



Think Loughton

60th issue

News from Loughton Town Council

Spring 2013 No 60

Loughton Festival



WE ARE delighted to announce details of the 2013 Festival which once again provides a wide range of events to showcase the people and organisations that make Loughton such a vibrant place to live.

The programme includes concerts, art shows, walks, talks, a day school about Loughton in the Second World War, and a six-week class that will tell the story of suburbia, from medieval times to the development of the Debden Estate.

One of the highlights will be an event to celebrate the local Victorian playwright, Arthur Morrison. He was among many things, a collector of Japanese prints and we are grateful to the British Museum for permission

to reproduce one of those prints here.

Last year the Festival raised over £9,000 for charity. Many of the events will be free but the main beneficiary of the charity collections in 2013 will be the Chigwell Disabled Group, a small group who meet at Loughton Methodist Church and provide opportunities for socially isolated people with disabilities to meet and enjoy one another's company.

We acknowledge the work of Sue Taylor and her band of volunteers who devote such a lot of their already busy time to organise this prestigious annual event. Full details can be found at www.loughtonfestival.org or from the programme available from Loughton Library.



Image: © Trustees of the British Museum



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Epping Forest District Council	01992 564000
Waste Management Hotline	01992 564608
Essex County Council	08457 430430
Adult Social Care	0845 603 7630
Debden Library	020 8508 5869
Loughton Library	020 8502 0181
School, Children and Families	0845 603 7627
Registrar of Births, Deaths & Marriages	0845 603 7632

POLICE & FIRE (dial 999 for emergencies)

Essex Police (non-emergency)	101
or Mobile	07968 354021

ADVICE, HELP & INFORMATION

Citizens Advice Bureau	0844 257 1909
Citizens Advice Consumer Service	08454 04 05 06
Epping Forest College	020 8508 8311
Family Care Counselling Service	01992 788499
Jobcentre Plus (Loughton)	0845 604 3719
Loughton Information Centre	020 8502 0181
NSPCC Helpline (freephone)	0808 800 5000
RSPCA	0300 1234 555
Samaritans	08457 909090
SSAFA (Loughton Epping & Harlow)	07867 386528
Trading Standards Essex CC (business)	0845 603 7626
Victim Support (Essex)	0845 456 5995

HEALTH & HOSPITALS

ADAS (W Essex 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
Loughton Stroke Club	020 8508 1100
NHS Direct (dial 111 from Apr 2013)	0845 4647
Princess Alexandra	01279 444455
Rectory Lane Health Centre	020 8272 4600
Spire Roding (Private)	020 8551 1100
St Margaret's & Primary Care Trust	01992 902010
Silverthorn Centre, Chingford	020 8430 7210
Whipps Cross	020 8539 5522

SPORT

Avenue Lawn Tennis Club	020 8508 4803
David Lloyd Chigwell	0845 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
Roding Valley Cricket Club	020 8506 1001
South Loughton Cricket Club	020 7813 6053

TRAVEL & TOURISM

Arriva (traveline)	0871 200 2233
First Essex Customer Services	08456 020121
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Heathrow Airport	0844 335 1801
London Overground Rail Operations Ltd	0845 601 4867
London Travel Information	0843 222 1234
Luton Airport	01582 405100
National Express	08717 818178
National Railways Enquiries	08457 484950
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Tourist Info Centre (Waltham Abbey)	01992 660336
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EDF Energy (East) Electricity Emergency	0800 783 8838
National Gas Emergency Service	0800 111 999
Thames Water	0800 714 614

COMMUNITY

Age UK Essex	01245 346106
Age UK (free helpline)	0800 00 99 66
Anti-Social Behaviour Actionline	0845 605 2222
Care & Repair Service	01992 564467
Churches Together in Loughton	020 8502 3071
ignite (Youth Activities)	020 8508 3643
Loughton Arts Centre	07531 565118
Loughton Voluntary Care Assoc.	020 8508 6114
Loughton Youth Project	www.lyp.get-ctrl.com/
Restore Community Centre	020 8508 7247
Royal British Legion (Loughton Branch)	020 8508 5044
Voluntary Action Epping Forest	
General Enquiries	01992 564178
Volunteering Enquiries	01992 564256
Women's Royal Voluntary Society	0845 600 5885

CINEMAS

Odeon (South Woodford)	0871 22 44 007
Odeon (Lee Valley)	0871 22 44 007
Cineworld (Harlow)	0871 200 2000

LOCAL AMENITY REFUSE POINTS

Chigwell IG7 5AA	Luxborough Lane
Waltham Abbey EN9 1JU	Brooker Road
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Clerk's Remarks



WELCOME to the sixtieth edition of Think Loughton, the town council's quarterly newsletter.

As always there is plenty of information on the work of the council but we are proud to support the numerous local clubs and societies by promoting their activities in the Dates for the Diary section or

on the Regular Activities pages.

Looking out of my window as I write there is snow on the ground, so I look forward to seeing the annual display of daffodils on Hillyfields alongside Rectory Lane that means spring is on its way. If you're out for a walk on that particular open space, (popular with tobogganists in the snow), look out for the six new oak trees planted at the brow of the hill to mark the Queen's Diamond Jubilee and the dedication of the land as a QEII playing field.

I take this opportunity to say a few 'thank yous'. First of all to our volunteers: those hardy souls who have taken part in the winter service scheme by clearing snow and spreading salt and grit on residential roads and pavements across the town. We now have about fifty residents helping to improve safety for their neighbours.

Also, to the volunteers who work with Epping Forest Countrycare service, who have continued the clearance work on the Willingale Road open space next to the allotments. Our long-term goal is to create a small nature reserve to protect this local wildlife site which is already a home for slow-worms, lizards and grass-snakes.

A final thank you goes to all those local businesses that have sponsored various events in the past year and in particular:

- Loughton Self-Drive Hire for providing a van to move equipment for the Remembrance Day service.
- Terry Tew Sound and Light for loaning equipment for the Remembrance Service event, Light up a Life and Santa's sleigh ride.
- T Cribb and Sons, Funeral

Directors, for supplying their horse drawn carriages for various events including Debden Day and Santa's sleigh ride.

Santa (aka cllr Leon Girling) brought festive fun to residents around the Debden Estate just before Christmas raising £230 for the Chigwell Riding Trust and the Silkworth Trust.

