



# Think Loughton

News from Loughton Town Council

Summer 2013 No 61

## Charity fun run success



Photo: © Cllr P. Abraham



**OUR FOURTH** family fun run saw almost 130 runners turn out on a Sunday morning in April to support local children's charity, The Dream Factory. Our official starter, town mayor Stephen Pewsey set the runners off along the short 4km course around the Roding Valley Recreation Ground in the spring sunshine.

The first three runners home were Louis Clark (Woodford Green AC and former student of Roding Valley High School), Simon Duggan (Enfield & Haringey AC) and Richard Rumbellow (Loughton Rugby Club).

The first woman home was local fitness instructor Sara Jacobs who had also led the popular pre-run warm up session.

All participants were presented with a medal and the event was also supported by former world boxing champion Colin

McMillan and actress and television presenter Lisa Nash, who are both patrons of the charity.

We are grateful for the support from members of the Loughton Athletic Club and Chigwell Air Training Corps who provided stewards along the route and the Red Cross who were on hand in case first aid assistance was required.

The event raised over £760 for the charity, which aims to grant wishes and make dreams come true, to bring hope and happiness to children and young adults aged 3-25 years who have life threatening conditions or severe disabilities.

The run also saw three generations of the Eastwood family complete the course, George (89 years young) with his son and grandson (7) (photo shown on left).



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## Contact numbers

### COUNCIL SERVICES

Loughton Town Council	020 8508 4200
Epping Forest District Council	01992 564000
Waste Management Hotline	01992 564608
Essex County Council	08457 430430
Adult Social Care	0845 603 7630
Child Social Care	0845 603 7627
Debden Library	020 8508 5869
Education & Schools	0845 603 2200
Loughton Library	020 8502 0181
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	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
Gatwick Airport	0844 892 0322
Heathrow Airport	0844 335 1801
London Overground Rail	
Operations Ltd	0845 601 4867
London Travel Information (TfL)	0343 222 1234
Luton Airport	01582 405100
National Express	08717 818178
National Railways Enquiries	08457 484950

Stansted Airport	0844 335 1803
Tourist Info Centre (Waltham Abbey)	01992 660336
Traveline (public transport information)	0871 200 2233

### PUBLIC UTILITIES

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 Advice	0800 169 6565
Anti-Social Behaviour Actionline	0845 605 2222
Care & Repair Service	01992 564086
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	<a href="http://www.lyp.get-ctrl.com/">www.lyp.get-ctrl.com/</a>
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 summer edition of Think Loughton. I'm sure we're all hoping for better weather this year with the opportunity to get out and about and enjoy the wonderful green spaces across the town and in the nearby Epping Forest.

June always makes me think of Wimbledon and strawberries and cream! Will we see Andy Murray achieve his dream of

winning Wimbledon this year? The refurbished tennis courts on the Roding Valley Recreation Ground are already popular with local residents. In recent weeks two of these courts have been turned into a new all-weather running track by the Loughton Athletic Club. This will enable the club to continue training during the winter months, particularly its youngest members. The LAC is a small, friendly club run by its members for its members. Its runners, throwers, jumpers and walkers compete in track and field meetings throughout the summer and at cross country and road racing fixtures during the winter. If you would like more information visit [www.loughtonac.org.uk](http://www.loughtonac.org.uk)

The town council, in partnership with the Sports Development Team at Epping Forest District Council will also be able to use the running track and there are plans to provide a

range of sporting sessions during the summer school holidays. We also hope that the new free to use outdoor gym planned for the Willingale Road Playing Field will be installed shortly to complement the existing facility on the Roding Valley Recreation Ground, so there's no excuse not to get out and improve your health and fitness.

The rolling programme of improvements to the town council's eight play areas have continued in recent months with work to both the Colebrook Lane play area and the smaller facility suitable for toddlers at Monks Grove on the Oakwood Hill Estate. Congratulations go to our Services Manager, Paul Hoy, who is now a member of the Register of Play Inspectors. Paul leads our team of dedicated staff who check the play areas on a daily basis to ensure they are clear of litter and safe for users. If you discover

any problems please contact us immediately so we can respond to your concerns.

Lost property – our park wardens often find items left on the green spaces across the town. We have a box of car keys, watches and other personal items including clothing. If you think you may have left something on town council land, please telephone the main council office on 020 8508 4200 to check whether it has been handed in. We normally keep these effects for 6 months.

Finally, I hope you will take a moment to look at the Dates for the Diary section (pages 8/9) which provides a flavour of just some of the activities available in the local area which help make Loughton such a great place to live and work.

**Enid K Walsh**  
Town Clerk

## Film star comes to town



**THIS FUN-LOVING** donkey from Shrek is the latest new arrival at the Colebrook Lane play area to encourage younger children to make use of the play areas. A new multi-play unit and pod-style swings (all suitable for both disabled and non-disabled children) have also been installed. This refurbishment was funded with assistance from the Aiming

High for Disabled Children scheme. The rolling programme of improvements to the council's eight play areas also continued with a complete makeover of the Monks Grove playground suitable for younger children on the Oakwood Estate. We are grateful for the assistance of Gill Wallis, Community Development Officer at EFDC for her help and advice.

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# Loughton Town Council

Town Mayor and Deputy Town Mayor to be appointed on 8 May 2013 Town Clerk: Enid K Walsh

## Councillors

### ALDERTON WARD

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philabraham2000@gmail.com

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24 Russell Road  
Buckhurst Hill IG9 5QJ  
edward\_stacey@hotmail.com

**Cllr Tracey Thomas** 07508 193187  
110 Grosvenor Drive  
Loughton IG10 2LE  
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### BROADWAY WARD

**Cllr Leon Girling** 020 8418 0076  
95 Willingale Road  
Loughton IG10 2DD  
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**Cllr John Mahoney** 020 8508 9348  
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johnnymahoney@uwclub.net

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mo4labour@hotmail.co.uk

### FAIRMEAD WARD

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### FOREST WARD

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**Cllr Trevor Downing** 020 8508 8877  
207 Smarts Lane  
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**Cllr Sharon Weston** 020 8502 0713  
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### RODING WARD

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ken@angold-stephens.co.uk

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49 Southview Road  
Loughton IG10 3LQ

**Cllr Stephen Murray** 020 8508 7548  
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### ST JOHN'S WARD

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### ST MARY'S WARD

**Cllr Philip Beales** 020 8418 0459  
65 Harwater Drive  
Loughton IG10 1LP  
philip.beales@loughtonresidents.co.uk

**Cllr Imogen Lawrence** 020 8508 4200  
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3 Staples Road  
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imogenlawrence@btinternet.com

**Cllr Harvey Mann** 020 3605 5956  
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Loughton IG10 1RN  
professormann@aol.com

*Committee memberships were finalised at the Annual Council meeting on 8 May 2013 (after Think Loughton went to print). Details of the new Town Mayor, Deputy Town Mayor and the Committees are available on the town council website [www.loughton-tc.gov.uk](http://www.loughton-tc.gov.uk)*

The views expressed in *Think Loughton* are not necessarily those of Loughton Town Council, and the inclusion of advertisements does not constitute an endorsement by the council of any products or services.

