

News from Loughton Town Council

Winter 2022/2023

No 99

Loughton mourns the monarch

IT WAS with great sadness, that on Thursday, 8 September 2022 the nation learnt of the death of HM Queen Elizabeth II, just a year after the death of her beloved husband Prince Philip and following 70 years' service and dedication to the country and the Commonwealth.

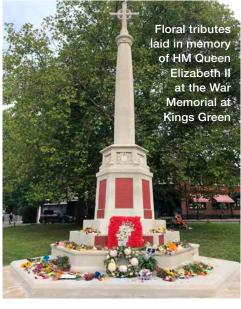
Loughton Town Council expressed its heartfelt condolences to the Royal Family on their, and the whole Nation's loss. We pay tribute to a life of outstanding commitment and exemplary public service. Loughton Town Mayor, Barbara Cohen stated 'Together with the people of Loughton, I mourn the loss of our beloved Queen Elizabeth. Her wisdom and dedication were and remains an inspiration for us all.'

Books of Condolence were opened at Loughton Library, Traps Hill, St John the Baptist Church, Church Lane, St Mary's Church, Loughton High Road and St Michael's

Church, Roding Road for residents to sign and reflect on this momentous occasion. For so many of us Queen Elizabeth II had been the only monarch we had known and was such a pivotal constant in our lives. Residents also paid tribute by laying floral displays at the War Memorial at Kings Green. Special services commemorating the life of Her Majesty Queen Elizabeth II were held at churches across the town.

In keeping with the order and timings of Royal protocols, the Town Mayor, Cllr Barbara Cohen read the proclamation for King Charles III at 3pm on Sunday 11 September 2022 from the balcony, at the front of Loughton Library, Traps Hill. This was the first proclamation to have been held by a Loughton council since 1910. Loughton Town Councillors and staff were delighted to be joined by so many residents for this historic event. (See p5 for more information.)





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ADVICE. HELP & INFORMATION

COMMUNITY Age UK Essex

Age UK Advice

Care & Repair Service

7.2 7.0 2, 7.2 2. 0. 1. 0. 0. 1. 1. 0. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.				
	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		

Churches Together www.loughtonchurches.org.uk **Epping Forest ReUse** 01992 578222 ignite (Youth Activities) 020 8508 3643 07532 053194 Loughton Arts Centre 020 8508 6114 Loughton Voluntary Care Assoc. 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 01279 444455 Princess Alexandra 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 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	0 0871 200 22 33			

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HER MAJESTY Queen Elizabeth II's long and illustrious reign came to an end in September this year. I suspect like the majority of us, the Queen was the only monarch we have ever known. She was a reassuring presence and her integrity and dedication shone through during many decades of highs and lows. Her unstinting, loyal public service

to the UK and Commonwealth was respectfully observed across the country and overseas during the period of official mourning. Along with the rest of the nation, Loughton Town Council, together with churches in Loughton, opened up books of condolence for Loughton residents to sign. The Town Mayor, Barbara Cohen laid a floral tribute at the War Memorial, which uncannily had only just been cleaned and restored to its former glory. The Town Mayor in keeping with Royal protocol and centuries of tradition, also read out the proclamation of King Charles III from the balcony of Loughton Library which was attended by hundreds of local residents. We are indeed living through historic times. The second Elizabethan era has now passed. King Charles III has served a long apprenticeship which should serve him well for his accession to the throne.

Looking ahead, the 'Light Up a Life' service held in conjunction with St Clare Hospice will take place on Saturday 26 November 2022. This is an occasion to celebrate the lives of family, friends and loved ones and we welcome you all there.

Nominations are once more invited for the 2022 'Loughton Citizenship' Awards. Please do not be shy in coming forward to promote someone who has made a real difference to people's lives in Loughton. Do you recognize someone you know and would like to reward their community work or bravery?

'Loughton Wombles' continue to meet regularly to rid Loughton's streets of unsightly litter and to encourage a cleaner and greener Loughton. We are always looking for fresh faces to join our enthusiastic team.

Loughton Town Council is delighted to announce that

a new children's playground will be constructed on the Recreation Ground in the Spring of 2023, whilst the old site will be dismantled and the area re grassed. We are looking forward to completing this project and from the exciting designs, we are confident that the new and innovative equipment will appeal to children of all ages.

Change is constant. By the time of publication, Loughton Town Council is expected to move premises from Loughton Library back to our building at Buckingham Court at the top of Rectory Lane. Please keep an eye on the Town Council website for further updates.

From all at Loughton Town Council, we wish you a very Happy Christmas and all the very best for 2023.

