



Think Loughton

News from Loughton Town Council

Spring 2017 No 76

Loughton Festival 2017

THIS ANNUAL local celebration of arts, culture, heritage and literature will take place throughout May across the town. Organised by Sue Taylor and teams of volunteers, there will be plenty on offer for the whole family including walks, talks, music and community events.

The festival also provides a great opportunity to raise valuable funds for charities. This year's beneficiaries will be the Essex Air Ambulance and the Loughton Youth Project.

Highlights of the festival include the town council's annual family fun run. Join us on Sunday 14 May at the Roding Valley Recreation Ground for the 4km route around this lovely country area. Registration from 9.30am, official warm up session at 10.15am with the start at 10.30am. Dogs welcome on leads too.

On Sunday 28 May, the popular community event, HOWZAT returns to the Loughton Cricket Club in The Uplands. From 10am until 4.30pm there will be stalls, live music, cricket, family entertainment including a Caribbean band, a raffle and cash bar. The results of the baking and photography competitions



together with a cake auction will be held at 3pm.

If you've ever wondered what life in Loughton was like before the Debden Estate was built, then come along to Debden Library at 2pm on Friday 19 May for a free talk. David Stevenson will interview

Maurice Day about the army base, the places children played, the farms and the farmers and of course, Loughton Hall.

These events rely heavily on volunteers and more hands are always needed. If you can spare some time in April and May to

deliver leaflets, sell tickets, make the teas or set up and clear away at events, please contact Sue on info@loughtonfestival.org or phone 020 8508 2512.

Programmes will be available from Loughton Library in April and online at www.loughtonfestival.org

Photo © Essex Air Ambulance



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| Loughton Town Council | 020 8508 4200 |
| City of London Corp (Epping Forest) | 020 8532 1010 |
| Epping Forest District Council | 01992 564000 |
| Waste Management Hotline | 01992 564608 |
| Essex County Council (ECC) | 03457 430 430 |
| Adult Social Care | 0345 603 7630 |
| Child Social Care | 0345 603 7627 |
| Debden Library | 020 8508 5869 |
| Education & Schools | 0345 603 2200 |
| Loughton Library | 020 8502 0181 |
| Registrar: Births, ceremonies & deaths | 0345 603 7632 |
| Essex Parking Partnership (enquiries) | 01206 282316 |

ADVICE, HELP & INFORMATION

| | |
|--------------------------------------|----------------|
| Affordable Counselling Epping Forest | 01992 573402 |
| Citizens Advice Bureau | 0344 477 0808 |
| Citizens Advice Consumer Service | 03454 04 05 06 |
| Epping Forest College | 020 8508 8311 |
| Jobcentre Plus (Loughton) | 0345 604 3719 |
| Loughton Information Centre | 020 8502 0181 |
| 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 7247 |
| 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 564178 |
| Volunteering Enquiries | 01992 564256 |

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 |
| Holly House (Private) | 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) | 01992 564574 |
| Loughton Rugby Football Club | 07969 638349 |
| 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) | 0871 200 22 33 |

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Clerk's Remarks



A BIG thank you to all those who took the time to respond to the consultation on the draft Local Plan. Epping Forest District Council received over 3,000 replies and we are sure that many of these will have been objections from Loughton residents.

The plan identifies sites across the district allowing for 11,400

new homes to be built in the period to 2033, including 1,190 in our town. The town council's detailed comments may be viewed at <http://tinyurl.com/zjw83ep>

EFDC will now analyse the responses before considering any amendments. The publication of the Plan, a pre-submission version, is timetabled for June/July 2017.

Many of our residents are increasingly concerned about road safety. We have recently highlighted the speeding problems in Oakwood Hill and Valley Hill with the local police. With their help we are looking into the practicalities of setting up a speed watch scheme in the area.

This is also an opportunity to remind you that it's illegal to use a hand-held phone or similar device while driving, or riding a motorcycle. This also applies if you're stopped at traffic lights or

queuing in traffic with the engine running. From 1 March there are legislative changes to increase the penalties from 3 points to 6 points on a driving license and from a £100 to £200 fine.

With the better weather just around the corner we hope you will take advantage of the many and varied activities and events Loughton has to offer. You'll find details of these throughout this newsletter, not just in the Dates for the Diary section. There's sure to be something to appeal to everyone – community events and concerts, walks and talks, and physical activities. If not and you have a particular interest that is not being met locally, why not set up your own group. We can provide information and advice on how to achieve this. We look forward to hearing from you.

Enid K Walsh
Town Clerk

Council Tax

AFTER CAREFUL consideration of its spending plans, the town council has set its precept for 2017/18 at £634,800.

This means the average household in the town will pay just £51.63 a year towards the extensive range of services we provide in Loughton. This modest increase follows a 7-year period in which the Band D figure was held at £49.18.

The extra 5p a week will provide essential funds for what councillors describe as a war chest. This additional money will enable the council to seek legal counsel in an attempt to counter the proposals in the draft Local Plan to build on Loughton's much valued green spaces.

The council is confident that this approach will be fully supported by local residents following the unprecedented strength of feeling expressed at public meetings in autumn 2016.

Annual town meeting invitation



ARE YOU interested in what happens in Loughton? Then please join us at the Murray Hall in Borders Lane on Wednesday 15 March to hear more about the town council's achievements and plans for the future.

If there is an issue that affects the town and you would like to discuss it openly, then you can raise it during public question time.

Doors open at 7.30pm to allow time for you to view the displays

mounted by local organisations. The formal meeting commences at 8pm.

This year's guest speaker is Saboohi Famili, the recently appointed principal of Epping Forest College, who will speak of her plans for the college's future.

Free refreshments will be served after the close of the meeting and residents have the opportunity to speak to their councillors about Loughton matters.