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#### 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

**Jun** 17 Planning & Licensing  
19 Resources & General Services

**Jul** 1 Planning & Licensing  
3 Council  
15 Planning & Licensing  
17 Recreation  
29 Planning & Licensing  
31 Environment & Heritage

**Aug** 12 Planning & Licensing  
**Sep** 2 Planning & Licensing

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

## News round-up

■ **JOAN ORMSTON:** We were saddened to learn of the death of this former town and district councillor who had been active in local politics particularly in the 1980s, and had played a key role in setting up the town council in 1996. Mrs Ormston represented the former Debden Green town ward until 2000. At the April council meeting a minute's silence was held as a mark of respect. Members paid tribute to her role as an elder statesman whose views and forthright opinions were valued by all parts of the chamber.

### ■ STAFF MATTERS:

We send our very best wishes for a long, happy and healthy retirement to **Terry Hudson** who left the council at Easter. Terry, who joined the council in



2007, became a familiar friendly voice to hirers booking the Kingsley and Murray Halls and the football facilities on the Roding Valley Recreation Ground.

**Scott Donovan** has recently joined the busy caretaking team at the Murray Hall to help them ensure this busy community hall is looking its best for the many hirers. Scott enjoys spending time with his



family particularly his new baby, as well as watching and participating in all sports. He played for Thamesmead Football Club for many years, reaching semi-professional standard.

■ **DEBDEN DAY** this year is being replaced by a Christmas celebration on the Broadway in December. We wish Dave Stannard, chairman of the Debden Town Centre Partnership, all the best on his continued recovery from cancer. Dave looks forward to the return of Debden Day in 2014.

### ■ FOOTBALL SEASON 2013/14:

Organisers of our regular clubs who play on the Roding Valley pitches will be contacted during June to discuss their requirements for the coming season. There are likely to be a few pitches available at weekends so if you're thinking of getting a new team together, contact Debbie on 020 8508 4200 to discuss pitch sizes and costs. 9v9 pitches will be available and casual pitch hire is also on offer.

# Celebrity allotment judge

**WE ARE** delighted to announce that celebrity plantswoman and horticulturist, Christine Walkden, will be judging the 2013 allotment competition and helping us to identify this year's award winning plots. Christine, a former presenter on the BBC TV's Gardeners World and writer of many gardening books, has a 'no nonsense' approach to growing and is closely associated with Essex's Writtle College.

Shortlisting will take place from mid-July when hopefully the fruit, vegetables and flowers will be looking their best. Christine's inspection will take place on Friday 26 July. All gardeners at the three allotments sites in the town are automatically entered with the winner presented with an engraved silver trophy and a £25 gardening voucher.

There are still a few vacancies at the local allotment sites so if you've got the 'grow your



own' bug contact the managers as follows:

- Loughton Potato Ground – visit [www.loughtonpotatoground.wordpress.com](http://www.loughtonpotatoground.wordpress.com)
- Roding Road Allotment & Leisure Gardens Association – [www.rodingroadallotments.co.uk](http://www.rodingroadallotments.co.uk) or call 020 8502 2519
- Willingale Road Allotments – [www.willingale-road-allotments.co.uk/](http://www.willingale-road-allotments.co.uk/)

# New interactive Public Rights of Way map

**THE PUBLIC** Rights of Way team at Essex County Council has developed an interactive Map for the Essex Highway website. The map complements the statutory Definitive Map, which in law provides conclusive evidence of the existence of any Public Rights of Way shown on it.

■ Who will use it? The interactive map is very easy to use by residents and visitors to Essex who want to find a footpath, bridleway or byway in a specific area of the county.

■ Has the map been tested? A range of organisations have tested the map including the Essex Ramblers Association and associated groups; Essex Bridleway Association; Trail Riders Association and members of the Local Access Forum.

■ Where can I find the map? At [www.essex.gov.uk/highways](http://www.essex.gov.uk/highways) and accessed through the Public Rights of Way section. Users can zoom in/out and there is also a search facility via postcode; place name or address.

■ Who should the public contact if they have any queries? Report any issues or problems via the 'View It, Track It, Report It' webpage available at [www.essex.gov.uk/highways](http://www.essex.gov.uk/highways) or by calling Contact Essex on 0845 603 7631.

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## New council vehicle

**AFTER MANY** years of service, the old van became uneconomic to repair. A decision was taken to replace it with a new larger vehicle to help the council's park wardens, Phil and Jess, perform their many duties in keeping the children's play areas and open spaces around the town in first class condition. Purchased from a local garage the cost was met from a budget reserve built up over several years. Look out for the sign written vehicle around the town.

## Could you help your community in an emergency?

**THEN THE** Community Emergency Response Volunteer Initiative could be for you.

EFDC is currently looking for volunteers in Epping Forest and Harlow to help support the emergency services and the council in the event of an emergency within local communities.

Volunteers will receive training from the emergency services and the council to ensure that you can support your community in a safe and efficient manner.

Training will include:

- Rest centre support
- Responding to flooding and severe weather
- Basic first aid, manual handling and listening skills
- Working with the emergency services
- Promoting emergency planning and community resilience

For more information on becoming a Community Emergency Response Volunteer, please email Tom Knibbs [tom.knibbs@essex.gov.uk](mailto:tom.knibbs@essex.gov.uk)



# River Roding

**THE WET** weather over the past year has increased the rate of erosion along the banks of the river Roding as it flows through Loughton alongside the Roding Valley Recreation Ground on its way to the Thames.

An inspection was carried out in late winter by officers from the town council, the district council and the Essex Wildlife Trust to view the extent of the damage to the banks and identify a strategy to reduce the rate of erosion where appropriate.

We are very grateful to Engineering Officer, Susan Stranders (EFDC) and Nature Reserve Warden, Patrick Bailly (EWT) who have acted

speedily to put sustainable measures in place.

Susan has organised the installation of faggotts at some of the worst areas to help restore and stabilize the banks. The faggotts create a mattress of brushwood to disrupt the flow of water and encourage suspended silt deposits to form.

Patrick and his team of volunteers have cleared fallen branches and brash from the river bed to help redirect the flow away from the banks.

The Charlie Moules bridge is also in need of repair works and once reports on options have been completed a decision will be taken jointly by the town council and district who will share the costs of the works.

## Citizenship award

**AT THE** town council's annual Civic Service held in March at the Loughton Methodist Church, town mayor, Stephen Pewsey, presented Mrs Molly Carter with the Citizen of the Year award. Molly was nominated by former councillor, Rose Brooks for her work over many years as chairman of the Oakwood Hill Residents Association and trustee and treasurer of the Epping Forest Mencap charity. She is still very active on Epping Forest District Council's Tenants and Leaseholders Federation.