Mark Squire Town Clerk

Financial assistance grant funding



APPLICATIONS ARE now invited from Loughton's local groups. organisations and charities for Loughton Town Council's 2023/24 scheme.

Completed forms must be received by 31 December 2022, with grants to successful applicants being made during the period (1 April 2023 - 31 March 2024).

If you are part of a local organisation delivering excellent work for the people of Loughton and require extra financial support during our 2023-24 financial year, please download an application form from the Loughton Town Council website: www.loughton-tc.gov.uk (under site map, documents & forms & policies).

Alternatively, please contact the Council Offices for more information. We can be contacted via e-mail on: contact@loughton-tc.gov.uk or telephone on 020 8508 4200.



Loughton Town Council

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

Councillors

ALDERTON WARD

Cllr Philip Abraham 020 8502 2925 1 Lancaster Drive Loughton IG10 3NQ

philabraham2000@gmail.com Cllr Michael Stubbings 07766 480522

70 Greenfields Loughton IG10 3HF

mick.stubbings@hotmail.com

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

BROADWAY WARD

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

CIIr Kevin Rainbow 07921 662715 19 Audley Gardens

Loughton IG10 2EL rainbow.kevin14@gmail.com

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

FAIRMEAD WARD

SERVICES

C J Jennings

VC M Owen

R Brookes

W Kauffman

M Stubbings

R Cohen

S Murray

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

Committee membership

Clir Sebastian Fontenelle 07941 365850 Loughton Town Council

Loughton Library & Town Hall Traps Hill, Loughton IG10 1HD cllr@sebastianfontenelle.co.uk

Cllr Will Kauffman 07799 148740 28 The Greens Close Loughton IG10 1QE

FOREST WARD

willkauffman@ymail.com

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

HERITAGE

K Valentine

G Wiskin

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

Clir Rose Brookes 07391 879412 3 Lower Park Road Loughton IG10 4NB vietrose02@aol.com

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

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

ST JOHN'S WARD

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

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

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

ST MARY'S WARD

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

Cllr Judy Jennings 020 8508 4200 Loughton Town Council Loughton Library & Town Hall Traps Hill, Loughton IG10 1HD cllrjjennings@hotmail.co.uk

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

VC Vice Chairman

RESOURCES & GENERAL ENVIRONMENT & PLANNING & LICENSING

C Chairman

J Riley

G Wiskin

C C C Pond C C Davies **VC** C P Pond VC W Kauffman P Beales P Ahraham R Cohen S Murphy S Fontenelle K Rainbow

RECREATION C D Wixley **VC** K Valentine S Fontenelle I House N MacKinnon S Murray

M Stubbings

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

Contacting us

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

Deadline dates

Copy deadline 16 Jan 2023 Edition Spring 2023 Summer 2023 17 Apr 2023 Next issue covers Mar to May 2023 We do not accept unattributed articles for publication.

Think Loughton is published by Loughton Town Council

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Design and layout by **Scott Dryden Design**

8 St Michaels Road, Chelmsford, Essex CM2 9PT T 07905 823754 E mail@scottdryden.co.uk W www.scottdryden.co.uk

Printed by

Micropress Printers Ltd

Fountain Way, Reydon Business Park, Reydon, Suffolk IP18 6SZ T 01502 725800 F 01502 725855 E rob@micropress.co.uk W www.micropress.co.uk

Advertising sales are managed by **Total Media**, Rosemary Lane, Halstead, Essex CO9 1FD

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Town Council Meetings

Loughton Library & Town Hall, Traps Hill, Loughton, IG10 1HD at 7.30pm 2022

21 Planning & Licensing Nov

22 Environment & Heritage

Dec 5 Planning & Licensing

Resources & General Services

Planning & Licensing 19

20 Council

2023

Planning & Licensing

11 Resources & General Services (Budgets - 7pm) Recreation (7.45pm)

23 Planning & Licensing

24 Council (Budgets – 7pm) Environment & Heritage (7.45pm)

Feb 6 Planning & Licensing

Resources & General Services

Planning & Licensing 20

21 Council

Planning & Licensing

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

News round-up

■ BUCKINGHAM COURT: Our return regretfully had to be rearranged, following the death of HM Queen Elizabeth II and subsequent postponement of some of our events. This is now proposed for the week commencing 21 November 2022. Please check our website for the latest information. News & Events -Loughton Town Council (loughton-tc.gov.uk)

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



■ OFFICE CHRISTMAS OPENING: The

Town Council offices will operate the following hours over the Christmas period: Friday 23 December - Closing 12 noon. Monday 26 December & Tuesday 27 December: CLOSED. Wednesday 28 December & Thursday 29 December 10am - 3pm. Friday 30 December 10am – 12.45pm. Monday 2 January: CLOSED.