Finally a reminder that our annual charity fun run is this year on Sunday 14 April, just one week before the London Marathon. The 4km route around the beautiful Roding Valley Recreation Ground is not too taxing. It's also not a race so everyone that finishes is awarded a special medal. For more details, see page 11 or contact the town council.

Enid K Walsh
Town Clerk

Outdoor gym consultation



WE ARE delighted to announce the receipt of a £10,000 grant from Essex County Council's Big Society Fund towards a second outdoor gym for the town. The existing gym on the Roding Valley Recreation Ground has proved very popular with people of all ages since its installation in 2011. We hope this additional facility on the Willingale Road Playing Field will encourage residents in the Debden Estate to take up this fun way of taking more exercise in the fresh air.

You are encouraged to visit the town council's website www.loughton-tc.gov.uk to help us choose the items of equipment to be installed.

Cllr David Wixley at the Roding Valley gym

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Loughton Town Council

Town Mayor: Cllr Stephen Pewsey **Deputy Town Mayor:** Cllr Jill Angold-Stephens **Town Clerk:** Enid K Walsh

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downingtj1@gmail.com

Cllr Sharon Weston 020 8502 0713
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Cllr Chris Pond 020 8508 2361
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Cllr Imogen Lawrence 020 8508 4200
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Committee membership

C Chairman

VC Vice Chairman

***** ex officio

RESOURCES & GENERAL SERVICES

C J Angold-Stephens*
VC S Pewsey*
P Abraham
J Jennings
I Lawrence
J Mahoney
H Mann
S Murray
E Stacey

ENVIRONMENT & HERITAGE

C C P Pond
VC C C Pond
P Beales
C Davies
T Downing
J Jennings
I Lawrence
M Owen
S Pewsey

PLANNING & LICENSING

C C C Pond
VC C Davies
J Angold-Stephens
J Bostock
M Chalk
T Downing
S Weston

RECREATION

C D Wixley
VC K Angold Stephens
P Abraham
P Beales
L Girling
J Mahoney
S Murray
M Owen
T Thomas

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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 01787 461824.

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Town Council Meetings

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

2013

Mar	4	Planning & Licensing
	6	Recreation
	18	Planning & Licensing
	20	Annual Town Meeting The Murray Hall, Borders Lane, 8pm
	27	Environment & Heritage
Apr	3	Resources & General Services
	8	Planning & Licensing
	17	Council (approval of accounts)
	22	Planning & Licensing
May	7	Planning & Licensing
	8	Annual Council
	20	Planning & Licensing
	22	Recreation
Jun	3	Planning & Licensing

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

News round-up

■ **PARISH BASIC ALLOWANCE:** Your town councillors are volunteers who receive no salary for their work to improve local services for residents. They are entitled to claim a Parish Basic Allowance, to help offset the costs of office, such as telephones, computers and consumables. This allowance remains at £108 per annum for 2013/14.

■ **LOUGHTON'S TREE STRATEGY** has been published on Epping Forest District Council's website. We congratulate arboricultural officer, Chris Neilan, local naturalist Tricia Moxey and photographer John Price on their work to create this attractive and informative web-based document. Tree strategies are designed to improve the care and protection of trees through community engagement, and by ensuring that the actions of all concerned with tree planting and management are thoroughly informed.



Photo: © John Price www.epcotimages.com

■ **ONE TOE IN THE PAST:** Former town councillor, Tom Owen will be exhibiting his art work at the Loughton Arts Centre from 10 – 24 May 2013. After a career in architecture and interior design, Tom now works from home producing prints, paintings and cartoons. <http://loughtonartscentre.org.uk>

■ **BEATING THE BOUNDS:** Following last year's successful event, join us on a walk along more of Loughton's boundaries on Sunday 12 May 2013 at 2pm. This is based on the ancient custom of identifying the parish boundaries before the use of maps. There is no charge to join the walk but there will be a retiring charity collection for the Chigwell Disabled Group. Please contact the town council on 020 8508 4200 for more details.

■ **ALLOTMENTS:** Did you know Roding Road has allotments behind the houses? It's a home from home for enthusiastic vegetable and fruit growers of all ages, where you can watch your seeds grow into delicious vegetables for your families' dinner. Working an allotment allows you to:

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Blue heritage plaques



THE TOWN council's scheme to commemorate famous local people, buildings and events continues with the installation of two new plaques.

The first at no 1 Connaught Avenue records the site of the former Braeside Military Hospital from World War I. Guests at the opening ceremony hosted by the current owner included

councillors, past and present, and representatives from the Loughton and District Historical Society, Royal British Legion and British Red Cross.

The second plaque celebrates artist William Brown Macdougall (1868-1936) and his wife, author Margaret Armour (1860-1943) at their former home, Elm Cottage in Debden Green. Chairman of the Environment and Heritage

Committee, cllr Caroline Pond [right], welcomed Veronica Robson, great-grand niece of William Brown Macdougall and Margaret Armour to see the newly-erected plaque. Veronica and her husband, Keith, are from Canada and were visiting relatives.

To see the complete list of plaques in the town visit www.loughton-tc.gov.uk/2bhpl.htm

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Christmas competitions 2012

Best dressed windows

A BIG thank you to the many Loughton businesses that supported the town's seasonal festivities by decorating their windows.

The judges – cllrs Stephen Pewsey, town mayor, and Caroline and Chris Pond, chairman and vice-chairman of the Environment and Heritage Committee – were impressed by the range and quality of this year's entries. Alongside the more traditional themes there was innovation with some traders making effective use of sometimes unlikely material. One shop featured real candles and another, a veritable forest of seasonal greenery on its forecourt.

The winners were presented with an engraved cup and a £100 cheque for their favourite charity.

These were the results:

Local/independent:

Winner: Rose Garden (florist) 4 Central Stores, Roding Road. (The Dream Factory)
Runner-up: Meryl James (opticians) 24 Forest Road

Highly Commended: Bababoom, 265 High Road and Tony's Hardware, 61 The Broadway

Multiple:

Winner: Mr Simms Olde Sweet Shoppe, 252 High Road (Haven



House Children's Hospice)
Runner-up: New Look, 216 High Road
Highly Commended: Zee & Co, 221-225 High Road

Charity:

Winner: Barnardos, 59 The Broadway (Barnardos)

Runner up: Restore, 68 The Broadway

Highly Commended: St Clare Hospice, 72 The Broadway

The following displays also impressed the judges (listed in order of merit):

VIP Cars, Little Fidgets (Children's), Strip Wax, Provence, I Am So Fly, Jessica XX, Chichi, Bella Sorella, Rhino, Ches Boutique, Hype Menswear, Eye Gee, Bizarra, Geraldine's Hair Fashions, Satori, Hazelwood Interiors and Flower Elegance.