The EFDC director of housing, Alan Hall, congratulated her and said "Molly has been a real champion for council tenants in Epping Forest for many, many years. She was one of the founding members of our Federation. Her good judgement, wise contributions to debates and wonderful sense of humour have endeared her to her fellow representatives and council officers, as well as council members. There are many tenants and neighbours who have been recipients of her generosity, kind-heartedness and caring approach, so this award is richly deserved."

We are very grateful to the Rev Tony Morling, minister at the Loughton Methodist Church, who led the service and take this opportunity to wish him well in his new life when he leaves Loughton this summer. Tony who has served the local community since 2004 is returning to Jersey, where he was born, to work at the St Helier Methodist Centre.

Prayers at the service were led by Rev Hugh Taylor of St Mary's Church with readings given by Epping Forest youth councillor Aaron Williams, town councillor Stephen Murray,



county councillor Chris Pond, and Epping Forest MP Eleanor Laing.

St Clare Hospice's chairman of trustees Michael Chapman gave a presentation on the vital work of the charity which benefitted from the collection.

The choir of Whitebridge Junior School led the singing and the service was also attended by the Lord Lieutenant of Essex, Lord Petre, Epping Forest District Council chairman Brian Rolfe and the mayors of Waltham Forest and Redbridge together with local residents.



# Essex Police update from new local inspector



**INSPECTOR** Marc Jordan, who was until recently the 999 Response Inspector for the whole of West Essex, is the new District Inspector for Epping, Loughton, Ongar and Waltham Abbey.

This former City of London officer, who has extensive experience working within community teams, said that he is looking forward to tackling the district's biggest issues.

He said: "It will be the biggest challenge of my career to date. That's why I asked for it.

On crime – the biggest issues in the district are burglaries which are increasing year on year, and cross-border crime from London. Burglary is one of the most impactful of all

crimes, and I will be working hard to re-invigorate our neighbourhood watch schemes and ensure my officers are deployed to the right areas in order to deter and arrest these criminals.

On Anti-Social behaviour – there are also clear problems around anti-social behaviour in our towns during the evening and early mornings due to the district's popular night clubs and bars; my message is clear, 'please come to Loughton and Epping to enjoy our bars, restaurants and nightclubs but be warned, if you want to swear, litter, urinate or act in another anti-social manner you will be detained and robustly dealt with'.

On community engagement – I am looking forward to increasing community engagement and addressing issues such as nuisance behaviour, especially in Loughton. My team was very successful in this regard in Thurrock. I also hope to attend as many of the neighbourhood police meetings as I can. I

wanted to come back into community policing because I find it more of a challenge."

Local residents are invited to follow Marc on Twitter (@InspMarcJordan) and many have already used this social media to let Marc know about the issues in the district, and wish him luck in his new post.

You are invited to attend the Loughton Neighbourhood Police meetings held at:  
■ Barrington Community Hall, Barrington Road, IG10 2AY on 30 June, 28 July, 31 August (7.30–8.30pm)

This is a chance for you to discuss any neighbourhood issues with your local Loughton neighbourhood policing team.

Informal police surgeries are also held at:  
■ Costa Coffee, 230 High Road, IG10 1EZ on Tuesdays: 25 June, 2 July, 9 July and 30 July (11am–12pm); and  
■ Oakwood Community Hall, Oakwood Estate, Oakwood Hill on 6 July, 3 August and 7 September (2.30–4.30pm)

## OPEN DAY

**Thursday 27<sup>th</sup> June 2013**  
**2pm - 6pm**

If you share our passion for excellence and learner success, then you should come to Epping Forest College for you to experience our first class facilities for yourself at one of our Open Events this year.

Our dedicated staff will be on hand to answer any questions you'll have, and course tutors will help you decide on the best study option.

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## Dates for the diary

■ **Until Aug** National Trust trips/visits Woodford Green Centre 020 8505 3640 (for availability)

■ **Until 28 Sept, 2-5.30pm**

**Sundays: Church of the Holy Innocents**, Church Lane, High Beach IG10 4BF. Enjoy homemade cake & refreshments in the tranquillity of Epping Forest. Listen to organ music & ring the carillon. Revd Gill Hopkins 01992 760492

■ **6-8 Jun, 8pm The Aspern**

**Papers** by Henry James, adapted by Michael Redgrave. Theydon Bois Drama Society, Village Hall, Coppice Row. £8. 01992 812250 www.theydondrama.org

■ **13-15 Jun, 8pm Entertaining**

**Angels** by Richard Everett, directed by Mary Lowe. Loughton Amateur Dramatic Society, Lopping Hall, High Road. £7 (Thurs) / £8 (Fri/Sat) 07552 736110 www.lads.org.uk

■ **22 Jun, 7pm Chingford Ladies**

**Choir summer's evening music** Church of the Holy Innocents, Church Lane, High Beach IG10 4BF. £10 incl light buffet & wine/soft drink. 020 7421 3854 on the door / in advance

■ **28 Jun, 10am Charity golf day**

Abridge Golf Club, Epping Lane, Stapleford Tawney RM4 1ST. £80 (per person) Haven House Children's Hospice 020 8506 3637

■ **29 Jun, 7pm Broadway comes**

**to Chigwell** concert & bring-your-own picnic. Chigwell School, High Road, IG7 6QQ. Featuring music from the shows from Porter to Bernstein (director: Paul Ayres). £10 adults, £8 concs, £5 u16 on the door / in advance 020 8504 8443 / www.wegotickets.com/event/218256 www.chigwellchoir.org

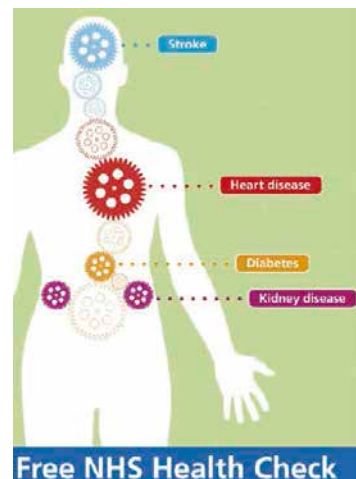
■ **7 Jul, 12 noon Howzat event**

Loughton Cricket Club, High Road/Traps Hill IG10 1NQ. Features junior cricket matches, entertainment, refreshments, stalls & bouncy castle. Loughton High Road Town Centre Partnership: Peter Sheen popsheen@yahoo.co.uk

■ **9 Jul, 8pm The Cecils of Hatfield & Burghley** (talk) William Forrester MA. Bancroft's Decorative & Fine Arts Society Refreshments from 7.15pm 020 8531 1140

■ **13 Jul, 7.30pm The Roding Players Orchestra** summer concert St Mary's Church, 201 High Road 020 8505 4329 www.rodingplayers.co.uk

■ **14 Jul, 11am-4pm Summer family fun event** Haven House Children's Hospice, High Road, Woodford Green. Stalls, rides, games & activities (all ages). £2 (suggested donation) 020 8506 3639



Free NHS Health Check

■ **15-21 Jul, 10am-4pm NHS**

**Mobile Unit** The Broadway (open 7 days a week). Free NHS health as part of a national programme. To check eligibility criteria & book 01206 288538