■ YOUR PARK - YOUR VIEW! New **Recreation Ground Children's**

Playground: With the wonderful help of some of our local schools and library, we invited residents and park users to help in choosing the play equipment for our new play area re-development at the Roding Valley Recreation Ground.

The aim is to dismantle and re-site the current playground, building a new play area for ages 4 – 14 years, adjacent to the running track and tennis courts.

Adults, and children were asked to provide their thoughts and ideas through the public consultations held in July 2022. This invaluable feedback has helped to shape the overall chosen design, and we have now completed the tender process. All being well the new playground will be ready to go in the Spring of 2023.

The Council would like to take this opportunity to thank everyone for their support.

We will keep you informed through our newsletter and on our website as this exciting project progresses!



WHEREAS IT has pleased Almighty God to call to His mercy our late Sovereign Lady Queen Elizabeth the Second of Blessed and Glorious memory, by whose Decease the Crown of the United Kingdom of Great Britain and Northern Ireland is solely and rightfully come to the Prince Charles Philip Arthur George: We, therefore, the Lords Spiritual and Temporal of this Realm, and members of the House of Commons, together with other members of Her late Majesty's Privy Council, and representatives of the Realms and Territories, Aldermen, and citizens of London

and others, do now hereby, with one Voice and Consent of Tongue and Heart, publish and proclaim, that the Prince Charles Philip Arthur George, is now, by the Death of our late Sovereign of happy Memory, become our only lawful and rightful Liege Lord, Charles the Third, by the Grace of God, of the United Kingdom of Great Britain and Northern Ireland, and of his other Realms and Territories, King, Head of the Commonwealth, Defender of the Faith: To whom we do acknowledge all Faith and Obedience, with humble affection: beseeching God, by

whom Kings and Queens do reign, to bless His Majesty with long and happy years to reign over Us. Given at St James's Palace this tenth day of September in the year of our Lord two thousand and twenty-two.

God Save the King.

Read by Cllr Barbara Cohen, Loughton Town Mayor, 11 September 2022.



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All the fun of the carnival

OPEN DOOR FRIENDSHIP GROUP recently enjoyed a day out at the carnival. The group made the trip to Deal, on the Kent coast, either by minibus or train. Upon arrival, after a quick coffee the group enjoyed a delicious pub lunch at the beach. This was followed by either a browse around the charity shops or just a gentle exploration of the town, before taking their seats for the carnival; enjoying the steel drums, beauty queens and parade. Finally arriving home tired but having experienced an amazing day!

Open Door Friendship Group is for adults with mental health issues – see p13, regular activities.



Loughton Building Design Award





NOMINATIONS ARE invited for this annual Loughton Town Council award providing public recognition to individual examples of good design and construction and/or sympathetic restoration. Residents, architects, developers, building contractors and owners are all encouraged to nominate their favourite building projects completed in 2022. The closing date for nominations is Tuesday 31 January 2023.

If there's a new development, that has caught your eye and deserves to be

celebrated, whether commercial or residential, or a refurbished property, visit Documents & Forms & Policies - Loughton Town Council (loughton-tc.gov.uk) to download a form or contact the Town Council for more information.

140 Forest Road was chosen as the winner for 2022, the judges remarking "This property is prominent in the street scene and the renovation respects the style of the Victorian cottage retaining the character of this part of Loughton."

Special operation

PUBLIC SERVICES students from New City College Epping Forest had the opportunity to work for a week with Essex Police, helping out on a special operation to reduce knife and other weapon offences in the local area.

Students joined community policing officers on house to house calls informing residents about legislation changes regarding possession of weapons. They also assisted dog units with park and rail station searches to try to find any discarded hidden weapons.

The Uniformed Public Services course is run at the college in Borders Lane, Loughton and provides students with a steppingstone into the uniformed services such as the Police, Armed Forces, Fire or Paramedic services.

One of the officers involved in the project with the students said: "It was a great collaborative operation. The students were engaging and enthusiastic and many of them said how good it was to see first-hand what community police work is like.

"It was a very successful week which included visits to our partner agencies, such as the civic offices and the national police air service."

The students agreed that having the

opportunity to work alongside officers on a one-to-one basis gave them a fantastic insight into the role and they were able to ask questions about the different aspects of joining one of the uniformed public services.