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Loughton Town Council

Town Mayor: Cllr Carol Davies **Deputy Town Mayor:** Cllr Philip Abraham **Town Clerk:** Enid K Walsh

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philabraham2000@gmail.com

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CllrAdamOmer@gmail.com

Cllr Michael Stubbings 07766 480522

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mick.stubbings@hotmail.com

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CllrLeonGirling@gmail.com

Cllr John Mahoney 07909 517145

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Loughton IG10 4LF
johnnymahoney@uwclub.net

Cllr Stella Murphy 020 8508 2794

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VC J Angold-Stephens

M Dalton

J Jennings

J Mahoney

S Murray

A Omer

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VC C P Pond

P Beales

T Cochrane

C Davies

T Owen

S Pewsey

PLANNING & LICENSING

C J Angold-Stephens

VC C Davies

P Abraham

T Cochrane

T Downing

K Latchford

S Murphy

RECREATION

C D Wixley

VC A Omer

R Brookes

B Cohen

L Girling

S Murray

M Stubbings

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

Contacting us

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

Deadline dates

| Edition | Copy deadline |
|-------------|---------------|
| Summer 2017 | 18 April |
| Autumn 2017 | 10 July |

Next issue covers June to August 2017.

We do not accept unattributed articles for publication.

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bcohen61@hotmail.com

Cllr Judy Jennings 020 8508 1861

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clrljennings@hotmail.co.uk

C Chairman

VC Vice Chairman

Town Council Meetings

All meetings take place at 1 Buckingham Court, Rectory Lane, Loughton, at 7:45pm unless otherwise indicated.
2017

| | | |
|------------|----|--|
| Mar | 6 | Planning & Licensing |
| | 8 | Recreation |
| | 15 | Annual Town Meeting, The Murray Hall at 8pm |
| | 20 | Planning & Licensing |
| | 22 | Environment & Heritage |
| Apr | 3 | Planning & Licensing |
| | 12 | Resources & General Services |
| | 24 | Planning & Licensing |
| May | 3 | Council (approval of accounts) |
| | 8 | Planning & Licensing |
| | 17 | Annual Council |
| | 22 | Planning & Licensing |

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

News round-up

■ **DEFIBRILLATORS:** We are working with the Loughton Rotary Club and the town centre partnerships to install this vital equipment around the town. If you are a local group interested in partnering with us as we progress this important initiative in Loughton, please contact Shirley Haynes on 020 8508 4200.



■ **PLAY IN THE PARK:** These popular free children's sessions are back in the spring, sponsored by the town council. Just turn up, there's no need to book. Join play leaders on the Roding Valley Recreation Ground on Tuesdays 4 and 11 April from 1.30 – 3.30pm. For more details call EFDC's Community Development Team on 01992 564363.

■ **PARK RUN**, the free weekly timed runs held in parks all over the world, are now available at the Roding Valley Recreation Ground. Open to all, from juniors and first timers to Olympians and octogenarians, you just need to pre-register at www.parkrun.com then join us on Saturdays at 9am by the tennis courts. For full details visit www.parkrun.org.uk/rodingvalley

■ **DRONES:** If you own a drone or have recently purchased one for your children or grandchildren, you need to be aware that there are some important changes to UK law relating to the flying and use of drones, which will soon come into effect. Visit <http://tinyurl.com/hwybhno> for up to date information.



■ **LIFEWALKS** is a walking for health scheme organised by Epping Forest District Council Community Services. Approved by local doctors and hospitals, Lifewalks is part of the national campaign Walking for Health backed by The British Heart Foundation. Every week, it offers a choice of group walks from venues across the district, led by specially trained staff. Visit <http://tinyurl.com/gtr8eg9> for full details or call Karen Murray on 01992 564000.



Grow your own

THE POPULARITY of allotments may have declined since their heyday during and after the second world war but with the current fashion for healthy living, now is the ideal time to consider renting a plot in Loughton. From as little as £24 a year, you can work the soil to provide your family with a range of fresh fruit and vegetables all year round.

There's no denying it will involve time and dedication, but the benefits of harvesting your own produce will repay your efforts in spades!

There are vacancies at each of the three sites in Loughton. These are to be found at the Loughton Potato Ground, off Stony

Path and the Roding Road and Willingale Road allotments. To find out more call Shirley Haynes on 020 8508 4200.

If you would prefer to get involved in a community allotment and learn more about gardening first, why not join the GROW project at the site off Pyrles Lane. Join them at the regular volunteer sessions or come to the special picnic on Saturday 6 May from 10am – 3pm, part of the Loughton Festival. A participative 'Sow and Grow' workshop will be held at 11.30am. For more information, visit growloughton.org.uk or contact anne@growloughton.org.uk / 074 9291 5531.

Hillyfields update

A BIG thank you to all those residents who responded positively to our public consultation last November. This was regarding a proposal to install a ditch and bund along the boundary of Hillyfields with Pyrles Lane and Rectory Lane to prevent further unauthorised vehicle incursions.

The town council is finalising details of the scheme with officers from the City of London Corporation and Epping Forest District Council. The works are expected to be carried out this spring. Public access will still be maintained.

The cost of these works will be shared with the City of London Corporation, which has offered to carry out the improvements in-house.



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Christmas window competition winners

A BIG thank you to the many Loughton shops and businesses that decorated their windows and joined in the town's festive celebrations in the 2016 Christmas window competition.

All Christmas-themed shop windows were automatically eligible for the competition, and split into three classes of entry – local/independent businesses, multiples/chain stores and charity shops.

The judges this year were town mayor, Carol Davies, with councillors Tessa Cochrane and Judy Jennings. The results were as follows with their chosen charities who received a £100 cheque in brackets:

INDEPENDENT: Bababoom, 255 High Road, IG10 1AD (Great Ormond Street Hospital Children's Charity in memory of Ollie Anstey) for its sparkly display of "a beautiful tree and hanging baubles all co-ordinated in silver and white with an imaginative crescent moon";

MULTIPLES: Mezesphere Restaurant, Connaught House, 112-120 High Road, IG10 4HJ (NSPCC) a window that "definitely captured the Christmas spirit";

CHARITY: St Clare Hospice Debden, 72 The Broadway, Loughton IG10 3SY (St Clare) for its "charming depiction of animals on a bench looking at a Christmas tree with presents and house, no. 1 North Pole".

Congratulations go to the winners who each received an engraved silver cup, a framed certificate and bottle of prosecco courtesy of Majestic Wine in Station Road.