■ **14 Aug, 12-2pm Teddy Bears' Picnic** St Michael's Church, Roding Road. Bring children, teddy bears & picnics. 020 8418 7944

■ **British Postal Museum & Archive Museum Store** tours Unit 7, Imprint Park, Lenthall Road IG10 3UF. £5 (suggested donation). Book online www.postalheritage.org.uk / 020 7239 2570

**3 Jul 1-3pm**

**8 Jul, 6-8pm**

**7 Aug, 1-3pm**

**2 Sept, 6-8pm**

**4 Sept, 1-3pm**

Chigwell  
Victory Hall

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in Chigwell,  
up to 120  
people



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Bookings: 020 8508 0313



### **Loughton Town Council**

1 Buckingham Court  
Rectory Lane  
Loughton  
Essex IG10 2QZ

Tel **020 8508 4200**

Fax **020 8508 4400**

**contact@loughton-tc.gov.uk**

Town Clerk **Enid K Walsh**

# **Annual Report 2013**

**T**he local elections in May 2012 brought in a new Council to serve Loughton. Many fresh faces were elected, bringing new enthusiasm and creative approaches. The Town Council's role is to help strengthen our community, develop civic pride and a strong sense of belonging. We do this by providing, maintaining and improving facilities such as our children's playgrounds, defending our environment and heritage such as our precious green spaces, and by supporting and promoting a wide range of community organisations and events.

However, our work takes place against a background of a dire worldwide recession. Many families in Loughton are struggling, so our first priority has been to keep the precept (Loughton's share of the Council tax) as low as possible. We keep our costs under continual review and ensure good value for money for what we do. As a result of this careful budget management, the precept has not been increased for four years. Loughton is very much a low-tax town.

Compared with the rest of the country and with other nearby towns, Loughton also has maintained its reputation as being business-friendly. New companies continue to find our town an attractive place to set up and do business. Our retail sector – there are around 300 shops in Loughton – has been relatively strong and, there are only a very few empty premises. There are concerns of course. In the High Road, we need to maintain the right overall mix of shops, coffee bars, eateries, and other businesses. In The Broadway, we need to maintain its family-friendly format, led by independent traders. The High Road also has a strong “evening economy”, and while this makes Loughton an attractive place to dine and enjoy a drink, we have to work with other agencies to ensure this does not also attract anti-social behaviour or a creeping “middle of the night” economy. These shopping centres are also residential streets and the people who live there and in the side roads have a right to reasonable peace and quiet.

Loughton's tourism potential is beginning to be recognised, and this could be an important source of future income for the town. On London's doorstep, with good transport links to the capital and bordering the ancient Epping Forest, and good “retail therapy” opportunities, not to mention the “TOWIE” factor, Loughton is well-placed to draw in visitors. This has been recognised for the first time in the 2013 Visit Essex tourist brochure, which now displays Loughton prominently on the county map and recommends it as a destination.

2012 was a year to remember. The Town Council led and promoted events connected with the Queen's Diamond Jubilee and the London Olympics and Paralympics, and won a county-wide award for our Jubilee efforts. Two Loughton residents won silver medals at the Games, and many of us enjoyed the spectacle of the Olympic Torch relay and the games themselves, while others were Olympic volunteers, whose cheerful help became the symbol of “The People's Games”. More events are planned for 2013 to ensure another “Summer of Fun” across the town, and we are beginning to think about how to celebrate the Tour de France, which will pass through Loughton in 2014, as well as the more solemn commemoration of the centenary of 1914 and the Great War.

I have been honoured, privileged and humbled to serve as Town Mayor in 2012-13 and it has been a real pleasure to meet so many townsfolk who are working so hard to make Loughton a better place, especially those working with or for our young people who will inherit our legacy.

My thanks go to my fellow Councillors, especially our Deputy Town Mayor, Jill Angold-Stephens, and our officers, through whose unstinting work we maintain our status as a Quality Council.

**Cllr Stephen Pewsey**  
Town Mayor

# Planning & Licensing

## Cllr Chris Pond

The Planning and Licensing Committee as constituted by the new Council elected in May 2012 comprised four continuing and three new members, so was a good mixture of experience and new thinking. As before, the committee has met every fortnight to consider over 320 planning applications and 15 licensing issues.

As foreshadowed in the 2012 report, a good deal of the committee's time this year has been taken up with considering and commenting on the Planning Authority's new Local Plan as it emerges from discussions and documentation. A major task was confronting several hundred pages of information of the Issues and Options paper issued last summer and attending several workshops at which Cllr Weston was the Committee's representative, and which I also attended.

The Committee is attempting to persuade the District Council to adopt areas of special planning consideration in lieu of extra conservation areas in five parts of Loughton, and is actively seeking revision of the local list of buildings of architectural and historic importance as recommended by the Heritage Asset Review consultants.

The National Planning Policy Framework comes fully into force in April 2013 after a transitional year, and because the new EFDC Local Plan will not be agreed

until 2014 or 2015, there will be a couple of years in which developers may chance their arm with unlikely or undesirable schemes. Your committee will be vigilant for any such cases.

The committee now has an array of technical aids to speed its meetings and better inform its deliberations, including the presentation of plans electronically through a media projector, and the Bing, UK Grid Reference Finder and Google Maps/Street View internet tools. As I mentioned last year the bird's eye feature on Bing is especially useful in considering the impact of rear extensions.

A growing trend we welcome is for public speakers at our meetings, both in favour of and opposing planning applications. A word of advice to anyone involved with a planning application as an applicant or an objector – if you want your views considered by the committee, you have to be quick as there is a 3-week deadline for us to comment. You need to get your comments to us at the latest by the Saturday after you are notified. Don't delay!

We owe much to our indefatigable planning committee clerk, Vivienne Messenger, and to Cllr Jill Angold Stephens for being the laptop operator, and I would like to thank all members of the committee for their attendance and attention to detail.

# Environment & Heritage

## Cllr Caroline Pond

Following the election in May we welcomed 5 new members to the committee. It is refreshing to have their new ideas and views.

### ■ Allotments

A lot of our time this year, has been spent considering allotments. The Council has 2 sites - one in Willingale Road and one off Roding Road. We are grateful to the volunteers from both sites, who give up their time to run them for us. It has, of course, been a difficult time for gardening because of the weather. Councillors requested a visit to both sites and on the Willingale one were concerned about flooding of some plots and a prevalence of horsetail weed on others. The Willingale managers are working to deal with these. Generally plots are well maintained.

On the other site, councillors were concerned about many empty and under cultivated plots (although some plots are excellent). We requested a meeting with the managers, which was eventually held. They, working with the Council, are trying to make improvements to ensure the allotments are a source of pride to Loughton.

The annual best allotment competition had 20 plots on the short list. It was won by Brian Smith from the Potato Ground, and the runner up was Tom Egan from Willingale Road. Thanks to the judge Amy Pritchard who kindly provided gardening vouchers to all on the shortlist.