New City College

Citizenship **Award 2023**

NOMINATIONS ARE invited for the 2023 Loughton Citizenship Awards. As we look to celebrate those special individuals in our town who go the extra mile for their fellow citizens. Maybe through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve community facilities or cohesion, or by an act of courage or bravery.

Do you know someone worthy of recognition? Any Loughton resident, employer, educational institution, group or society can submit a nomination. There are three categories: Acts of courage or bravery that have resulted in the prevention of a serious crime or the rescue of individuals from danger. Voluntary Service for people aged 25 or over; and for people under 25 years of age. Each category winner is presented with a silver bowl, an illuminated scroll and a cheque for £250 made payable to their favourite local charity. The awards will be presented by the Town Mayor at next year's Annual Town Meeting to be held on Wednesday, 15 March 2023 at 8pm at the Murray Hall in Borders Lane.



The closing date for nominations is 31 January 2023. For more information contact the Town Council or download a nomination form from the website at Documents & Forms & Policies -Loughton Town Council (loughton-tc.gov.uk)



IF YOU are looking to meet new people and like listening to quality music, why not come along to the Abridge Village Hall for an afternoon's entertainment. Theydon & Abridge Jazz Club, run by Dave and Sheila Dyer for the last 28 years, in various locations locally, meets on alternate Tuesday's between 2pm and 4.30pm. There are plentiful tables and chairs where you can enjoy a cup of tea or coffee or a drink from the bar, whilst enjoying the live music.

You really do not have to be a big Jazz fan to go along, the acts are all of the highest quality professional musicians, so you are sure to find your toes tapping to some excellent music while enjoying good company. Members and nonmembers are all welcome.

Usual fees are £12 to join, and then £10 for each session, but to join for the rest of this year membership has been reduced to £4 per person. Event prices £10 per person (early bird renewal £8, instead of £12). Non-members pay £12. See pages 8-9, Dates for the Diary, for upcoming listings and page 13 for contact details.





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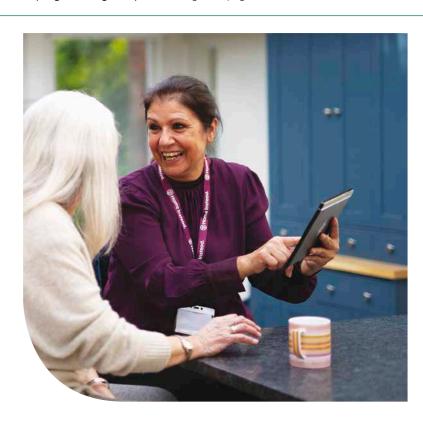
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Dates for the diary

■ Fridays, until 16 December 10.30am - 12 noon (no classes on 28 October and 2 December) Museum Movers is back Epping Forest District Museum, 39-41 Sun Street, Waltham Abbey, EN9 1EL. Sessions primarily aimed at 55+ adults helping them get back to activity, maintain flexibility and make new friends through dance and artistry. Participants can explore the exhibitions that inspire the choreography of the sessions. No prior dance experience necessary. New joiners always welcome. Classes limited to 18, so booking essential. Book online: Epping Forest District Council (bookinglive.com) or Call 01992 564226 ■ Until 17 Dec 10am – 4pm Daily (Closed Thurs and Sun) Animal Mummies: Uncovered Travel back in time at this new exhibition, Epping Forest District Museum, (address as above) Discover the history of Animal Mummies, how scientists and archaeologists today have uncovered their hidden stories. Showcasing objects on loan from the Egypt Centre, Swansea University and Saffron Walden Museum. Familyfriendly exhibition with interactive trails, dress-up activities and the chance to learn more about the history of animal mummification. Email: museum@ eppingforestdc.gov.uk T: 01992 716882 ■ 16 Nov 2.30pm Coast Of East Anglia a talk by David Simmonds for the Woodford & District National Trust, All / 07774 164407 NT Members and all

Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com visitors welcome.

■ 19 Nov 7.30pm Woodford Symphony Orchestra Autumn Concert the Great Hall, Roding Valley High School, Alderton Hill, IG10 3JA. Music by Haydn and Debussy including Haydn's Trumpet Concerto. Tickets at door or telephone 020 8924 9370 www.WSOrchestra.org.uk



■ 22 Nov 2pm Theydon & Abridge Jazz Club, (Act to be Confirmed), Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members membership available. To join for the rest of this year reduced to £4 per person. Event prices £10 per person (early bird renewal £8, instead of £12). Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209

www.theydonjazzclub.weebly.com

■ 24 Nov 7.45pm Christmas Decoration Essex Handicrafts Association Woodlands Branch. Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581