Runners-up and highly commended were for the independents: Tonys, 61 The Broadway, (runner-up and 2015 winner), Cranbrook Electrics, 50 The Broadway, Ice Events, 53 The Broadway, and Smiths of Loughton, 132-136 High Road; and for the multiples Schmidt

Kitchens, 157 High Road (runner-up), Rhino, 155 High Road, and Starbucks, 243 High Road; and for the charities the Restore Community Centre, 68 The Broadway ((runner-up), and Save the Children, 20 The Broadway.

Photo credits: Town mayor, Carol Davies presenting the awards to:

Local / independent class winner Bababoom (from the left) Megan Elliott & staff
Multiple /chain store class winner Mezesphere staff member Olkay
Charity shop class winner manager Paula Smith (holding cup) with staff, volunteers, Santa and customers





Christmas card competition



CONGRATULATIONS TO Summer McGowan, the junior school category winner, who was chosen as the overall winner in the town council's annual competition to design our official Christmas card.

Over 280 entries were received this year which proved challenging for our judges, town mayor Carol Davies and deputy town mayor Philip Abraham. We particularly thank the schools that submitted multiple entries – Alderton Infant, Hereward Primary (infants and juniors), Oak View (juniors), Oaklands (infants and juniors) and Roding Valley High, and the Restore Community Centre in The Broadway, which runs an art club.

The winners and runners-up from each category are detailed below:

Infant winner

TEGAN SMITH and runner-up Jayden Fuller Daniels

Junior and overall winner

SUMMER MCGOWAN and runner-

up Libbie Webb

Secondary winner

FINNLEY PACKWOOD and runner-up Scarlett Downie

Adult category winner KATE THOMAS and runner-up Jennifer Orme

Each winner was presented with a £25 gift token and a certificate by the town mayor at the December council meeting. An exhibition of a selection of entries was displayed at the Debden and Loughton libraries over Christmas.

Well done to all the winners, and a special thank you to everyone who entered, especially all the local schools that supported and publicised the competition.

Photo credits:

Cllr Carol Davies with (left to right):

Winners: Tegan Smith (infant category) and Summer McGowan (overall and junior category)

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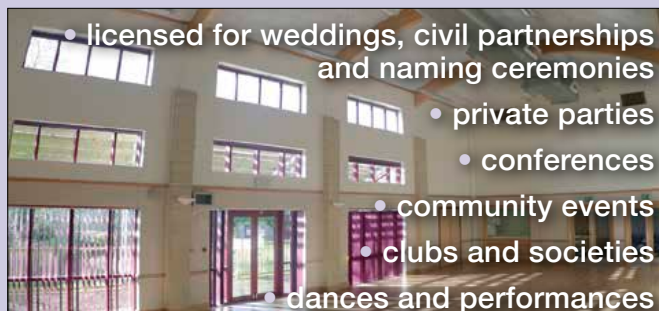
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Essex IG10 3TZ



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Dates for the diary

■ **7 Mar, 1.45-4pm** Miss Pye & Mr Barber talk by Helen Gibson New Vistas, Loughton Club, 8 Station Road 01992 574552 (see p14)

■ **9 Mar, 8pm** Women of note in Buckhurst Hill & Loughton (Intl Women's Day) talk by Lynn Haseldine Jones Loughton & District Historical Society, Loughton Methodist Church, 260 High Road (see p13)

■ **11 Mar, 2.30pm** Putting jazz & memories into print talk by Ann Cotterrell Essex Book Festival event National Jazz Archive, Loughton Library, Traps Hill £7, £5 u27s 01206 573948 <http://essexbookfestival.org.uk>

■ **14 Mar, 7.30pm** Musical presentation: Bancroft's School pupils & Grand Tour music Peter Medhurst GRSM ARSM Bancroft's Decorative & Fine Arts Society, Bancroft's Prep School Hall (see p14)

■ **16 Mar, 2.30pm** The Vyne Tudor palace: its occupants & treasures talk by Michael Thomas National Trust Woodford & district (see p14)

■ **16-17 Mar, 7.30pm & 18 Mar, 1pm & 5pm** Honk! The Ugly Duckling musical based on Hans Christian Andersen's novel Forest Musical Theatre Co, Lopping Hall, 189 High Road £13, £11 concs, £8 u12s, £38 family ticket: 4 (inc 2 u16s) www.forestmusical.co.uk

■ **16-18 Mar, 8pm** Third Week in August by Peter Gordon Theydon Bois Drama Society, TB Village Hall, Coppice Row CM16 7ER £9.50 01992 919038 / <http://theydondrama.org>

■ **21 Mar, 1.45-4pm** Loughton: retail shopping in the past talk by Chris Pond New Vistas, Loughton Club (see p14)

■ **21 Mar, 6.30-9.30pm** Inclusive coaching: disability Loughton Methodist Church, 260 High Road EFDC Active Epping Forest £30 01992 564561 www.eppingforestdc.gov.uk/bookings

■ **22 Mar, 10am-2.30pm** Senior Safety Day free information & advice Loughton Club, 8 Station Road. To book: EFDC 01992 564226

■ **23 Mar, 7.45pm** Teapot magnets Essex Handicrafts Association Woodlands Branch 020 8508 7657 (see p13)

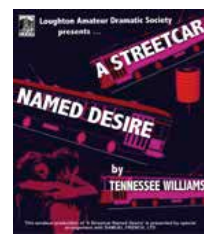
■ **24 Mar, 8pm** Architectural delights: the Danish Archipelago talk by Alan Bayford: £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **25 Mar, 7pm** Epping Forest Singers present: A Night at the Pictures director Fru Chilvers St John's Church, Church Lane £10 in advance, £12 on door, inc light refreshments 01992 714227

■ **25 Mar, 7.30pm** Roding Players Orchestra spring concert St Mary's Church, 201 High Road 020 8505 4329 www.rodingplayers.co.uk/

■ **27 & 28 Mar, 7.30pm** Motiv8 (see p10)

■ **30 & 31 Mar & 1 Apr, 8pm A Streetcar Named Desire** by Tennessee Williams Classic American drama of passion & madness Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road £10 07552



736110 or book www.lads.org.uk

■ **1 Apr, 10am-4pm** 7th annual Lenten Quiet Day Rev Dr Stephen Need Trinity Church, Mannock Drive, IG10 2JD 020 8508 2948

■ **4 Apr, 1.45-4pm** Recent travels: Lake Orta talk by Sylvia Keith New Vistas, Loughton Club (see p14)

■ **4 & 11 Apr, 1.30-3.30pm** Play in the Park Roding Valley Recreation Ground free children's sessions (see p4).

