970s LVC provided support to a town whose population had rapidly doubled following the building of the Debden and other estates. It mostly involved transport to medical appointments and family support. Since, the needs of the area have changed, the population is older with many people living alone. LVC has adapted its services to tackle social isolation by adding group activities. Offering older people the chance to get their own shopping, make better use of their smart phones, enjoy a fish and chip lunch, play games and share activities with like-minded others.

LVC uniquely relies completely on the support of its community volunteers. Current LVC volunteers range in age from 14 to 80 plus and, as well as experiencing the mental health benefits of volunteering, can work towards their Duke of Edinburgh Awards and add vital experience to their CV.

Contact LVC for information on volunteer opportunities and services: www.Loughtonvoluntarycare.org.uk or tel: 020 8508 6114.

Below: a photo from 1983, showing LVC volunteers, including the then Coordinator Margaret Lawrence. She held that position for 30 years, and was recognised as Loughton Citizen of the Year in 2012



Above: a photo of the past and present coordinators cutting our celebratory cake: LVC Coordinator: Janet Thomas - right (Loughton Citizen of the year 2022) and Margaret Lawrence - left



Photos © Loughton Voluntary Care

Photo © Pesh Kapasiawala



Enhance your workplace skills

LOCAL PEOPLE wanting to retrain, upskill or enhance their qualifications got the chance to attend an Adult Education Hub Open Event at New City College Epping Forest campus on Thursday 14 July.

The college, in Borders Lane, Loughton, opened its doors to showcase the new hub to adults looking to return to studying to boost their skills for the workplace.

Visitors were able to meet tutors, hear about the courses on offer, tour the fantastic facilities and join in one of the masterclasses.

Loughton Town Mayor, Cllr Barbara Cohen, joined the guests to look around the new Epping Forest Adult Education Hub, which will bring new opportunities and career progression for local people.

She said it was an invaluable facility for those looking for adult courses to upgrade their qualifications or gain credentials for a new career path.

THE FOUNDER of Epping Forest's largest emergency food agency reiterated the philosophy behind his charity amid rising concerns people are not seeking help because of the stigma.

BBC research suggests some people in need of support are driven away from seeking assistance because of a sense of shame. Cardiff University found people living in close-knit communities were more worried about what others thought and likely to wait until 'absolutely desperate'. Research in the Journal of Poverty and Social Justice found some who used foodbanks used words like 'embarrassed', 'uncomfortable' and 'worthless'. These reasons encouraged Pesh Kapasiawala to start 3Food4U in the first lockdown in 2020, stating: "I was very conscious that it can be embarrassing and

awkward asking for support for essentials, food and clothes, especially when you have been self-sufficient all your life. Therefore our philosophy is no assessment or referral and no questions asked. If you're brave enough to ask for help we give it. Just drop in. We trust you. The whole process is very natural, like going shopping. You're greeted with a smile, you choose what you take, and when ready, you say goodbye and leave, happy and satisfied with one less worry."

We offer free groceries, clothes and essentials without assessment or referral to anyone in need.

Our Loughton Community Surplus Hub runs every Tuesday 11.30am-1pm at The Loughton Club, 8 Station Road IG10 4NX

Contact us at Website: www.3food4u.org
Email: info.3food4u@gmail.com Tel : 01992 842642



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13 SOCIAL

Bowls Social Bowls for beginners at Loughton Bowls Club, Eleven Acre Rise. From May-Sept. Fri. 5pm. Free parking. Call Chris 020 8508 1661

The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm. midjaworsfold@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

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 @ 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 8508 4803

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.ehfg.org.uk

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

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

TALKS

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

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

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

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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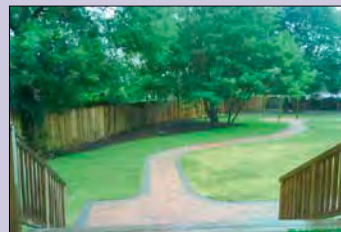
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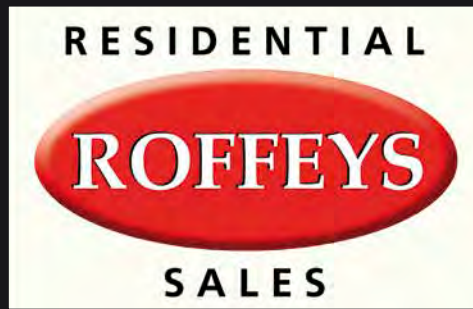
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