Christmas card winners

THERE WERE almost eighty entries to design the town council's official Christmas card. Georgia Bentley, the junior category winner and a pupil at Hereward School, was chosen as the overall winner by the judges town mayor Stephen Pewsey and deputy town mayor Jill Angold-Stephens.

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

Infant

Winner: Max Downing

Runner-up: Freddie Fricker

Junior

Overall Winner: Georgia Bentley (front right)



Runner-up: Holly Love

Secondary

Winner: Ellouise Lemon

Runner-up: Amber Wigley

Adult

Winner: Theresa Bentley

Runner-up: Michael Stubbings

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



Council achieves 0% increase again

FOLLOWING its January 2013 meeting, the town council is pleased to announce that members unanimously agreed a zero per cent increase on the Loughton precept for local residents for 2013/14. This will see Band D properties, for the fourth successive year, continuing to pay just £49.18 a year; that's less than 95p a week per household towards the wide variety of services provided by the council.

Chairman of the Resources and General Services Committee, cllr Jill Angold-Stephens said:

"We have been able to achieve this whilst maintaining all the services we currently provide for the town and taking forward all our plans for the current year. We are very much aware of the fact that many Loughton families are struggling financially in the current economic climate and we wanted to help with this by again not increasing our

part of the council tax this year.

We in Loughton Town Council continue to hold a prudent level of reserves to enable the council to meet its commitments at anytime, in line with our reserves policy adopted some years ago."

The total amount of precept required for 2013/14 is £582,600 with additional funding coming from the council's reserves and external grants. The amount is also supplemented by a further £69,526 from Epping Forest District Council. This is the full amount of the Government's Local Council Tax Support Grant relating to Loughton following the changes to the council tax benefit system. We acknowledge that EFDC has acted very responsibly on this issue by passing on the full amount to the town and parishes in the District, a move which has not been replicated across the whole country.

Legacy giving & gift aid

THE EPPING FOREST

District CAB wishes to encourage members of the public to consider

these initiatives to support the current and on-going work of the bureau to provide its free advisory service, which offers independent, confidential and impartial advice to everyone on their rights and responsibilities. For further details contact Stephanie Chambers (district manager) 0844 2571909 ext 1101.

The service in Loughton, sponsored by the town council, is open on Mondays through Thursdays from 9.30am – 1pm at St Mary's Parish Centre. On arrival, you will be offered a short introductory interview to help decide how you can be best advised. You may then be asked to make an appointment.

Friends of Epping Forest District Citizens Advice Bureau are also holding a quiz night on Saturday 13 April. This popular quiz night including supper and raffle, will take place at the church hall of The Church of the Immaculate Conception in Epping CM16 4RA. To book a table please contact: Dawn on 07979 473022 or 0844 257 1909 ext 1110.



OPEN DAY

Wednesday 20th March 2013

6pm - 8pm

Thursday 27th June 2013

2pm - 6pm

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Dates for the diary

Loughton Festival events (see programme) www.loughtonfestival.org.uk

■ **16 Mar, 7.30pm** Loughton Youth Music Festival Methodist Church, 260 High Road. Guest of Honour Krystyna Budzynska (Royal Academy of Music). £10 (u16 free) 020 8504 8447 (church office / on the door)

■ **22 Mar, 8pm** The Edwardian House the growth of Ilford into a family town. Janet Seward (talk). St Michael's Church, Roding Road (see HEARS on page 9) 020 8508 2512

■ **23 Mar, 7.30pm** Mass of the Children (Rutter), extracts from Nelson Mass (Haydn) & Gloria (Vivaldi) conducted by Alexander Campkin. The Chigwell Choir, Theydon Bois Primary School Choir & 4 soloists present a gala concert. St Mary's Church, High Road, Chigwell IG7 6QQ. £12 (£10 seniors), (£5 u16) 020 8504 8443 / www.wegotickets.com/event/203953 (or on the door) www.chigwellchoir.org



■ **25-26 Mar, 7.30pm** Motiv8 2013 Epping Forest Arts annual district youth & community dance showcase in partnership with Epping Forest College. £7 (£4.50 conc). EF Arts 01992 564226 (Mon-Fri 10-4)

■ **13 Apr, 10am-4pm** Have you wanted to sing but are too scared? Join The Chigwell Choir for a sing day led by conductor/composer Alexander Campkin. New & experienced singers welcome. Methodist Church, 260 High Road £15 (£5 students) 020 8508 6004 www.chigwellchoir.org

■ **20 April, 8pm** The Dumb-Cake play by Arthur Morrison. St Mary's Church, 201 High Road (see page 1)

■ **12 May, 2pm** Beating the Bounds walk along some of Loughton's boundaries. Retiring charity collection. Loughton Town Council. 020 8508 4200

■ **Until 6 May** The Pulhams of Broxbourne Free exhibition of one of the most important landscape design companies of the Victorian & Edwardian era. Epping Forest District Museum 01992 716882 www.efdhhistory.org.uk/

■ **2-29 Mar** Loughton Camera Club annual exhibition (free). Loughton Library, Traps Hill 020 8508 4199

■ **14-16 Mar, 8pm** Benefactors by Michael Frayn, directed by Andrew Rogers. Loughton Amateur Dramatic Society, Lopping Hall, High Road. £7 (Thurs) / £8 (Fri/Sat) 07552 736110 www.lads.org.uk

■ **16 Mar, 3.30pm** Lessons from the Top Gavin Esler. Talk by award-winning novelist & journalist. Loughton Library Traps Hill. £8 (£7 conc) 01206 573948 www.essexbookfestival.org.uk Essex Book Festival 2013

■ **17 Mar, 10.30am** 10k run St Clare Hospice, Hastingwood. Advance/on the day registration: £10 (£13 non-affiliated runners), £12 (£15 non-affiliated runners) 01279 773750 www.stclarehospice.org.uk

■ **20-23 Mar, 7.30pm** A Tale of Two Cities by Charles Dickens based on the 1930s adaptation by Sir Terrence Rattigan & Sir John Gielgud. £8 (£5 conc). Corbett Theatre, East 15 Acting School, Hatfields, Rectory Lane 020 8508 5983