■ **6 Apr, 10.15am** Walking with Wainwright: Alfred Wainwright's walks in the Lakeland Hills talk by Dudley Chignell English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **6 Apr, 8pm** Daisy, Countess of Warwick talk by Margaret Mills Loughton & District Historical Society, Loughton Methodist Church, 260 High Road (see p13)

■ **15 Apr, 11am-1pm** Easter egg treasure hunt & arts/crafts activities £15 (4-8 people) per team LifeWorks, Loughton Methodist Church, 260 High Road. To book: 020 8502 3071



■ **21 Apr, 8pm** Sir John Soane his life, career & museum talk by Frances Sands £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **25 Apr, 10am-12pm** Music & the British landscape Chris Green WEA 6-week course £50 Loughton Bowls Club, Eleven Acre Rise (see p13)

■ **25 Apr, 1.45-4pm** Tales of a Scotland Yard detective talk by Steve Roberts New Vistas, Loughton Club (see p14)

■ **26 Apr, 10-12pm** Summer Natural History Tricia Moxey WEA 6-week course £50 Jack Silley Pavilion, Tidy's Lane, Epping CM16 6SP (see p13)

■ **27 Apr, 7.45pm** Japanese patchwork Essex Handicrafts Association Woodlands Branch 020 8508 7657 (see p13)

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■ **29 Apr, 7-9.30pm** 30th Anniversary Variety Night LifeWorks Creative Arts Centre, showcasing local talent & VIP special musical guests Loughton Methodist Church, 260 High Road 020 8502 3071

■ **29 Apr, 7.30pm** Three Valleys Male Voice Choir Concert £10 St John's Church, Church Lane 020 8508 3539

■ **30 Apr, 3pm** Concert Church of the Holy Innocents High Beach (as above)

■ **2 May, 1.45-4pm** Orkney talk by Janet Wallace New Vistas, Loughton Club (see p14)

■ **7 May-1 Oct, 2-5.30pm** Sunday afternoons tea/coffee & home-made cake Church of the Holy Innocents High Beach (as above)

■ **7 May, 12pm** Secret Garden Party Haven House Children's Hospice, The White House, High Road, Woodford Green £2, £1 (u18s), free (u2s) RLD Events Rachel 07550 851655

■ **9 May, 8pm** Courts & porcelain secrets Anne Haworth BA (Hons) V&A Museum Bancroft's Decorative & Fine Arts Society (see p14)

■ **11 May, 8pm** AGM & London in the austere 1950s? Talk by Jef Page Loughton & District Historical Society, Loughton Methodist Church, 260 High Road (see p13)

■ **16 May, 1.45-4pm** Short AGM & Twelve Princesses talk by Maggie Radcliffe New Vistas, Loughton Club (see p14)

■ **18 May** Corporate golf day Abridge Golf & Country Club, Epping Lane, Stapleford Tawney RM4 1ST £90 each, £360 4-ball & incl breakfast roll on arrival, 18 holes of golf & lunch Haven House Children's Hospice 020 8498 5848 lauraboenke@havenhouse.org.uk

■ **1 Jun, 10.15am** AGM English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)

■ **Loughton Festival** full event details at www.loughtonfestival.org

■ **29 Apr-1 May 10am-5pm** Flower Festival Beginning with Eve tea/coffee & cake all day, lunches 12-2pm Church of the Holy Innocents High Beach 07572 111387 / jane.begley@irwinmitchell.com

■ **6 May, 10am-3pm** GROW Community Garden Picnic 11.30am Sow & grow workshop Access road next to Flat 109, Pyrls Lane

■ **6 May, 2-5pm** Three talks: Freemasonry Today, Snaresbrook House & Epping Forest, Loughton Masonic Centre & open day

■ **7 May, 11am** Victorian forest walk 6-miles Loughton Station-Chingford

■ **12 May, 10.30am-3pm** Creative expressions party & art exhibition, Lifeworks, Loughton Methodist Church

■ **13-27 May** Loughton Arts Trail Art pop ups in Loughton High Road shops & public spaces. Exhibitions at LifeWorks Creative Arts Centre (Methodist Church), Loughton Library & Loughton Arts Centre, 187B High Road 07984 638360 www.lifeworks.loughtonmethodist.org.uk

■ **13 May, 2.30pm** Listening to jazz in the digital age talk by Stuart Nicholson £5 National Jazz Archive, Loughton Library, Traps Hill 020 8502 4701 www.nationaljazzarchive.co.uk

■ **13 May, 7.30pm** Loughton loves Lloyd Webber, Forest Musical Theatre Co

■ **14 May, 10.30am** Loughton 4km charity fun run Roding Valley Recreation Ground registration from 9.30am Loughton Town Council (see p1)

■ **14 May, 3pm** Woodford Sinfonietta concert £5 proceeds to Loughton Festival charity, plus tea/coffee & home-made cake Church of the Holy Innocents High Beach (as above)

■ **19 May, 2pm** Maurice Day Remembers, Debden Library

■ **20 May, 10am-4.30pm** Russian Revolution study day David Stevenson, Loughton Library

■ **20 May, 7.30pm** Organ recital & voices, performed by City of London & Eastern Soc of Organists, St John's Church

■ **21 May, 10.30am-12.30pm** Epping Forest heaths walk: Peter Adams, Friends of Epping Forest

■ **21 May, 4pm** Loughton dance showcase by local dance & theatre youth groups Loughton Baptist Church

■ **25 May, 7.45pm** Daria Kulesh Loughton Folk Club, Loughton Club, 8 Station Road, Loughton

■ **26 May, 8pm** Peterborough & the Nene Valley talk by David Stevenson & AGM £2.50 non-members HEARS, St Michael's Church, Roding Road (see p13)

■ **27 May, 11am** Zero Night WWII POW escape study day Mark Felton St Michael's Church

■ **28 May, 10am-4.30pm** HOWZAT family fun day Loughton Cricket Club, The Uplands

■ **28 May, 7.30pm** Paul Jeffreys & friends live music Loughton Cricket Club, The Uplands

■ **30 May, 2.30-5pm** 1940s themed tea dance, 40s costume optional St Michael's Church

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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This brand new Sixth Form consortium, enrolled its first cohort of students in September 2015. Partner schools Debden Park High School, Epping St Johns and Roding Valley High School, have come together to provide the highest standards of Post 16 Education, offering a wide range of A Level and BTEC subjects.