### ■ Christmas

The best dressed Christmas Window competition for shops was won by, for the independents Rose Garden, in Roding Road, for the multiples Mr Simms Sweet Shop, in the High Road, and for the charity shops, Barnardo's, in the Broadway. The judges were very impressed by the number, range and quality of the displays this year. We also added an extension to the Christmas lights on the tree on Kings Green, where the annual Life up a Life service is held.

### ■ Heritage Plaques

2 new plaques were added to the 32 we already have. One is at 1 Connaught Avenue where Braeside Military Hospital looked after injured soldiers in WW1. The other in Debden Green at Elm Cottage is to artist,

William Brown Macdougall and Margaret Armour, his wife - a writer.

### ■ Footpaths

Following concerns regarding the closure of the path between Rectory Lane and Borders Lane while the nursing home replacing the Sports Centre is being built, evidence was gathered to confirm its use over 20 years. This enabled the Town Council to apply to the County Council for its registration as a designated footpath.

### ■ Winter Service

We are very grateful to the almost 50 volunteers around the town who helped with the winter salt/grit programme; this was much appreciated during the bad winter. ECC now only grit main roads and bus routes, but do refill the grit bins annually and provide a delivery of salt to the Town Council to enable some of the pavements and roads in the areas where there are no bins to be gritted. Loughton, with its 7 hills would be much worse off without this help.

### ■ Loughton Tree Strategy

This has been produced by the District Council, in conjunction with LTC, and is now available on the web. Our thanks go to Chris Neilan from EFDC, Tricia Moxey for the text and John Price for the photos. We plan to print some copies of the strategy for sale.

### ■ Loughton Cemetery

This takes up a lot of staff time and we are grateful it is maintained and well run. The cemetery chapel was opened to the public on Heritage Open Day along with some other buildings in the town. It is hoped to do this again this year on 12 to 15 September. We are still awaiting changes to legislation before deciding if a new cemetery site is needed.

### ■ War Memorial

The town's memorial on Kings Green (restored in 2009) is awaiting the addition of extra names with research on-going. It is impressive how every year more and more people attend the service on Remembrance Sunday. The Town Council works closely with the Royal British Legion and Churches Together in Loughton on this.

### ■ Consultations

This year we have been involved in and supported the Lower Roding catchment plan, the Roding hub - a cycle route to Chigwell via the Roding fields, a 20 mph speed limit in Debden Lane and a memorial rose garden by St Michael's Church. We objected to the Northern Gateway Access Road and the complete closure of Fairmead Road (subsequently only partially closed). We frequently comment on changes to bus routes and standards of service.

Our routine work, like providing the hanging baskets in the town centres, alleyway name plates and maintenance of the drinking fountain continues.

I have thanked a lot of volunteers already but will repeat our appreciation and finally thanks must go to the Town Clerk, her staff and all the committee members for their hard work.



# Recreation

## Cllr David Wixley

**M**y report starts with our recreation areas.

### ■ Roding Valley Recreation Ground

The Football Association's Young Player Development Review has been supported by the provision of new mini pitches with a £796 grant from the Football Foundation.

Wooden fencing adjacent to Highwood Lane was renewed by the Harlow Probation Community Service Team and a £1800 government grant.

My 2010 report mentioned an agreement with Loughton Athletic Club for it to convert two tennis courts to an all-weather running track. LAC now has funding for this and, when completed, the track can also be used by the Town Council, which intends to arrange athletic coaching sessions.

Reports were received on the Roding Valley Lake, river bank erosion, Dog Control Orders and the Charlie Moules Bridge. LTC doesn't have responsibility for any of these but will have to contribute to the bridge repairs.

### ■ Willingale Road Playing Field

A £10,000 Essex County Council Big Society Fund grant will be used, following public consultation, for an outdoor gym.

### ■ Open Spaces

Six English Oak Trees have been planted on the Hillyfields open space to commemorate Her Majesty the Queen's Diamond Jubilee, an event celebrated by many residents who attended the beacon lighting ceremony on 4 June 2012. Work continues to convert land adjacent to the Willingale Road allotments into a nature reserve thanks to the District Council's Countrycare team and volunteers.

### ■ Playgrounds

Monksgrove playground has been rebuilt and new equipment installed at the Colebrook Lane play area. A grant of £8,640 for the latter was obtained via the Aiming High for Disabled Children scheme although the equipment is also suitable for able-bodied children.

Our eight playgrounds are inspected by RoSPA and the Register of Play Inspectors every six months.

### ■ Community Halls

The Murray and Kingsley Halls remain popular with the former generating a higher than expected income.

### ■ Council Vehicle

The Council's old van has been replaced with a new vehicle being obtained from a local supplier below the anticipated budget.

### ■ Community Support

The committee supported school holiday activities; skateboarding at the Roding Valley High School and Play in the Park on the Roding Valley Recreation Ground.

The inaugural "Santa comes to Loughton" event, an initiative by Cllr Girling (aka Santa Claus) was supported by the committee, local businesses and



churches. We thank local residents whose generous donations provided extra funds for the Chigwell Riding Trust and the Silkworth Trust.

We have assisted the Loughton Youth Theatre by allowing it to use the Willingale Road Playing Field changing rooms.

### ■ Presentations

The committee's remit includes community safety and we received a presentation on proposed improved CCTV coverage of Loughton High Road from the District Council's Safer Communities Officers.

Other presentations were on the Loughton Centre for Young People (adjacent to the Murray Hall) and Shiners Football Club, which apart from football helps young people with education, life skills, work experience and apprenticeship opportunities. We are pleased that they are using the Roding Valley Recreation Ground as a base.

### ■ Consultation

We were consulted on the expansion of Hereward School, which we supported but requested that children be encouraged to walk to and from school.

### ■ Vandalism

I regret to report incidents of vandalism at our playgrounds, tennis courts and the multi-use games area (MUGA). Please report any incidents to the Council on 020 8508 4200 or if witnessed while taking place, the Police 101 number. Information on perpetrators can be reported anonymously via the Crimestoppers number 0800 555111.

Finally I thank the Council's officers and my fellow committee members for their hard work and contributions throughout the past year.

# Resources & General Services

## Cllr Jill Angold-Stephens

**T**his committee has a strategic role within the Council in that it considers the Council's staffing, goals and policies. It also manages all the statutory obligations and finances.

The most difficult of its tasks is to set the annual precept, that is, the amount that will be paid by each household to the Town Council each year as part of the community charge. Taking into consideration the constraints that all households are facing in the current financial climate we wished, if it were possible, to continue the same rate of precept as had been set for the last three years. We have been successful in this and the Town Council has set a precept for 2013/2014 with no increase on that set for 2012/2013. We shall still provide the same level of service but by careful use of our resources and the fact that EFDC passed on to us the full amount of the new Local Tax Support Grant we have been able to maintain the amount of £49.18 for Band D properties this year. This makes us cheaper than all the surrounding parishes offering our residents excellent value for money.

Quite the nicest thing that the committee arranges is the annual Christmas Card Design competition with all ages designing a Christmas card for the Town Council. The judging takes place in November to give us time to arrange printing of the overall winner for use by the Council. The winner of each age group receives a voucher and it is very exciting for the overall winner to see their design in print. The 2012 overall winner was Georgia Bentley in the Junior section.