■ **21-23 Mar, 8pm** See How They Run comedy by Philip King. Theydon Bois Drama Society, Village Hall, Coppice Row, Theydon Bois. £8. 01992 812250 www.theydondrama.org

■ **23 Mar, 6pm** Adam Spreadbury-Maher (director's talk): A Tale of Two Cities (free with evening performance ticket). Corbett Theatre, East 15 Acting School, Hatfields, Rectory Lane 020 8508 5983

■ **23 Mar, 7.30pm** The Lady starring Michele Yeoh. Biographic drama of the life story of Aung San Suu Kyi, leader of Burma's democratic movement. Loughton Film Society, Lopping Hall, 187 High Road. £5.50 (£6.50 non-members) 0845 475 0890

■ **5 Apr, 10am-12pm** Play in the Forest High Beach Visitor Centre, IG10 4AF. £2 (children 5-12 to be accompanied). Epping Forest Countrycare 01992 564363



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Apr, 11.30am & 2.30pm How to Catch a Star Blunderbus Theatre Company.

A young boy who loves stars decides to catch one, based on Oliver Jeffers' bestselling book. Epping Hall, St John's Road, Epping. £9.50 adult & child (age 3-7 accompanied by an adult) (£5 extra ticket) Epping Forest Arts 01992 564226 (Mon-Fri 10am-4pm)

12 Apr, 10am-12pm Play in the Forest Ditches Rise car park, Coppice Row, Theydon Bois, CM16 7DS. £2 (children 5-12 to be accompanied). Epping Forest Countrycare 01992 564363

13 Apr, 12-4pm Love Loughton fun day High Road & St Mary's Church, 201 High Road. 020 8508 3643 (see page 10)

13 Apr Quiz night Friends of Epping Forest CAB (see page 7)

24 Apr, 10am-12pm Flowers & insects Tricia Moxey. WEA 6-week course (£38). Jack Silley Pavilion, Tidy's Lane, Epping CM16 6SP 020 8281 1536 www.wea-essex.org.uk

17 May Great British fish & chip supper to raise awareness of spinal cord injury. To support Spinal Injuries Association 0845 071 4350 www.siafishandchips.co.uk

Bancroft's Decorative & Fine Arts Society (talks) 020 8531 1140

12 Mar, 7.30pm Verdi's La Traviata: a very Italian affair Jonathan Hinden BA ARCM & Bancroft School musical presentation

14 May, 8pm To Be or Not To Be: the birth of English theatre Jane Tapley

British Postal Museum Store, Lenthall Road, IG10 3UF 020 7239 2570 www.postalheritage.org.uk

3 April, 10am-12pm & 1pm-3pm Tour (free)

6 April, 10am-4pm Open day Pillar Box Perfection

1 May, 1pm-3pm Tour (free)

16 May Museums at Night special event (free)

Church of the Holy Innocents, High Beach IG10 4BF. Revd Gill Hopkins 01992 760492

11 May, 11.30am & 3pm Make your own Paddington Bear (£5) or try various crafts on a Peruvian theme (£1 for each craft). Buffet meal: soup & roll £1, main course £3, dessert £1. Proceeds to Christian Aid

26 May, 2pm Epping Forest tranquility trail walk start & finish at the church plus cakes & refreshments.

5 May-29 Sept, 2-5.30pm Sundays enjoying the peace & tranquillity of the forest, listen to organ music or enjoying a free concert, plus cakes & refreshments.

English-Speaking Union (talks)

Murray Hall, Borders Lane 10.15am for 10.45am. £4 (incl tea/coffee) 020 8505 9001 / 01992 561470

7 Mar Me & my camera Pauline Martindale

4 Apr The magic & beauty of precious stones & their mining David Vroobel

Essex Handicrafts Association

Woodlands Branch 020 8508 7657

21 Mar, 7.45pm Indian embroidery

25 April, 7.45pm Needlepoint lace

23 May, 7.45pm Temari balls

Herts & Essex Architectural Society

(HEARS) (talks) St Michael's Church, Roding Road 020 8508 2512 £2.50 (non-members)

26 April, 8pm The Role of the Hertfordshire Building Preservation Trust past & present. Dorothy Abel Smith (The Adrian Gibson Lecture)

24 May, 8pm AGM

Loughton & District Historical Society (talks) Loughton Methodist Church, 260 High Road

www.loughtonhistoricalsociety.org.uk

14 Mar, 8pm The history of Hatfield Forest Stephen Pewsey

11 Apr, 8pm Essex & the Blitz Paul Rusiecki

9 May, 8pm AGM & The excursionists forest Chris Pond

National Jazz Archive (talks) Loughton Library, Traps Hill. £5. 020 8502 4701 www.nationaljazzarchive.org.uk

23 Mar, 2pm The relationship between drugs & British jazz Duncan Heining

6 April, 2pm The portrayal of jazz in British film Dr Nicolas Pillai (Warwick University)

13 April, 2pm Legendary Benny Goodman Chris Walker (P&O jazz cruises lecturer)

20 April, 2pm Archive open day talks, tours & chance to handle material

National Trust (talks) Woodford Green Centre 020 8505 3640

5 Mar, 2.30pm Landscapes & Wildlife of the Arctic Circle Barry Kaufmann-Wright

27 Mar, 2.30pm Suffolk & the Brecks Alex Bass

16 Apr, 8pm AGM & Gateway to the City & East Anglia Peter Lawrence

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



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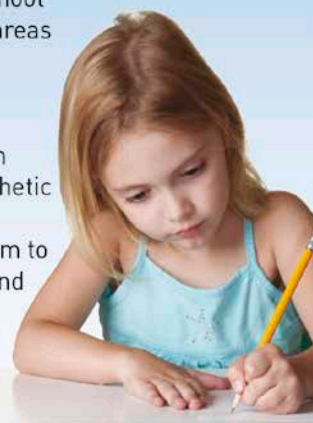
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Annual Town Meeting

THIS PUBLIC meeting is your opportunity to learn more about the council's activities over the last year and its plans for the future. All local residents are invited to join us in the Murray Hall on Wednesday 20 March 2013. Doors will open at 7.30pm to allow time to view displays by local organisations before the formal meeting commences at 8pm. Following the town mayor's short presentation with overviews from the committee chairmen, there will be a public question and answer session.

This year's guest speaker is Chief Constable Jim Barker-McCardle from Essex Police who will talk about his officers' work to make sure our county remains one of the safest in the UK.