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citizens advice

THE TOWN council is pleased to support the Loughton Branch of Epping Forest District Citizens Advice Bureau now based on the first floor in Loughton Library, off Traps Hill.

The CAB, as it is more often referred to, offers free independent, confidential and impartial advice to local residents on a wide range of issues including:

- Utilities Consumer Issues • Travel • Health
- Relationships • Housing • Education
- Civil Rights • Legal System • Immigration
- Discrimination • Benefits • Employment • Debt
- Tax

Please be aware that following the opening of the new CAB building in Hemnall Street, Epping, the Loughton branch has changed its opening hours slightly to each weekday morning from 9.30am to 1pm, except Fridays.

It's a good idea to get there early as sessions can be busy. You will be seen by one of the CAB's trained volunteer assessors and, if they can't deal with your issue there and then, you'll be given an appointment with an adviser.

You can also get advice from www.citizensadvice.org.uk, which includes a webchat facility, or the Citizens Advice Essex Adviceline - 03444 770 808 available Monday to Friday 10am – 4pm. For consumer problems you can ring the Citizens Advice consumer helpline on 03454 04 05 06

The CAB is run by a board of volunteer trustees from our local community, 10 staff, all part-time, and about 70 volunteer advisers, assessors and admin people. New volunteers are always welcome. Why not call into the Loughton branch and find out how you can help?

Mental illness is not a barrier to work

DID YOU realise that “one in four people will be affected by mental illness at some point in their lifetime” and that “mental ill-health is now the leading cause of sickness absence in the UK?”

Help is on hand from the North Essex Partnership (NEP), a specialist mental health trust that provides a wide range of services across a large part of Essex including Epping Forest to people of all ages.

They now provide assistance to get people back into paid employment, volunteering or education or to retain their current employment.

For more information and advice on all aspects of mental health visit www.nep.nhs.uk/about-mental-health/ or call 01245 546400.

all together, better



AMONGST THE many local charities that are supported by Loughton Town Council is Epping Forest ReUse (EFRU). They received a grant of £350 to assist with the purchase of a laptop. This is being used to help customers in great need make a formal application to Essex County Council's Essential Living Fund.

Many people who are helped by this fund have been allocated a flat by, for example, Epping Forest District Council or a housing association but have nothing to furnish it with, such as women who have experienced domestic violence and are moving from a refuge. Through this scheme, EFRU can provide a bed, wardrobe, chest of drawers,

chair, table, something to cook on, and a washing machine and fridge to successful applicants. They can also provide bedding, towels, crockery or cutlery.

Since opening in 2013, EFRU has helped 900 people, including children, through this fund. A recent customer said, “I am writing to express my sincere thanks and gratitude for the wonderful service. I accepted my totally unfurnished flat in Waltham Abbey on 21 October without a stick of furniture to my name and by 31 October I was able to move in. Please, please try to keep this service operating – it has blown me away with its level of customer service, goodwill and generosity and for me it has made all the difference in the world to what has been an exceptionally stressful period in my life.

Epping Forest ReUse is always in need of household appliances such as washing machines, fridge/freezers, cookers and microwaves. These are PAT tested and can sometimes be repaired if faulty so please phone 01992 578222 if you might have an item to donate. Collections of these goods and large furniture are free.

There are also a wide variety of opportunities to volunteer with EFRU – DIY skills to repair and renovate goods, office help to answer the phone and book deliveries and collections, lifting and carrying, and sales. To discuss volunteering call 01992 578222 or visit www.eppingreuse.org.uk to find out more about their services.

Take Five campaign

IT IS SAD to report that some residents in the Loughton area have lost their lifetime savings to scammers who phone them claiming to be from their bank, the police or from other trusted organisations such as utility companies.

Often, after several calls, victims are persuaded to transfer money into a bank account. When they do, their money disappears, never to be seen again. Victims are left feeling ashamed and unlikely to report the fraud to the police or tell anyone else about it.

Epping Forest Neighbourhood Watch is supporting the launch of a major new campaign designed to tackle financial fraud. Called the ‘Take Five’ campaign, it encourages people to think about fraud as a real possibility, and not be too trusting if someone phones or writes to them, or calls at their door.



Always follow the ‘Take Five’ plan:

1. Never disclose security details, such as your PIN or full password – it's never okay to reveal these details.
2. Don't assume an email request or caller is genuine – people aren't always who they say they are.

3. Don't be rushed – a genuine bank or organisation won't mind waiting to give you time to stop and think.

4. Listen to your instincts – if something feels wrong then it is usually right to pause and question it.

5. Stay in control – have the confidence to refuse unusual requests for information.

You can follow Epping Forest Neighbourhood Watch on **Facebook** at Epping Forest NHW Notices, and on twitter [@EppingForestNHW](https://twitter.com/EppingForestNHW)

Dancing stars



COME AND see the dancing stars of tomorrow as dance groups from across the Epping Forest district share their latest dance pieces for our annual youth showcase, Motiv8.

Presented by Epping Forest District Council in partnership with Epping Forest College, Performing Arts, Motiv8 is part of the U.Dance network of events; a national programme that aims to provide every young person with

the opportunity to take part in a dance performance each year.

Motiv8 takes place on Monday 27 & Tuesday 28 March at 7.30pm at Epping Forest College, Borders Lane, Loughton IG10 3SA. Tickets cost £8 full price / £5.50 concessions (under 16s/students/over 60s)

To book phone 01992 564226 (Mon-Fri 10am-4pm) www.eppingforestdc.gov.uk/motiv8



Tennis & table tennis

IF YOU'VE been inspired by Sir Andy Murray's success, then the offer of low cost tennis coaching should appeal!

The town council, in partnership with the Health and Wellbeing Team at Epping Forest District Council, is organising sessions for children during the Easter school holidays.

On offer will be four one-hour sessions on Wednesday and Thursday mornings on the Roding Valley Recreation Ground courts.