26 Nov 4pm Service of Hanging the Greens when we will start to decorate the Church ready for Advent and Christmas and learn the history behind the Christmas Traditions. There will be Advent wreaths to make and take away. The Church of the Holy Innocents, High Beach. Enquiries about the above or any church services, please contact Jane Begley on 07572 111387 or Beth Horton 07853 336880 or beth.hrtn@gmail.com ■ 26 Nov 4.30pm Light up a Life Kings Green, in partnership with St Clare Hospice, gathering in the foyer of Loughton Methodist Church. Ceremony to remember loved ones (see P10) ■ 6 Dec 2pm Theydon & Abridge Jazz Club, (Act to be Confirmed), Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members membership available. To join for the rest of this year reduced to £4 per person. Event prices £10 per person (early bird renewal £8, instead of £12). Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209 www.theydonjazzclub.weebly.com ■ 6 Dec 8pm Glad Tidings Discusses

the symbolism in paintings of the Annunciation illustrated with images from the 4th to the 16th century. Lecture by Imogen Corrigan writer, Studied Anglo-Saxon and Mediaeval History, Freeman of the City of London; member of the Company of Communicators. Lecture takes place at the Hall of Bancroft's Preparatory School. The Arts Society, Bancroft's Prep School, Whitehall Road, Woodford Green, IG8 0RF. All new members welcome, donation requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com

■ 10 Dec 7pm The Roding Players Orchestra Christmas Concert St Mary's Church, 201 High Road, IG10 1BB. Tickets (available on the door): £8, £7 concessions, under 11s free, inc. refreshments. Cash or card payment accepted. Contact details - Shirley Fuller shirley.fuller55@gmail.com 07713 113384 http://www.rodingplayers.co.uk



■ 10 Dec 7.30pm Christmas Concert – Epping Forest Singers. St John's Church, Loughton, IG10 1PD. Musical Director Fru Chilvers, Accompanist Paul Chilvers. For further details call Chris on 01992 714227 or go to our website: www.eppingforestsingers.com ■ 13 Dec 10.30am The Amazing History Of Light Houses a talk by Mark Lewis for the Woodford and District National Trust, the Memorial Hall, South

Woodford. Enquiries: speller643@

btinternet.com / 07774 164407 NT

Members and all visitors welcome - Do



■ 20 Dec 2pm Theydon & Abridge Jazz Club, (Act to be Confirmed), Abridge Village Hall, 39 Ongar Road, RM4 1UD. Disabled facilities. Free Parking / Bar / tea & coffee. Open to non members - membership available. To join for the rest of this year reduced to £4 per person. Event prices £10 per person (early bird renewal £8, instead of £12). Enquiries: davedyer24@gmail.com or Dave or Sheila Dyer 07903 879209

www.theydonjazzclub.weebly.com
■ 10 Jan 8pm A Tale of Two Cities: Pompeii and Herculaneum. Lecture by Dr. Steve Kershaw, A tutor in Classics for Oxford University Department for Continuing Education, an accredited lecturer for The Arts Society. Lecture takes place at the Hall of Bancroft's Preparatory School. The Arts Society, Bancroft's Prep School, Whitehall Road, Woodford Green, IG8 0RF. All new members welcome, donation requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com

■ 11 Jan 2.30pm London, a City in Turmoil a talk by Nick Dobson for the Woodford & District National Trust, All Saints Church Hall, Woodford Green. Enquiries: speller643@btinternet.com / 07774 164407 NT Members and all visitors welcome.

■ 12 - 13 Jan 8pm /Sat 14 Jan -Matinee 2.30pm, Evening 7pm) Robin Hood Pantomime by Rob Fearn & Leo Appleton. Théydon Bois Village Hall, Coppice Row, CM16 7ER. Tickets £12 Available online https://www.ticketsource.co.uk/ theydonboisdramasociety or by phone: 01992 919038 Website address http://theydondrama.org

■ 12 - 14 Jan 8pm The 39 Steps adapted by Patrick Barlow from an original concept by Simon Carble and Nobby Dimon. John Buchan's gripping whodunit is given the full comic treatment taking inspiration from Alfred Hitchcock's film version. Richard Hannay is shaken out of his boring life after an encounter with an exotic woman claiming to be a spy. Following her shock murder, Hannay is pursued by a mysterious organisation called "The 39 Steps" in a nationwide manhunt that climaxes in a death-defying finale. Loughton Amateur Dramatic Society (LADS) at Lopping Hall, High Rd, Loughton IG10 4LF. Tickets £12 Box office: 07552 736 110 www.lads.org.uk