Our other interesting, if challenging, task is to make grants available to

local voluntary organisations ranging from the Citizens' Advice Bureau, for their invaluable advice, to South Loughton Cricket Club for the work that they do with children with disabilities. This year we again received applications for more than double the amount that we were able to give. Our rationale when we are considering grant applications is that all the organisations that receive grants are working with people in Loughton, from small children to the very elderly and those with mental and physical disabilities. This is of great benefit to so many local residents.

It was good to see this year alongside the usual requests from 'Debden Day' to the 'Love Loughton' events there were several new applicants including one for the Cruse Bereavement and those that provide challenging outdoor activities for local scouts. We were also able to continue our support for the busy shop on The Broadway being run by the Restore Church as a community 'drop-in' centre.

Your Councillors could not do their work without a first-class staff team at the Council offices who work tirelessly on behalf of the residents to maintain our Kingsley and Murray halls; produce the town magazine, 'Think Loughton'; deal with planning issues; arrange events including the October half-term skateboarding event and much more.

I would like to finish by thanking the Town Clerk, the Deputy Town Clerk, my deputy chairman, Stephen Pewsey, and all the Councillors who sit on the committee with me for the non-partisan way in which they have worked with me over the past year to make Loughton a good place for us all to live.

Attendance at meetings during the municipal year 2012/13

Committee/ Councillor	Council 7 meetings	Planning & Licensing 22 meetings	Recreation 5 meetings	Environment & Heritage 5 meetings	Resources & General Services 7 meetings
P Abraham	7		5	4	5
J Angold-Stephens	6	17		3	6
K Angold-Stephens	7	1	3	4	5
P Beales	7		5	5	2
J Bostock	6	20	1	2	
M Chalk	3	18	4		
C Davies	4	18		3	
T Downing	5	15		4	
L Girling	6	2	5		
J Jennings	7	1		4	4
I Lawrence	4	3	1	3	5
J Mahoney	5		5		5
H Mann	2	2			3
S Murray	7		4	2	4
M Owen	7	2	4	3	
S Pewsey	7	1	4	4	7
CC Pond	7	23	1	5	4
C P Pond	7	1	1	5	2
E Stacey	2				2
T Thomas	4		2		
S Weston	6	22			
D Wixley	7	5	5	4	3

Financial Report

	2011/12	2012/13**
Band D precept figure per household	49.18	49.18
Income		
Precept	641,200	643,200
Interest	19,402	16,213
Operating income	129,744	143,491
Total receipts	790,346	802,904
Running Costs		
Resources & Gen Services	150,906	176,316
Environment & Heritage	137,331	129,947
Recreation	515,179	495,784
Planning & Licensing	26,065	26,709
Total payments	829,481	828,756
Summary		
Balance c/forward	481,033	460,148
Add receipts	790,346	802,904
Less payments	829,481	828,756
Transfer to reserves	-18,250	-22,273
Balance c/forward	460,148	456,569
Total net assets represented by:		
General fund	460,148	456,569
Earmarked reserves	484,423	462,150
Overall balances	944,571	918,719

\*\*Unaudited. For a detailed copy of the accounts please contact the council.

Members’ Allowances 2012/13

The Parish Basic Allowance is £108 p.a. for 2012/13			
Councillor	Parish Basic Allowance	Travel & Subsistence	Total
	£	£	£
P Abraham	97.35		97.35
J Angold-Stephens	108.00	55.80	163.80
K Angold-Stephens	108.00		108.00
P Beales	97.35		97.35
J Bostock	97.35		97.35
M Chalk	108.00		108.00
C Davies	108.00		108.00
T Downing	97.35	32.80	130.15
L Girling	97.35		97.35
J Jennings	97.35		97.35
J Mahoney	97.35		97.35
H Mann	97.35		97.35
M Owen	97.35		97.35
CC Pond	108.00		108.00
C P Pond	108.00	5.60	113.60
T Thomas	97.35		97.35
S Weston	97.35	40.90	138.25
D Wixley	108.00	124.65	232.65

The following councillors have renounced their right to claim the allowance: I Lawrence, S Pewsey, S Murray, E Stacey

Councillors list, by ward, during the year 2012/13

<b>Alderton Ward</b> Cllr Philip Abraham Cllr Ed Stacey Cllr Tracey Thomas	<b>Roding Ward</b> Cllr Ken Angold-Stephens Cllr Margaret Chalk Cllr Stephen Murray Cllr David Wixley
<b>Broadway Ward</b> Cllr Leon Girling Cllr John Mahoney Cllr Margaret Owen	<b>St. John’s Ward</b> Cllr Stephen Pewsey Cllr Caroline Pond Cllr Chris Pond
<b>Fairmead Ward</b> Cllr Jill Bostock Cllr Carol Davies Cllr Judy Jennings	<b>St Mary’s Ward</b> Cllr Philip Beales Cllr Imogen Lawrence Cllr Harvey Mann
<b>Forest Ward</b> Cllr Jill Angold-Stephens Cllr Trevor Downing Cllr Sharon Weston	

Contact details for the councillors appear on page 4 of Think Loughton or can be viewed at [www.loughton-tc.gov.uk](http://www.loughton-tc.gov.uk)

■ **East15 Acting School**, Hatfields, Rectory Lane. Jean Woodward 020 8508 5983 / east15@essex.ac.uk www.east15.ac.uk

**5-9 & 12-16 Aug, 10am-5pm** Summer theatre workshops ages 8-16+

**19-24 Aug, 10am-5pm** Musical theatre workshops (director Lucy Skilbeck) ages 11-16

■ **English-Speaking Union** (talks) Murray Hall, Borders Lane 10.15am for 10.45am. £4 (incl tea/coffee) 020 8505 9001 / 01992 561470

**4 Jul** Overview of the ESU its management structure & current activities. Peter Kyle (Director General)

**1 Aug** Blue Badge Guides History of, & training for, the qualification. Jennifer Basannavar (lead trainer)

■ **Essex Handicrafts Association** Woodlands Branch 7.45pm 020 8508 7657

**27 Jun** Canvas work

**25 Jul** Poppies



■ **Play in the Park** free children's activities EFDC Community Development Team 01992 564363

**5 Aug, 1.30-3.30pm** Jessel Drive green space

**6 Aug, 1.30-3.30pm** Roding Valley Recreation Ground (RVRG)

**13 Aug 1.30-3.30pm** RVRG

**19 Aug, 1.30-3.30pm** Westall Road green space

**20 Aug, 1.30-3.30pm** RVRG

**27 Aug, 1.30-3.30pm** RVRG

■ **Summer fun Suntrap Education Centre** Church Road, High Beach. Epping Forest Inclusion Project (disabled children & their siblings). £10 child, £5 siblings. Under 5s must be with an adult.