Pre-booking is essential. There will be two age groups, 4 – 8 and 9 – 16 years. The course of 4 sessions will cost £10 including VAT.

Contact Debbie on 020 8508 4200 for more information or to book your place.

THANKS TO a £3,000 grant from the Communities Initiatives Fund we will be installing outdoor table tennis tables on the Roding Valley Recreation Ground and the Willingale Road Playing Field.

These will be free to use by all; just remember to bring your own bats and balls.

Loughton cemetery

WE ARE currently working to introduce a programme of memorial safety checks in Loughton Cemetery to ensure it is a safe place for visitors.

This follows reports from around the country that in recent years there have been a number of accidents, including some which have been fatal.

The maintenance of memorials is the responsibility of their owners but unfortunately many people will have moved away from the area or died.

How you can help? If you own a memorial headstone in Loughton Cemetery or have an interest in a grave, please check we have the correct contact details for you by calling Pippa Bryce on 020 8508 4200 particularly if you have moved recently.



Loughton library sensory wall

HAVE YOU seen the changes at Loughton Library with its new, multi-coloured sensory wall?

Features include an LED light panel, which reacts to touch and noise, animal sounds and has different textures to feel.

Research shows that sensory equipment can help children and those with disabilities to develop. It helps provide an understanding of cause and effect, promotes motor skills, improves hand and eye co-ordination, and encourages early learning skills like concentration and listening. The wall can equally be enjoyed by adults.

The sensory wall/room is used during baby and toddler sessions and is available to everyone at allocated times, or can be booked in advance for exclusive use by groups.

For further information, please phone 020 8502 0181.

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Roding Valley
High School
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Loughton

Tickets: £10
Concessions: £8
Under 16s: Free





EPHING FOREST COLLEGE UPCOMING OPEN EVENTS

Mon 20th March 2017

4.00pm – 8.00pm

Tue 27th June 2017

4.00pm – 8.00pm

No appointment necessary – just pop in and say **hello!**

Nearest tube: **Debden (Central line)**, just 20 minutes from Stratford station, easily accessible by bus and close to M11 (Jct. 5) & M25 (Jct. 26).

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Epping Forest College

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Regular activities

Amendments to: vivienne.messenger@loughton-tc.gov.uk

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill. www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Road. www.rodinroadallotments.co.uk/
Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Agility Club (for dogs), Sunnyside Stables, Epping Green. Mondays & Wednesdays, 7.30-9pm (indoors). Mrs Widlake 020 8508 5254
Forest Dog Training School Club, Debden Park Community Centre. Tuesdays, 6.30-7.30pm. 020 8508 3468 / fdts1@aol.com

ARTS & CRAFTS

Creative Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Road. £12. Tuesdays & Thursdays. 07944 589998 www.ruthdronsfield.co.uk
Created Crafts, 2nd Thursdays, 7.45pm Pam 020 8508 7657
Essex Handicrafts Association, Woodlands Branch, The Studio, Loughton Methodist Church, 260 High Road. 4th Thursdays, 7.45pm. Pam 020 8508 7657
Loughton Arts Centre, 187B High Road (by Lopping Hall). Monday-Saturday 10am-4pm. Local artists & photographers work. 07532 053194 <http://www.loughtonartscentre.org/>
The Arts Bar, Lopping Hall. 2nd Fridays 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 Road. Thursdays, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk
Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Road, E11. 3rd Mondays, 6.45pm for 7.30pm. Visitors £4 <http://nafas.org.uk/nafas-areas/>

COUNSELLING

Affordable Counselling Epping Forest counselling sessions The Box, St John's Road, Epping CM16 5DN Thursday mornings 01992 573402 affordablecounselling@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](tel:07725909090)

EDUCATION

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

FAMILIES

Butterfly Club Loughton Methodist Church, 260 High Road. Mondays (term time) 1.30-3pm £1 child (pre-school) with parents/carers tom@loughtonmethodist.org.uk 020 8502 3071
St Michael's Church, Roding Road. Causeway Prospects Service for adults with learning difficulties & their families/friends/carers. 1st Sundays, 3.30pm. 020 8418 7944
Toddler Church, Loughton Methodist Church, 260 High Road. (0-5 plus fellowship). Tuesdays (term time), 10am. 020 8502 3071

FOOD

Farmers Market, Centric Parade, High Road. 1st Sundays, 9am-2pm. David Linnell 020 8508 2932
Loughton Foodbank Wednesdays, 10.15-11.45am St Mary's Church, 201 High Road & Saturdays, 2-3.30pm Restore Centre, 68 The Broadway. 07402 032313 www.loughton.foodbank.org.uk

GENERAL INTEREST

Bell ringing, St John the Baptist Church, Church Lane. Tuesdays, 8-9pm (in tower). No experience necessary. Yvonne Finch 07748 970754
Belly dancing, Epping Forest College, Borders Lane Thursdays, 7.30-9pm beginners £6. Soniya Collins 07759 076443 / soniyabellydancer@btinternet.com
Book groups Loughton Library, Traps Hill 4th Mondays, 1.30pm 020 8502 0181
Calligraphy for beginners (adults) 07956 544262
Deafblind club Loughton Library, Traps Hill 1st Tuesdays, 2-4pm 020 8502 0181
Epping Forest Conservation Volunteers, The Warren, Epping New Road most Sundays. 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. Thursdays 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 Tuesdays, 7.30pm. 020 8505 5620
Essex Wildlife Trust Work Parties, Roding Valley Nature Reserve. Wednesdays, 10am-4pm. Ranger Michael Poole 07881 815994
Film Loughton. Film screenings locally. www.film.loughton.btck.co.uk
Forest Creative Writers, Jazz Archive Library, Loughton Library, Traps Hill. Thursdays (term time) 12.45-2.45pm. Peter Relph 020 8508 6313
Forest Musical Theatre Company St Michael's Church, Roding Road. Tuesdays & Wednesdays (rehearsals). sally@forestmusical.co.uk
Friends of Light & Healing, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266
Games Morning Loughton Library, Traps Hill play board games & cards Wednesdays, 10am-12pm led by Loughton Voluntary Care 020 8502 0181
HEARS - Herts & Essex Architectural Research Society, St Michael's Church, Roding Road. £2.50 non-members. 4th Fridays, 8pm. David Stevenson 020 8508 2512 www.hears.vpweb.co.uk See Dates for the diary.
Hornby Railway Collectors Association, St John's Church Scout Hall, Church Lane. 2nd Thursdays, 5-10pm alternate months. David Southgate 020 8508 7530
Loughton Amateur Dramatic Society, Lopping Hall, High Road. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.
Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokysds (6-14 yrs). Thursdays 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk
Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thursday afternoons. 020 8502 0237
Loughton Bridge Club, Oak View School, Whitehills Road. Mondays 7.20pm (term time). fakenhamnewson@hotmail.com www.bridgewebs.com/loughton/