■ 26 Jan 7.45pm Essex Handicrafts Association Woodlands Branch (subject to be confirmed). Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 (see p13). ■ 14 Feb 10.30am Battle Royale, 1066 talk by Steve Hookins for the Woodford and District National Trust, the Memorial Hall, South Woodford. Enquiries: speller643@ btinternet.com / 07774 164407 NT Members and all visitors welcome. ■ 14 Feb 8pm Cezanne. Lecture by Jacqueline Cockburn, Art Historian and Linguist, specialsing in European Art History. Runs courses in Southern Spain. The Arts Society, The Hall, Bancroft's Preparatory School, Whitehall Rd, Woodford Green, IG8 ORF. New members welcome, donation requested. Enquiries: Mary Affleck 07767 662762 marycaffleck@gmail.com ■ 23 Feb 7.45pm Essex Handicrafts Association Woodlands Branch (subject to be confirmed). Meets on the 4th Thursday of each month in the church hall at Loughton Methodist church contact Karen Myles 020 8508 4581 (see p13).

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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NOW IN its 12th year, judging for the Town Mayor's Best Allotment in Loughton, covering plots from the Loughton Potato Ground, Roding Road and Willingale Road allotments was held. Over 200 plots were inspected. The final judging by Terry Dickinson and Jeff Barber, representatives of the National Allotment Society taking place on 20 July 2022.

The prize presentation was made at the end of the Horticultural Show. The overall winner, Beata Sheridan from the Roding Road Allotments, was presented with the Horticultural Association Challenge Cup and certificate by the Town Mayor, Cllr Barbara Cohen, along with a £25 garden voucher; and a Site Winner certificate too. The judges commenting that the plot was "a great design, had good water collection, environmental sustainability with a large insect home and compost area".

The Town Mayor's Best Newcomer award was made to Donna and Jeff Webb from Loughton Potato Ground who received a shield and certificate and also the Best Allotment on site award. The judges commenting, "there was a wonderful selection of crops, and it is a charming plot".

Best Newcomer on Roding Road allotments was Janna Richardson and Best Newcomer on Willingale Road Allotments went to Marjorie Fairlamb. The Site Winner at Willingale Road Allotments was awarded to Jim Smith.

For information about vacancies on local allotment sites, contact the Town Council.

Photo: Town Mayor, Cllr Barbara Cohen; MC, Council Officer, Jonathon Glynn; and Beata Sheridan, Overall Winner



Methodist Church

Horticultural Show

LOUGHTON TOWN COUNCIL'S Horticultural Show returned to the Murray Hall on Saturday 3 September 2022 following two years' 'Covid' absence. Open to any Loughton resident with an interest in gardening, baking and flower arranging - the afternoon proved to be a delightful and welcome community event. Teas and coffees were served with mouthwatering homemade delicious cakes, along with a selection of cakes and doughnuts kindly donated by Lidl

Loughton, with all proceeds being donated to 3Food4U.

Exhibits included Jubilee themed floral arrangements, beautiful blooms, an array of assorted flavoured chutneys and jams, home baked Victoria sponge cakes and tables laid full of prize worthy vegetables and fruit! Loughton Town Council is extremely grateful



to the Judges and Volunteers who gave their time and expertise, making the show such a success.

Winner of the 'Best in Show' went to Freddie Sheridan, with his Bug hotel.

Photo: Town Mayor, Cllr Barbara Cohen and Freddie Sheridan with his bug hotel



WE'RE PROUD to have supported the community through Covid 19 and continue to support through the current cost of living crisis, remaining open throughout. With the wonderful support of the whole community including residents, schools, churches, businesses and Loughton Town Council, we celebrated our 2nd Anniversary on 27 September.

We couldn't have delivered our vital service

without such fantastic support from YOU ALL. Huge thanks to Loughton Town Council who have been one of our biggest advocates and supporters morally and with grant funding, it's been critical to our success.

We are offering free groceries, clothes and essentials without assessment or referral to anyone that needs it. Our Loughton Community Surplus Hub runs every Tues 11.30-1pm at The Loughton Club, 8 Station Road IG10 4NX Contact us at Website: www.3food4u.org Email: info.3food4u@gmail.com Tel:01992

Photo: 3food4u Volunteers at Loughton Club, including Cllr Mick Stubbings, Deputy Town Mayor to left of cake and Pesh Kapasiawala 4th from right



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Abbeyfield Loughton Society Limited Rider House. 121 High Road, Loughton



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www.abbeyfieldriderhouse.com



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stmarysloughton.com 020 8508 3643

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Regular activities

Amendments to: debra.paris@loughton-tc.gov.uk

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill. www.loughtonpotatoground.com Roding Road Allotment & Leisure Gardens Association, Roding Road. www.rodingroadallotments.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

ARTS & CRAFTS

Creative Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Rd. £12, Tues & Thurs. 07944 589998 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, Lopping Hall, 189 High Road, IG10 4LF. Mon-Sat 10am-4pm. Local artists & photographers work. 07532 053194 http://www.loughtonarts.