After the formal meeting, residents will have the opportunity to speak to their councillors about Loughton matters over light refreshments.

Register of Electors

DID YOU know that there are two versions of the electoral register - the full list for voting and credit referencing and an edited version available for general sale and used for commercial purposes such as direct marketing?

If you opted-out of the 2013 edited register your decision only applies for the next 12 months but you can make this permanent by informing your Electoral Registration Officer.

Write to Electoral Services, EFDC, Civic Offices, High Street, Epping CM16 4BZ, or email elections@eppingforestdc.gov.uk stating your name and address and that you want to opt-out of the edited electoral role in the future. Other people living at your address who may also like to permanently opt-out will need to take this action individually.

If you have any queries, please contact EFDC Electoral Services Office on 01992 564411.



Love Loughton with a difference



FOR TWO years the community has come together for the Love Loughton Fun Day, an event led by local churches (St Mary's, Baptist, Methodist and St Michael's).

This year, it will take place in the High Road on Saturday 13 April (12-4pm).

Additional celebrations include a youth event on Friday 12 April and an adult evening event on 14 April at St Mary's. Full details will be publicised around the town.

Anyone for cricket?



IT'S COMING to that time of year when we can look forward to warmer weather and that evocative sound of leather on willow. With the Ashes Test Series beginning in July, interest in this sport will be high this year.

Here in Loughton we are very lucky to have a choice of two well established cricket clubs, the Loughton Cricket Club opposite Traps Hill Library and the South Loughton Cricket Club on the Roding Valley Recreation Ground.

The **Loughton Cricket Club** caters for all standards of player from beginners to county level and has a women's team. It is one of only a handful of clubs in Essex to receive the English Cricket Board Clubmark Accreditation.

This is awarded to cricket clubs which have a safe child friendly environment and a high standard of administration and coaching. The club also runs a friendly social club.

Even if you don't play cricket you are invited to come and watch and, if you wish, become a social member. Matches are played throughout the summer on Saturday afternoons and Sunday mornings and afternoons, with a number of midweek games from junior matches to county age group games.

For further information contact Cliff Greenhill on 020 8502 2064 / cliff.greenhill@btinternet.com or visit www.loughtoncc.hitscricket.com



The **South Loughton Cricket Club** celebrates its 75th anniversary this year and a number of activities are planned including a pre-season quiz night, celebration dinner, cricket week and an updated edition of the club history published 25 years ago. Formed in 1938, the club was originally named Stannox - something of a mystery, though nothing to do with knowing someone called Stan who owned an ox. It was probably an adaptation of Lennox, a club from Leyton who were frequent visitors during the 1930s to the original Bearman's ground on Roding Road.

The club is a registered Community Amateur Sports Club, an England & Wales Cricket Board 'Focus Club', and also holds the Clubmark accreditation to indicate its status as a well-run and child-safe organisation. With four adult teams playing league and

friendly cricket, a successful junior set-up offering high-quality coaching and matchplay for children aged six upwards, and a disability cricket programme, there's something for everyone - whether you're a player, young person, parent or supporter who would like to get involved with a friendly, community-focused club.

The club will be preparing for the new season with a work weekend on 13/14 April as part of the national NatWest Cricket Force initiative. If you are handy with a paintbrush, masterful with a mop or happy to spend an hour or two mucking in with whatever needs doing, we would love to hear from you. Bring your friends and family!

To find out more contact chairman Andrew Shields on 07941 347812/andrewshields@uk.gateway.net or visit www.southloughton.org.uk

Can you offer a listening ear?

ARE YOU keen to help others and have some time to give? The local branch of Samaritans, the emotional support charity based in Ilford, is looking for more volunteers to help them provide a listening ear to those in distress or who are despairing.

Full training and support will be provided.



They are particularly looking for people who have daytime availability. Regular information events are held at their office in Mildmay Road,

Ilford where you can find out more about the qualities needed and the commitment required. Contact 020 8553 9900 or redbridge@samaritans.org for more details.

Town Mayor's charity fun run



WHY NOT join us for the annual fun run around the Roding Valley Recreation Ground and help raise funds for charity?

Starting at 10.30am on Sunday 14 April by the tennis courts at the bottom of Roding Road, it's not a race and all entrants who complete the short course are presented with a special commemorative medal.

The 4km route around the recreation ground includes a section by the river Roding. It's suitable for all ages and levels of fitness; you can walk, run or jog at your own pace whilst enjoying the fresh air and beautiful scenery.

We are again supporting The Dream Factory,

a local charity that aims to grant wishes and make dreams come true for children and young adults aged 3-25 years who have life threatening conditions or severe disabilities. For more details on the 180 dreams granted to date visit www.yourdreamfactory.org/

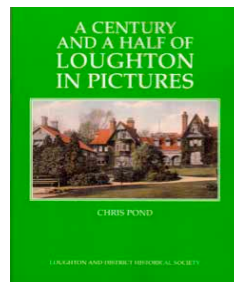
Download an entry form from www.loughton-tc.gov.uk or collect one in person from the council offices. We also accept entries on the day. No need to find sponsors as all profits from the entry fees go to the charity. Adults £10, children £5 and family entries £20.



Charity Number 1123662

From crinolines to mini-skirts

TO MARK its Golden Jubilee, the Loughton and District Historical Society (LDHS) has just published a new book entitled "A Century and a Half of Loughton in Pictures", compiled by Chris Pond.



The volume contains over 160 images of Loughton showing how it was and how it has changed, with a colour section of Edwardian postcards and photos from the 1960s and 70s, now as much a part of history as the Victorian ones. The images include subjects as diverse as the trip to Loughton of a Holloway school on the eve of WW1, a group of mini-skirted girls in the High Road in 1969, and a busman's funeral in 1937.

This fascinating book is available from our local store, The Book Shop at 150 High Road, or direct from the LDHS (telephone 020 8508 2361). The society, which first met in October 1962, now regularly gets an audience of 120 or more to its monthly meetings at the Loughton Methodist Church.