Loughton Camera Club, Lopping Hall, High Road. Wednesdays, 8-10pm. 01992 575505 www.loughtoncameraclub.org.uk/
Loughton Camera Club/Welcome.html
Loughton Chess Club, Loughton Bowling Club, Eleven Acre Rise. Wednesdays, 7.30pm. 020 8508 8407 www.freewebs.com/kengroce/
Loughton & District Historical Society, Loughton Methodist Church, 260 High Road. £2.50 non-members. 2nd Thursdays, 8pm www.loughtonhistoricalsociety.org
Loughton & Epping Forest Amateur Radio Society, All Saints House, Romford Road, Chigwell Row, IG7 4QD. Alternate Fridays, 7.45pm. 020 8502 1645 www.lefars.org.uk
Loughton Women's Institute, Royal British Legion, Jubilee Hall, St Michael's Church, Roding Road 1st Wednesdays, 1.15pm (except 2nd Wednesday in January) Elna Green 020 8508 4514
Yarns & Tales Loughton Library, Traps Hill for a knit, chat & tea 2nd Saturdays 2-4pm 020 8502 0181

HEALTH

ADAS (W Essex Alcohol & Drugs Service - by appt) Rectory Lane Health Centre 01279 641347 / admin@adasuk.org.uk www.adasuk.org
Breathe Easy (British Lung Foundation), Tony Carr 01992 573387
Lifewalks EFDC walking for health scheme various locations Mon, Tues, Thurs 10am & Sat, Sun 10.30am. Karen Murray 01992 564222 / kmurray@eppingforestdc.gov.uk
Loughton Memory Café (Alzheimer's Society), Church Hall, Loughton Methodist Church, 260 High Road. 1st & 3rd Mondays, 10am-12pm 01279 427522 www.alzheimers.org.uk
Memory Café Rotary Club of Loughton Buckhurst Hill & Chigwell, Loughton Club, 8 Station Road 2nd Fridays 10am-12pm 07984 100379
ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN. Friday monthly 1-3pm. John Woods 07747 374692 www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mondays & Thursdays evenings (13-17 yrs). 020 8505 3353 www.2324squadron.org.uk
7th Epping Forest Scout Group, St Edmund's Church, Traps Hill. Tuesdays: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thursdays: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181
16th Epping Forest Beavers Trinity Church Hall, Mannock Drive. Fridays: Beavers (6-8 yrs) 5.30-6.45pm Cubs (8-10yrs) 6.45-8.30pm Linda Brede 020 8508 4867 / lulu.brede@ntlworld.com
30th Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts 10-14 yrs. Paul Snowden GSL 020 8508 4336 / info@30thloughton.co.uk
41st Epping Forest Scout Group, Lopping Hall, 189 High Road. Mondays 5.45-9pm, Thursdays & Fridays, 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. Mondays 10am, Tuesdays 10.30am; Thursdays 2.20pm. 1st Saturdays (Daddy Cool) rhyme time 11am. 020 8502 0181

Baby & Toddler Group St Edmund's Parish Hall, Traps Hill. Thursdays 9.30-11.30am (term time) 07770 891912 / stedmundsplaygroup@gmail.com
Cheeky cherubs stay & play Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / cheekycherubstayandplay@aol.com
Girlguiding Loughton South. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. www.girlguidingloughtonsouth.org.uk
Grandparent & Toddler Rhymetime Loughton Library Wednesdays 1.30-2.30pm in partnership with Spurgeon's Children Centre 020 8502 0181
ignite (children's & youth activities) St Mary's Church, 201 High Road 020 8508 3643 www.stmarysloughton.com
Tots Time (0-4) Mondays 9.30-11am. Forge (Y7-13) Wednesdays 3.30-5.30pm. Shine! Toddler church (2-5) Thursdays 9.45-10.45am.
After Hours (Y9+) Fridays 8-10pm pool & table tennis & console games etc
Shooting stars (Y1-6) St Michael's Church field, Roding Road, Wednesdays 4pm
Little Angels Baby & Toddler group, St Michael's Church, Roding Road. Mondays 10-11.30am (term-time) 020 8418 7944
Little Oak's Delivery Site, Torrington Drive. Fun, educational & daily varied sessions for children (0-5) & support for parents. 020 8418 7904
Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisastirling@essex.gov.uk
Accurro: young people with learning difficulties Tuesday 6-9pm
Action for Family Carers: Young Carers Wednesday 6-9pm (term time) free activities charles.miles@affc.org.uk
Red Balloon Community Theatre: Loughton Youth Theatre Monday 4.30-6.30pm (Y3-7 / chorus) & Monday 7-9pm Y6-11 / principals)
Spark: advice & support for young people & drop in youth club Monday & Thursday 3.30-5.30pm 020 8508 6743 worthunlimited.co.uk/branch_spark.html
Loughton Youth Project, The Space, Loughton Library, Traps Hill. 24-hour online community radio station. Free afterschool / evening café weekdays. Nick Robinson www.lypradio.com/
Noah's Ark Toddler Group, Oakwood Hill Estate Community Hall. (U5s). Tuesdays & Thursdays (term time) 10-11.30am. £1 (per family) Catherine Wait 07582 119932
Rainbows, Beavers, Brownies, Cubs & Scouts groups, St Michael's Church, Roding Road. 020 8418 7944
Red Balloon Family Community Theatre Epping Youth Theatre, The Box, St John's Road, Epping Tuesday 5.30-7.30pm (Y3-6) 020 3086 8186 www.redballoonfamily.co.uk/rbct.htm
Reindeer Explorer Scouts, St Edmund's Church, Traps Hill. Girls/boys (13½ - 18 yrs). Fridays. Dave Martin 07889 189261
Sunrise Children's Centre, Alderton Hall Lane. Fun, educational & daily varied sessions for children (0-5) & support for parents. 020 8502 5799