The Arts Bar, Lopping Hall. 2nd Fri from 7pm. For creative people to meet, view the latest exhibition at Loughton Arts Centre & meet the artist (as above). Thursday Art Group, Loughton Baptist Church, 92 High Rd. Thurs, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk

Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Rd, E11. 3rd Mons, 6.45 for 7.30pm. Visitors £4 http://nafas.org.uk/ nafas-areas/

COUNSELLING

Affordable Counselling Epping Forest Waltham Abbey 9.30am – 12.30 waithan Abbey 9.30am = 12.30 midday Tues/Thurs. Epping 3.15pm-6.15pm Thurs. 01992 573402 affordablecounsellingef@gmail.com Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / jo@samaritans.org / txt 07725 909090 Spark Counselling and Mentoring for young people. Loughton Youth Centre, Borders Lane, Loughton 020 8508 6743 Spark@worthunlimited.co.uk Free service - donations accepted

EDUCATION

Music Lessons, Loughton Music Academy, High Rd. 020 8502 2992 www.loughtonmusicacademy.co.uk **FOOD**

3Food4U Loughton Community Surplus Hub runs every Tues 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 Loughton Foodbank Weds, 10am-12 noon, St Mary's Church, 201 High Rd & Sats, 10.30am-12 noon, St. John's on the Broadway, 66 The Broadway, IG10 3ST, 07402 032313 https://eppingforest. foodbank.org.uk

GENERAL INTEREST

Bell ringing, St John the Baptist Church, Church Lane. Tues, 8-9pm (in tower). No experience necessary. Yvonne Finch 07748 970754

Book Groups Loughton Library, Traps Hill 4th Mons, 1.30pm 0333 0132677 Calligraphy for beginners (adults) 07956 544262

Epping Forest Conservation Volunteers, The Warren, Epping New Rd most Suns. Kevin Mason 8529 9273 efcv2@yahoo.

co.uk www.efcv.co.uk

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

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

Epping Forest Singers A friendly non-auditioned choir singing a mixed repertoire. Rehearsals: Thursdays (term time only) at Buckhurst Hill Community Primary School IG9 6DS. 7.30-9.30 pm. Further details: www. eppingforestsingers.com

Essex Wildlife Trust - Roding Valley Meadows. Volunteer work parties undertaking practical reserve management, Tuesdays & Wednesdays, 10am-3pm. Contact: roding@essexwt. org.uk/020 8500 3094

Forest Creative Writers, Loughton Methodist Church, 260 High Road, Loughton, Thurs (term-time) 1-3pm. Midge Venables 020 8504 1261 Forest Musical Theatre Company St Michael's Church, Roding Rd. Tues & Weds (rehearsals). email rachel@ forestmusical.co.uk or visit www. forestmusical.co.uk

Friends of Light & Healing, Kingsley Hall, Kingsley Rd. An evening of clairvoyance. Alternate Thurs, 7.30 for 8pm. 07743

Games Morning Loughton Library, Traps Hill. Play board games & cards. Weds, 10am-12pm led by Loughton Voluntary Care 0333 0132677

Hornby Railway Collectors Association, St John's Church Scout Hall, Church Lane. 2nd Thurs, 5-10pm alternate months. David Southgate 020 8508

Loughton Amateur Dramatic Society, Lopping Hall, High Rd. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.

Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk

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

Loughton Bridge Club, Grange Farm -Mon & Weds 7.20pm lindajenkins34@ hotmail.com www.bridgewebs.com Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 07873 534 604 www.loughtoncameraclub.org.uk/ Loughton_Camera_Club/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 Loughton & Epping Forest Amateur Radio Society, All Saints Hse, Romford

Rd, Chigwell Row, IG7 4QD. Alt. Fri 7.45pm T: 07850 120180 E: info@lefars. org.uk W: 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

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

HEALTH

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

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

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@eppingforestdc.gov.uk or 01992 564222. Booking: https://eppingforestdc. bookinglive.com or 01992 564226