Olivia Worsfold EFDC 01992 564220 / oworsfold@eppingforestdc.gov.uk

**30 Jul, 10am-3pm** Creepy Crawlies  
**6 & 15 Aug, 10am-3pm** Woodland Wilderness

**22 Aug** Boatmen, Bugs & Beetles

■ **EF Countrycare events** EFDC 01992 788203 (to book)

**29 Jun, 10am-12:30pm & 1:30-4pm** Freshwater Forensics ages 5-12. High Beech Visitor Centre &

**13 Jul, 10am-12:30pm & 1:30-4pm** Roding Valley Meadows. Free family events funded by the British Ecological Society to celebrate its centenary. Epping Forest Field Centre 020 8502 8500 (to book)

**13 Aug, 10am-12pm** Bird Life ages 4-11. Roding Valley Meadows, Roding Lane, Chigwell IG9 6BJ. £3 child. Go bird watching, make a bird feeder & join in the bird games.

**16 Aug, 10am-12pm** Play in the Forest High Beech Visitor Centre. £2 child. Join in bug hunting & scavenger hunt with Countrycare & den building, woodland arts & crafts with EF Community Dev.

**20 Aug, 12am-2pm** Teddy Bears Picnic ages 3-6. Linder's Field, Buckhurst Hill IG9 5QN. £3 child. Bring a picnic & teddy bear then join in pond dipping & bug hunting.

**30 Aug, 9pm** Mad About Moths Linder's Field, Buckhurst Hill. Enjoy the nocturnal wildlife & discover mothing, bat detecting & newt identification. Bring warm clothes, suitable footwear & a torch.

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**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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FOR MORE INFORMATION:

TEL: 07712106941

EMAIL: katylittle22@gmail.com

VISIT: www.katylittleschoolofdance.co.uk





**DID YOU** know that there are an estimated 1,800 people with dementia in the Epping Forest area?

The town council already supports the local branch of the Alzheimer's Society in its work to provide a range of services to support the sufferers and their carers. However, more help is needed as a diagnosis of dementia rarely affects the person alone and has a severe impact on the carers, many of whom may be elderly themselves. The Epping Forest branch of this charity intends to make Loughton and the surrounding area a Dementia Friendly Community where people with dementia and their carers feel supported.

There are many local families facing challenges on a daily basis who may benefit from the following areas of support already provided by the local Alzheimer's Society.

A dementia support worker is available at the Memory Services at St Margaret's Hospital to ensure that people have the support they need from the day they are diagnosed. "This service has been a lifesaver to me," said one local carer. "I had not known where to turn with looking after my mum. To receive information and support helped me immensely."

Following this initial support, families are supported by the society's community dementia support team, who provide understanding, emotional and practical support either over the telephone or by visiting people at home. As one local carer stated "It is reassuring to have someone to talk problems over with. Also the service advises people about the services available when different problems arise as time goes by. I have not had to care for someone with dementia before; it can be very confusing and worrying and I did not know which way to turn. I feel I can pick up the phone and my problems are discussed with ease. It is very helpful."

The society runs a Memory Café from 10am to 12 noon at the Loughton Methodist Church on the first and third Monday of the month. People find meeting with others in the same situation very helpful.

The society already runs a range of community based services for dementia sufferers and their carers and are also launching a new service "Singing for the Brain", which builds upon the singing skills that a person with dementia has retained, often despite having difficulties in communicating the spoken word.

For more information please visit website [www.alzheimers.org.uk](http://www.alzheimers.org.uk) and enter your postcode in the 'help in your area' box or telephone 01279 427522.

## Coronation memories



**DO YOU** see any familiar faces in this Coronation Picnic held on the Roding Valley Recreation Ground (near Cranleigh Gardens) in June 1953? Cllr David Wixley supplied the photograph – can you spot him? David said "looking back I think that there was a real community spirit in that area by the fields and I was lucky to grow up in such a secure and friendly (by and large) environment."

If you can put any names to faces in the picnic crowd or have any other photographs of Coronation events in Loughton you would be willing to share, please contact Vivienne on 020 8508 4200. We would be delighted to

publish a selection of them on our website.

Local resident Rehana Mallick also sent us her photograph of Her Majesty The Queen's visit to Pakistan in 1961. Rehana took this treasured shot when she was a student.



## Annual canvass of electors



**Ring it**



**Click it**



**Text it**

**DID YOU** ring, click or text in 2012? If you did, many thanks - you were one of over 15,000 households with no changes to their details which used the telephone, internet or text to confirm their electoral registration details. However, a further 20,000 households COULD have used the automated responses but didn't.

The annual canvass of electors starts on 1 October this year (slightly later than usual) so watch out for the form and deal with it as soon as it arrives.

Ian Willett, EFDC's Electoral Registration Officer commented "I would urge everyone, whose details are the same as last year, to use one of the automated responses. I tried it and it's really quick and easy to use. You also get

confirmation of your registration rather than wondering if a form sent by post arrived in the office."

Another way to help the council save on costs is to register as soon as you receive the form. Sending out reminders is a costly exercise especially where there are no changes to the details. People think that because their details are the same they don't have to register. Yes you do - you have to register by confirming your details every year."

To contact the Electoral Services Office call: 01992 564411





# Building design award 2013

**LAUNCHED IN** 2012, this award is intended to recognise and reward individual examples of good design and construction, and raise public awareness of the built environment within Loughton.

This year, from a quality shortlist, the joint winners were Amshold Group Ltd for its renovation and building scheme of Amshold House, 1 Goldings Hill, and Redrow Homes Eastern for Borders Crescent, a new development that enhances the town and is

noteworthy in terms of design and innovation.

Town Mayor, Stephen Pewsey, presented the awards at the Annual Town Meeting held in March at the Murray Hall in Borders Lane. James Hughes, Estates Director for Amshold Group Limited and Kerry Jenkins, Head of Sales, for Redrow Homes Eastern, received the plaques on behalf of their respective companies.

During the judging Cllr Pewsey commented that "Amshold [House] is a good example of

re-use of a brownfield land, which we ought to encourage".

For Borders Crescent, Planning and Licensing Committee Chairman Cllr Chris Pond commented that, "the concept echoes the idea of a Regency crescent, but incorporates modern features and design. It gives a grace and elegance to this part of Loughton, which is mostly utilitarian and is an admirable feature of the townscape for the 21<sup>st</sup> century".