MUSIC

60's music appreciation social group Loughton Club, 8 Station Road. Last Tuesdays 2-4.30pm 020 8508 8365 / 07761 792691
Loughton Folk Club, 8 Station Road. Live acoustic music. Thursdays, 8pm. Jim 07762 146623 / loughtonfolkclub@googlegmail.com
National Jazz Archive, Loughton Library, Traps Hill Mon-Thurs, Fri, 10am-1pm 020 8502 4701 www.nationaljazzarchive.org.uk

13 ▶ **Roding Players Orchestra** rehearsals, Roding Valley High School, Alderton Hill. No audition. Mondays, 7.30-9.30pm. Miles Harwood 020 8505 4329 www.rodingplayers.co.uk/
South West Essex Choir, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/
Stand & Deliver Acoustic Open Mic Club, Royal British Legion, 118 Church Hill. 2nd Tuesdays 8pm. Roy Tyzack roy.tyzack@btinternet.com
Woodford Symphony Orchestra welcomes new string players. Rehearsals Thursdays, 7.45-9.45pm, Roding Valley High School, 020 8924 9370 wsorchestra.org.uk

SOCIAL
The Buffaloes, Loughton Club, 8 Station Road. A charitable brotherhood - members (18+). Tuesdays & Thursdays, 8.30pm. mlaja.worsfold@yahoo.co.uk www.loughtonclub.blogspot.com
Café Hope St Mary's Church, 201 High Road Monday-Friday 9.15am-2.45pm 020 8508 3643
Civil Service Retirement Fellowship, Loughton Library (Jazz Room), Traps Hill. 3rd Monday, 2pm. Mrs E Vale 020 8508 2459
Forest Probus Club, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker. Michael Housley 020 8529 6500
Friday Market, St Michael's Church, Roding Road. Fridays, 10am-12 noon
Loughton Probus Club, Gilwell Park, Chingford. 4th Tuesdays (lunch). Secretary Derek Allen 020 8504 3074 www.probusloughton.org.uk/
Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8508 5743

Rotary Club of Loughton, Buckhurst Hill & Chigwell The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays 6.15pm www.loughtonrotary.org.uk
Royal British Legion Loughton Branch, 118 Church Hill. Mondays & Thursdays, 8pm (bingo); Tuesdays & Thursdays, 1-4pm line dancing; 2nd & 4th Wednesdays quiz night; last Sundays 1-4pm (jazz @ the RBL) 020 8508 5044 www.loughtonrblclub.co.uk
Tea Club - Senior Citizens, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944
Wesley Café, Loughton Methodist Church, 260 High Road Monday-Thursdays 10am-3.30pm; Friday to 3pm & Saturday to 12.30pm 020 8502 3071

SPORT
All-ability Trampolining Club (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-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. Mondays, 8-10pm. Age 30+. Chris 07713 004996
Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. Membership: juniors 020 8502 3793 & adults 020 8502 1950
Chigwell & Epping Forest Orienteering Club. Monthly local event & non-local events every weekend. Helen 020 8502 1629 chig.org.uk
Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 07951 820444 www.colebrookroyals.co.uk
Clubbercise Murray Hall, 106 Borders Lane. Easy dance workout routines Wednesdays 7.15-9.15pm Lisa 07877 010158

Epping Forest HF Walking Group regular Sunday walks in the local area www.effhg.org.uk
Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Road. Saturdays 10am-2pm (term time) efsc@hotmail.co.uk www.efsportability.com
Jumping Jens, St Michael's Church, Jubilee Hall, Roding Road. £4. Tuesdays & Thursdays, 8-9pm. 07866 127522
Karate Club Trinity Church, Mannock Drive. Wednesdays, 6.30-7.30pm 020 8508 7657
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 Road Tuesdays & Thursdays, 10.40-11.40am £5. 07714 467784
Loughton Athletic Club, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. www.loughtonac.org.uk
Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Sundays (youth teams), Saturdays (seniors) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com/contactus.htm
Loughton Karate Club, Loughton Club, Station Road. All ages (from 5+) & all levels welcome. Sundays 4-5.30pm. Stephen O'Brien 07758 341584
Loughton Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 8.30pm. www.loughtonmc.org
Loughton Rugby Football Club, Hornbeam Road, Buckhurst Hill. Wednesdays (training), 7.15pm. Duncan Kaye 07969 638349 www.pitchero.com/clubs/loughton

Loughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Wednesdays 7pm. 07971 672542 www.loughtonwadokai.co.uk
Roding Valley Angling Club. New members welcome. Darren 07716 061273 / 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
Walk for Women Roding Valley Recreation Ground, Highwood Lane, Oakwood Hill Estate Alternate Thursdays 9.45am for 10am free. Nicky 07873 752353 / silver.yonder@gmail.com
Yoga - Loughton Bowling Club, Eleven Acre Rise. (Age 50+) For all abilities & medical conditions. Monday, Wednesday & Friday mornings. EFDC Sports Dev 01992 564561

TALKS
Bancroft's Decorative & Fine Arts Society, Bancroft's Preparatory School Hall, Whitehall Road, Woodford Green. Member of NADFAS. 2nd Tuesdays, 7.15pm for 8pm. 020 8599 6281
English-Speaking Union, Murray Hall, 106 Borders Lane. 1st Thursdays, 10.15am for 10.45am. £4 incl tea/coffee. 020 8505 9001
Mothers' Union, St John's Church in Lady Chapel, Church Lane. 3rd Thursdays, 10.30am for coffee & speaker. Ivy Southgate 020 8508 7530
National Trust, £3 non-members. Refreshments & NT information. 020 8508 9541 See Dates for the diary
New Vistas, Loughton Club, 8 Station Road. Guest speakers. 1st & 3rd Tuesdays 1.45pm. Juliet Hipkin 01992 574552
St John's Wives' Group, St John's Parish Hall, Church Lane. Christine Doughty 020 8504 5057

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