Lifewalks Short brisk walks for all. Btwn 1 to 3miles, various locations Mon, Tues, Thurs 10am & Sun 10.30am. Engs: Karen Murray 01992 564222 / kmurray@ eppingforestdc.gov.uk Booking: https:// eppingforestdc.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 + Weds 2pm Yoga sessions at the Methodist Church, High Rd, IG10 1RB £5 members (£10 non-mems)

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

www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mons & Thurs evenings (13-17 yrs). 020 8505 3353 www.2324squadron.org.uk 7th Epping Forest Scout Group, St Edmund's Church, Traps Hill. Tues: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thurs: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-101/2) 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@

30th Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) &, Scouts (10-14 yrs) Paul Snowdon GSL 020 8508 4336 / info@30thloughton.co.uk 41st Epping Forest Scout Group, Lopping

Hall, 189 High Rd. Mons 5.45-9pm Thurs & Fri, 6-9pm Beavers, Cubs, Scouts & Explorers girls/boys (6-18) 020 8923 2378 / agsl41@gmail.com Baby & Toddler 20-min session. Loughton Library, Traps Hill. Mons 10am Tues 10.30am; Thurs 2.20pm. 1st Sats (Daddy Cool) rhyme time 11am. 0333 0132677 Baby & Toddler Group St Edmund's Parish Hall, Traps Hill. Thurs 9.30-11.30am (term time) stedmundsplaygroup@gmail.com 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 Servce, 020 8508 0932, please see our Facebook page for programme details

Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisa. stirling@essex.gov.uk

Accurro: young people with learning difficulties Tues 6-9pm. Action for Family Carers: Young Carers Weds 6-9pm (term time) free activities charles.miles@affc. Spark Youth Club - Mon/Thurs 3.30-5.30pm term time Age 11-16, 020 8508 6743 Spark@worthunlimited.co.uk

Noah's Ark Toddler Group (under 5s) Oakwood Hill Community Hall, IG10 3NB 10-11.30am Mon (term time) + Trinity Church, Mannock Drive, IG10 2JD. 10-11.30am Tues and 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 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 **MUSIC**

60's music appreciation social group Loughton Club, 8 Station Rd. Last Tues 2-4.30pm 020 8508 8365 / 07761

Loughton Folk Club, 8 Station Rd. Live acoustic music. Thurs, 8pm. loughtonfolkclub@googlemail.com Loughton Ladies Choir Meets every Thurs 2.15-3.45pm St John's Church Hall, Church Lane IG10 1PD. New Members welcome – sopranos/altos Peter Jones – 07769 973405 Loughton Operatic Society, Lopping Hall, High Rd, 020 8505 2033. loughtonoperaticsociety@hotmail. com www.loughtonoperatic.org.uk Rehearsals Tues & Thurs

Library, Traps Hill Mon-Weds, Fri, 10am-1pm 020 8502 4701 www. nationaljazzarchive.org.uk Roding Players Orchestra rehearses on Monday evenings from 7.00 p.m. to 9.00 p.m. at Roding Valley High School. New

National Jazz Archive, Loughton

members always welcome. Contact Miles Harwood on 07715 239101 or milesharwood@aol.com www. rodingplayers.co.uk

South West Essex Choir, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606 www. southwestessexchoir.org.uk/ Stand & Deliver Acoustic Open Mic Club,

Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy.tyzack@btinternet.com

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

Woodford Symphony Orchestra welcomes new string players. Rehearsals Thurs, 7.45-9.45pm, Roding Valley High School, 020 8924 9370 www.wsorchestra.org.uk 14

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. mldjaworsfold@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 (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 Trampolining Club (disabled people to 19 yrs), Debden Park High School, Willingale Rd. Weds 6.45-7.45pm. Loughton Flyers Trampolining Club & EFDC. Fabrizio Ferrari 01992 564567 / fferrari@eppingforestdc.gov.uk Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mons, 8-10pm. Age 30+. Chris 07713 004996 Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. Membership: juniors 020 8502 3793 & adults 020 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

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

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

Strength & Balance – Mon 10-11am Beginners Yoga – Tues 10-11am (dementia friendly, free of charge for carers) - Loughton Cricket Club, The Uplands

Pilates – Weds 9.30-10.30am

Keep Fit – Fri 10-11am

Enquiries: csreception@eppingforestdc.
gov.uk / 01992 564561

Epping Forest HF Walking Group regular Sunday walks in the local area. www.efhfg.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, termtime, 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. oldloughts.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

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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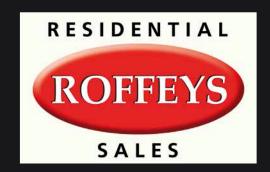


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