For more information on LDHS and its list of publications visit <http://theydon.org.uk/lhs>



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Regular activities

ALLOTMENTS

Debden Horticultural & Allotments Society, Willingale Road. admin@willingale-road-allotments.co.uk/www.willingale-road-allotments.co.uk/
Loughton Potato Ground, Baldwins Hill. 020 8502 4121 www.loughtonpotatoground.wordpress.com/
Roding Road Allotment & Leisure Gardens Association, Roding Road. rodingroadallotments@btinternet.com/www.rodingroadallotments.co.uk/

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 / fdtst1@aol.com

ARTS & CRAFTS

Essex Handicrafts Association, Woodlands Branch, Trinity Church, Mannock Drive. 4th Thursdays, 7.45pm. Pam 020 8508 7657
Loughton Arts Centre, 187B High Road (by Lopping Hall). Monday-Saturday 10am-4pm. See local artists & photographers work which changes every 2 weeks. 07531 565118 info@loughtonarts.org.uk/www.loughtonartscentre.org.uk
The Arts Bar, Lopping Hall 2nd Fridays from 7pm. For all creative people to meet together, view the latest exhibition in Loughton Arts Centre & meet the artist. 07531 565118 www.loughtonartscentre.org.uk
Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Road, E11. 3rd Mondays, 6.45pm for 7.30pm. Visitors £4 www.nafas.org.uk/flower_clubs.html

COUNSELLING

Family Care Counselling Service, Epping Forest Branch, 5A Greenyard, Waltham Abbey EN9 1RD. 01992 788499 / familycarelou@aol.com
Loughton Bereavement Service. Free counselling service. John 020 8508 6333
Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 08457 909090 / jo@samaritans.org / txt 07725 909090

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 / mrsdpdale@googlemail.com www.wea-essex.org.uk

FAITH

Kingsley Spiritualist Church, Kingsley Hall, Kingsley Road. 1st & 3rd Fridays, 7.30pm
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 yrs old plus fellowship). Tuesdays (term time), 10am. Cathy Morling 020 8508 1834

FOOD

Farmers Market, Centric Parade, High Road. 1st Sundays, 9am-2pm. David Linnell 020 8508 2932

GENERAL INTEREST

Bell ringing, St John the Baptist Church, Church Lane. Tuesdays, 8-9pm (in tower). No experience necessary. David Southgate 020 8508 7530 / davidsouthgate@talktalk.net

Belly dancing, Loughton Club, 8 Station Road. Wednesdays 7.30-8.30pm. Sonya Collins 07759 076443 / soniyabellydancer@btinternet.com
Epping Forest Conservation Volunteers, The Warren, Epping New Road. 1st, 3rd & 4th Sundays. Kevin Mason 8529 9273 / efcv2@yahoo.co.uk www.efcv.co.uk
Epping Forest District Stamp Club, Countryside team. Volunteering projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203 www.eppingforestdc.gov.uk/index.php/out-and-about/countryside/volunteering
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. Warden Patrick Bailey 020 8508 1593

Forest Creative Writers, Jazz Archive Library, Loughton Library, Traps Hill. Thursdays (term time) 12.45-2.45pm. Peter Relph 020 8508 6313
Friends of Light & Healing, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266
HEARS - Herts & Essex Architectural Research Society, St Michael's Church, Roding Road. £2.50 non-members. 4th Fridays, 8pm. David Stevenson 020 8508 2512 / D.Stevenson@lse.ac.uk (see "Dates for the diary" section) www.hears.vpweb.co.uk

Hornby Railway Collectors Association, St John's Church Scout Hall, Church Lane. Alternate 1st Thursdays 5-10pm. £2. David Southgate 020 8508 7530 / davidsouthgate@talktalk.net

Loughton Amateur Dramatic Society, Lopping Hall, High Road. Andrew Rogers 0208 508 9635 www.lads.org.uk (see "Dates for the diary" section)
Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokyds (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 & Wednesdays 7.20pm (term time). keiththompson3@btinternet.com www.bridgewebs.com/loughton/
Loughton Calligraphy Club, Wesley Hall, Loughton Methodist Church, 260 High Road. Saturdays, 10am-12 noon. Val Pearce 020 8508 1494

Loughton Camera Club, Lopping Hall, High Road. Wednesdays, 8-10pm. 07713 130434 / 01992 575505 www.loughtoncameraclub.org.uk/

Loughton Camera Club/Welcomes.html
Loughton & District Historical Society, Loughton Methodist Church, 260 High Road. Guests: £1.50. 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 Film Society. Film screenings locally. www.filmoughton.co.uk

Loughton & Roding Chess Club, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

Loughton & Roding Chess Club, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

Loughton & Roding Chess Club, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE
2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mondays & Thursdays evenings (13-17 yrs). 020 8505 3353 / 07899 715736 / 2324@aircadets.org/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 (5-8 yrs), Trinity Church, Mannock Drive. Mondays 5.45-7pm. Cubs (8-10 yrs), St John's Scout Hut, Church Lane. Fridays 6.30-8pm. Linda Brede 020 8508 4867 / lulu.brede@ntlworld.com
30th Epping Forest Scouts, St John's Church, Church Lane. Tuesdays (8-10 yrs) 6.30-8pm & Wednesdays (6-8 yrs) 5-6pm; (10-14 yrs) 7.45-9.15 pm - girls/boys. GSL David Briggs 07973 885972
41st Epping Forest Scout Group, Loughton Baptist Church, High Road. Mondays 5.45-9pm, Thursdays & Fridays, (6-18 yrs) 6-9pm - girls/boys. 020 8923 2378
Baby & Toddler 20-min session. Debden Library, Epping Forest College, Borders Lane. Fridays, 10am. 020 8508 5869
Baby & Toddler 20-min session. Loughton Library, Traps Hill. Tuesdays 10.30am; Thursdays 2.20pm. 1st Saturdays (Daddy Cool) 11am. 020 8502 0181
Girlguiding Loughton South. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411 loughtonsouth@virginmedia.com www.loughtonsouth.webspace.virginmedia.com
ignite (children's & youth activities) St Mary's Church 020 8508 3643 www.igniteloughton.com
Jellytots, Grosvenor Hall, Grosvenor Drive. Parent and toddler group. Fridays, 10am-12 noon (term time). 020 8502 0695
Kidz Club, Epping Forest Community Church, Grosvenor Hall, Grosvenor Drive. (6-11 yrs). Fridays, 4.30-6pm (term time). Phil Joiner 020 8502 0695

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

Essex Blind Charity Resource Centre & Loughton Club for Older Visually Impaired People, St Edmund's Church Hall, Traps Hill. 2nd Wednesdays, 2-4pm. Carole McNeil 020 8502 0069 www.essexblind.co.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
Loughton Stroke Club, Loughton Baptist Church, 90 High Road. 2nd & 4th Tuesdays, 2pm.

Mr E B Graham 020 8508 1100
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
Walks - Life Walks. EFDC health scheme. Karen Williams 01992 564222 / kwilliams@eppingforestdc.gov.uk
Weight Watchers, Thomas Willingale School, The Broadway (Mondays 6.30pm). Roding Valley High School, Alderton Hill (Tuesdays, 6.30pm). Jodie Erics 07958 417998 / j.erics@sky.com www.weightwatchers.co.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mondays & Thursdays evenings (13-17 yrs). 020 8505 3353 / 07899 715736 / 2324@aircadets.org/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 (5-8 yrs), Trinity Church, Mannock Drive. Mondays 5.45-7pm. Cubs (8-10 yrs), St John's Scout Hut, Church Lane. Fridays 6.30-8pm. Linda Brede 020 8508 4867 / lulu.brede@ntlworld.com
30th Epping Forest Scouts, St John's Church, Church Lane. Tuesdays (8-10 yrs) 6.30-8pm & Wednesdays (6-8 yrs) 5-6pm; (10-14 yrs) 7.45-9.15 pm - girls/boys. GSL David Briggs 07973 885972

41st Epping Forest Scout Group, Loughton Baptist Church, High Road. Mondays 5.45-9pm, Thursdays & Fridays, (6-18 yrs) 6-9pm - girls/boys. 020 8923 2378

Baby & Toddler 20-min session. Debden Library, Epping Forest College, Borders Lane. Fridays, 10am. 020 8508 5869

Baby & Toddler 20-min session. Loughton Library, Traps Hill. Tuesdays 10.30am; Thursdays 2.20pm. 1st Saturdays (Daddy Cool) 11am. 020 8502 0181

Girlguiding Loughton South. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411 loughtonsouth@virginmedia.com www.loughtonsouth.webspace.virginmedia.com

ignite (children's & youth activities) St Mary's Church 020 8508 3643 www.igniteloughton.com

Jellytots, Grosvenor Hall, Grosvenor Drive. Parent and toddler group. Fridays, 10am-12 noon (term time). 020 8502 0695

Kidz Club, Epping Forest Community Church, Grosvenor Hall, Grosvenor Drive. (6-11 yrs). Fridays, 4.30-6pm (term time). Phil Joiner 020 8502 0695

Kidz Club, Epping Forest Community Church, Grosvenor Hall, Grosvenor Drive. (6-11 yrs). Fridays, 4.30-6pm (term time). Phil Joiner 020 8502 0695

Kidz Club, Epping Forest Community Church, Grosvenor Hall, Grosvenor Drive. (6-11 yrs). Fridays, 4.30-6pm (term time). Phil Joiner 020 8502 0695

Kidz Club, Epping Forest Community Church, Grosvenor Hall, Grosvenor Drive. (6-11 yrs). Fridays, 4.30-6pm (term time). Phil Joiner 020 8502 0695

Little Angels Baby & Toddler group, St Michael's Church, Roding Road. Mondays 10am-12 noon (term-time) 020 8418 7944

Loughton Youth Project, The Space, Loughton Library, Traps Hill. After-school youth cafe & radio podcast centre. Nick Robinson 020 8532 1911 / nick.lyp@gmail.com www.lyp.get-ctrl.com/
Loughton Youth Theatre Jenny Parsons 07985 367835 www.loughtonyouththeatre.com
Messy Play for Toddlers, Debden Park Community Centre. £4.50 (session). Thursdays, 10-11.45am. Sharon 07931 500802

Noah's Ark Toddler Group, Oakwood Hill Estate Hall. Children (0-5 yrs). Tuesdays & Thursdays 10-11.15am. £1 (donation) 07805 685717

Rainbows, Beavers, Brownies, Cubs & Scouts groups, St Michael's Church, Roding Road. 020 8418 7944
Reindeer Explorer Scouts, St Edmund's Church, Traps Hill. Girls/boys (13½-18 yrs). Fridays. Dave Martin 07889 189261

Russian drama studio. Kingsley Hall, Kingsley Road. Wednesdays & Thursdays 4.30-6.30pm. Anastasia 07528 567844 / info@petrushko-studio.co.uk

Sunrise Children's Centre, Alderton Hall Lane. Free activities & support for children (0-5 yrs). 020 8522 3447

Tiny Talk Parent & Toddler Baby Signing, Sunrise Children's Centre, Alderton Hall Lane. Wednesdays 1.15-2.15pm. Michelle Ayrton 07979 407434 www.tinytalk.co.uk

Toddler Time, St John's Parish Hall, Church Lane. Fridays (term time), 2-3.15pm. Parish Office 020 8532 0060

Tot's Time, St Mary's Church, 201 High Road. Mondays 9.45-11am (term time). 020 8508 3643

www.stmarysloughton.com
Trinity Toddlers, Trinity Church, Mannock Drive. Wednesdays (term time), 9.30-11.15am. Jane 020 8502 3357

MUSIC
Loughton Acoustic Club, The Gardeners Arms, York Hill. 2nd Tuesdays, 7.30pm. £3 theclub@theprhstudio.co.uk

Loughton Folk Club, 8 Station Road. Live acoustic music. Thursdays, 8pm. Jim 07762 146623 / loughtonfolkclub@googlemail.com

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. Mary McElarney 01992 812606 www.southwestessexchoir.org.uk/

SOCIAL
The Buffaloes, Loughton Club, 8 Station Road. A charitable brotherhood - members (18+). Tuesdays & Thursdays, 8.30pm. midja.worsfold@yahoo.co.uk www.loughtonclub.blogspot.com

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

Dancing Club - Sequence & ballroom dancing, St Thomas More Church Hall, Willingale Road. Wednesdays, 2-4pm. £1.50 (incl tea & biscuits). Margaret 020 8504 0998

Forest Probud Club, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker. Budge Burnage 020 8508 7379

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13 ▶ **Friday Market**, St Michael's Church, Roding Road. Fridays, 10am-12 noon
Loughton Probosc Club, Gilwell Park, Chingford. 4th Tuesdays (lunch). Secretary Derek Allen 020 8504 3074 www.proboscloughton.org.uk/
Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8508 5743
Rotary Club of Loughton & Buckhurst Hill, The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays (1st & 3rd, 12.30pm) & (2nd & 4th, 6pm) www.loughtonrotary.org.uk
Royal British Legion Loughton Branch, 118 Church Hill. Mondays & Thursdays, 8pm (bingo). Tuesdays, 1-4pm line dancing. Every 2nd & 4th Wednesday evenings (fun quiz night & prizes). Saturday evenings. 1st & 4th Sunday lunchtimes (jazz group) 020 8508 5044 www.britishlegion.org.uk
Tea Club - Senior Citizens, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944
The Royal Naval Association, Royal British Legion, 118 Church Hill. Social evening, music & dancing. 3rd Wednesdays, 8pm. 020 8508 5044
Wesley's Café, Loughton Methodist Church, 260 High Road (unsupervised toddler play area). Weekdays, 10am-4pm. Saturdays, 10am-12.30pm (Tuesdays - term time, 11am)

SPORT

All-ability Trampoline Club (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-7.45pm. Loughton Flyers Trampoline 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+. Suzanne 07940 313691 / Chris 07713 004996
Avenue Lawn Tennis Club, 18 The Avenue - friendly family club. 020 8508 9440
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. John Eagleton 020 8418 9166 www.colebrookroyalsfc.com/
Jumping Jens, St Michael's Church, Jubilee Hall, Roding Road. £4. Tuesdays & Thursdays, 8-9pm. Jennifer Humm 07866 127522
Karate Club Trinity Church, Mannock Drive. Wednesdays, 6.30-7.30pm 020 8508 7657
Keep Fit, Lincoln Hall, 125 High Road. All ages. £5. Tuesdays & Thursdays, 10.30-11.30am. 020 8470 0807
Loughton Athletic Club, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. Tony Maycraft 07958 903842 www.loughtonac.org.uk
Loughton Fencing Club, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). First two evenings free. Wednesdays, 7.30-9pm. Aubrey Crick 01992 522462 / info@loughtonfencingclub.co.uk
www.loughtonfencingclub.co.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

Loughton Karate Club, Loughton Club, Station Road. All ages (from 5+) & all levels welcome. Sundays 4-5.30pm. Stephen O'Brien 07758 341584
Loughton Ladies (women's football team), Roding Valley High School, Alderton Hill. Mondays (term time) (training), 7-8pm. EFDC. Fabrizio Ferrari 01992 564567 / fferrari@eppingforestdc.gov.uk
Loughton Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 9.30pm. Loughtonmcsec@yahoo.co.uk 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 Swimming Club (non-swimmers). Mondays, 7-8.30pm (children) Beryl Dearn 020 8559 1557
Old Buckwellians Football Club, Roding Valley Recreation Ground. Saturday League (Amateur Football Combination) + over-35s team. Wednesday evenings (training). Simon Burnage 07808 329318 www.oldbucks.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). Saturdays, Sundays, Wednesdays & Thursdays. 020 8502 1628 www.westessexramblers.org.uk
Yoga - Loughton Bowling Club, Eleven Acre Rise. (Age 50+) For all abilities & medical conditions. Monday, Wednesday & Friday mornings. EFDC Sports Dev 01992 564561

Yoga-Tonics, Loughton Club, 8 Station Road. Tuesdays 10-11.30am. 07932 575 439 www.yogatonics.webeden.co.uk
Zumba fitness classes, Murray Hall, 106 Borders Lane. Mondays, 7-9pm. Melanie 07957 338271 www.glamazon-lifestyle.co.uk

TALKS

Bancroft's Decorative & Fine Arts Society, Bancroft's Preparatory School Hall, Whitehall Road, Woodford Green. Member society of NADFAS. 2nd Tuesdays, 7.15pm for 8pm. 020 8531 1140
English-Speaking Union, Murray Hall, 106 Borders Lane. 1st Thursdays, 10.15am for 10.45am. £4 incl tea/coffee. 020 8505 9001 / 01992 561470 (see "Dates for the diary" p8-9).
Loughton Women's Institute, Lincoln Hall, High Road. Meetings include speakers followed by refreshments. 1st Wednesdays, 2.15pm (except 2nd Wednesday in January) Elna Green 020 8508 4514
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, Sir James Hawkey Hall, Broomhill Road (junction with Broadmead Road), Woodford Green. £3 non-members. Refreshments & NT information (see "Dates for the diary" section). 020 8505 3640
New Vistas Club, Loughton Club, 8 Station Road. Guest speakers. Tuesdays 2pm. Juliet Hipkin 01992 574552
St John's Wives' Group, St John's Parish Hall, Church Lane. Gloria Blanchard 020 8508 6328

Amendments/new entries to: Vivienne Messenger. 020 8508 4200 / vivienne.messenger@loughton-tc.gov.uk



IN MID-DECEMBER, Essex Wildlife Trust and Epping Forest Countrycare planted a new mixed hedgerow along the Roding Valley Meadows Local Nature Reserve boundary to Oakwood Hill. Local residents braved the weather to help to plant this 150 metre hedgerow linking up with an existing hedgerow along

Marlescroft Way. Hedgerows define the uniqueness of the British countryside and are an important wildlife habitat. We thank the volunteers for their work which has helped to improve and enhance the appearance and wildlife value of this corner of the Nature Reserve.

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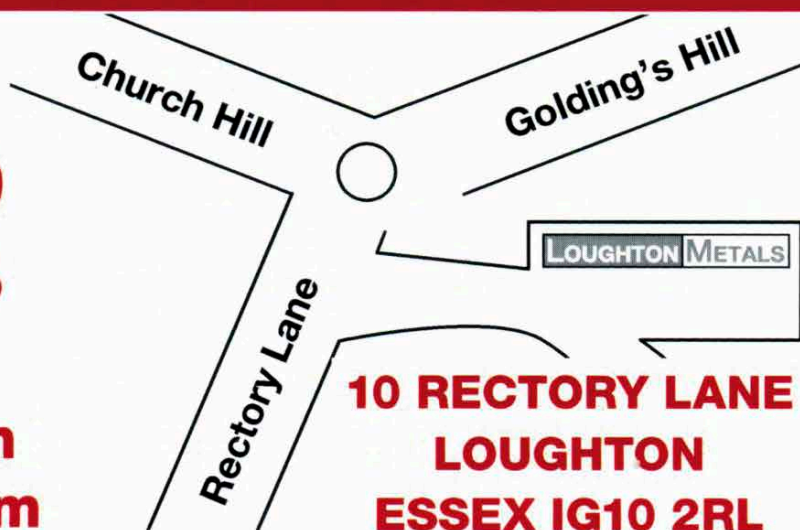
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