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www.oaklandsschool.co.uk



### Normanhurst School

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Headmistress: Mrs Claire Osborn  
68-74 Station Road, North Chingford, London E4 7BA  
Tel: 020 8529 4307  
www.normanhurstschool.co.uk



### Coopersale Hall School

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[www.abbeyfieldloughton.org](http://www.abbeyfieldloughton.org)

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# Regular activities

Amendments to: [vivienne.messenger@loughton-tc.gov.uk](mailto:vivienne.messenger@loughton-tc.gov.uk)

## ALLOTMENTS

**Debden Horticultural & Allotments Society**, Willingale Road.  
[www.willingale-road-allotments.co.uk/](http://www.willingale-road-allotments.co.uk/)  
**Loughton Potato Ground**, Baldwins Hill.  
[www.loughtonpotatoground.wordpress.com/](http://www.loughtonpotatoground.wordpress.com/)  
**Roding Road Allotment & Leisure Gardens Association**, Roding Road.  
[www.rodinroadallotments.co.uk/](http://www.rodinroadallotments.co.uk/)

## ANIMAL TRAINING

**Epping Green Agility Club** (for dogs), Sunnyside Stables, Epping Green.  
 Mondays & Wednesdays, 7.30-9pm (indoors). Mrs Wdlake 020 8508 5254  
**Forest Dog Training School Club**, Debden Park Community Centre.  
 Tuesdays, 6.30-7.30pm.  
 020 8508 3468 / [fdts1@aol.com](mailto:fdts1@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. Local artists & photographers work. 07531 565118  
[www.loughtonartscentre.org.uk](http://www.loughtonartscentre.org.uk)  
**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.  
[www.loughtonartscentre.org.uk](http://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](http://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](mailto: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](http://jo@samaritans.org) / [txt.07725.909090](http://txt.07725.909090)

## EDUCATION

**Music Lessons**, Loughton Music Academy, High Road. 020 8502 2992  
[www.loughtonmusicacademy.co.uk](http://www.loughtonmusicacademy.co.uk)  
**WEA (Workers' Educational Association)** Loughton & Epping Branch. Mrs Pat Dale 020 8281 1536 / [mrsdale@googlemail.com](mailto:mrsdale@googlemail.com) [www.wea-essex.org.uk](http://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](mailto:davidsouthgate@talktalk.net)  
**Belly dancing**, Loughton Club, 8 Station Road. Wednesdays 7-9.30pm.  
 Sonya Collins 07759 076443 / [soniyabellydancer@btinternet.com](mailto:soniyabellydancer@btinternet.com)

**Epping Forest Conservation Volunteers**, The Warren, Epping New Road. 1st, 3rd & 4th Sundays. Kevin Mason 8529 9273 / [efcv2@yahoo.co.uk](mailto:efcv2@yahoo.co.uk) [www.efcv.co.uk](http://www.efcv.co.uk)  
**Epping Forest Countrycare**, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203  
[www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare/volunteering](http://www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare/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 [www.hears.vpweb.co.uk](http://www.hears.vpweb.co.uk)  
 See Dates for the diary.

**Hornby Railway Collectors Association**, St John's Church Scout Hall, Church Lane. Alternate 1st Thursdays 5-10pm.  
 £2. David Southgate 020 8508 7530 / [davidsouthgate@talktalk.net](mailto:davidsouthgate@talktalk.net)  
**Loughton Amateur Dramatic Society**, Lopping Hall, High Road. Andrew Rogers 0208 508 9635 [www.lads.org.uk](http://www.lads.org.uk)  
 See Dates for the diary.  
**Loughton Astronomical Society**, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thursdays 8-10pm.  
 Brian Morton 01992 815804  
[www.las-astro.org.uk](http://www.las-astro.org.uk)  
**Loughton Bowling Club Bridge Section**, Eleven Acre Rise. Thursday afternoons. 020 8502 0237  
**Loughton Bridge Club**, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). [keiththompson3@btinternet.com](mailto:keiththompson3@btinternet.com)  
[www.bridgewebs.com/loughton/](http://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/](http://www.loughtoncameraclub.org.uk/)  
**Loughton Camera Club/Welcome.html**  
**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://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](http://www.lefars.org.uk)  
**Loughton Film Society**. Film screenings locally. [www.filmiloughton.co.uk](http://www.filmiloughton.co.uk)  
**Loughton & Roding Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

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[www.loughtoncameraclub.org.uk/](http://www.loughtoncameraclub.org.uk/)  
**Loughton Camera Club/Welcome.html**  
**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://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](http://www.lefars.org.uk)  
**Loughton Film Society**. Film screenings locally. [www.filmiloughton.co.uk](http://www.filmiloughton.co.uk)  
**Loughton & Roding Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

**Loughton Astronomical Society**, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thursdays 8-10pm.  
 Brian Morton 01992 815804  
[www.las-astro.org.uk](http://www.las-astro.org.uk)  
**Loughton Bowling Club Bridge Section**, Eleven Acre Rise. Thursday afternoons. 020 8502 0237  
**Loughton Bridge Club**, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). [keiththompson3@btinternet.com](mailto:keiththompson3@btinternet.com)  
[www.bridgewebs.com/loughton/](http://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/](http://www.loughtoncameraclub.org.uk/)  
**Loughton Camera Club/Welcome.html**  
**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://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](http://www.lefars.org.uk)  
**Loughton Film Society**. Film screenings locally. [www.filmiloughton.co.uk](http://www.filmiloughton.co.uk)  
**Loughton & Roding Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

## HEALTH

**ADAS (W Essex Alcohol & Drugs Service - by appt)** Rectory Lane Health Centre 01279 614347 / [admin@adasuk.org.uk](mailto:admin@adasuk.org.uk) [www.adasuk.org.uk](http://www.adasuk.org.uk)  
**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 07764 582297  
[www.essexblind.co.uk](http://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](http://www.alzheimers.org.uk)  
**Loughton Stroke Club**, Loughton Baptist Church, 90 High Road. 2nd & 4th Tuesdays, 2pm. 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](http://www.proactive.me.uk)  
**Walks - Life Walks**. EFDC health scheme. Karen Williams 01992 564222 / [kwilliams@eppingforestdc.gov.uk](mailto:kwilliams@eppingforestdc.gov.uk)  
**Weight Watchers**, Thomas Willingale School, The Broadway (Mondays 6:30pm). Roding Valley High School, Alderton Hill (Tuesdays, 6:30pm). Jodie Eric 07958 417998 / [j.eric@sky.com](mailto:j.eric@sky.com)  
[www.weightwatchers.co.uk](http://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 [www.2324squadron.org.uk](http://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](mailto: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  
**Duke of Edinburgh's Award**, Loughton Youth Centre, 106 Borders Lane. Tuesdays 6.30-8.30pm (term time) (14½-19 yrs) 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)  
**Girlguiding Loughton South**. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. [www.loughtonsouth.webspace.virginmedia.com](http://www.loughtonsouth.webspace.virginmedia.com)  
**ignite (children's & youth activities)** St Mary's Church 020 8508 3643  
[www.igniteloughton.com](http://www.igniteloughton.com)  
**Jellytots**, Grosvenor Hall, Grosvenor Drive. Parent and toddler group. Fridays, 10am-12pm (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  
**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. Free after-school / evening cafe facility & radio podcast studio. Nick Robinson 020 8532 1911 [www.lyp.get-ctrl.com/](http://www.lyp.get-ctrl.com/)

**Loughton Youth Theatre EF Arts** 01992 564551 / Jenny Parsons 07702 852605 [www.eppingforestdc.gov.uk/arts](http://www.eppingforestdc.gov.uk/arts)  
**Messy Play for Toddlers**, Debden Park Community Centre. £4.50. Thursdays, 10-11.45am. Sharon 07931 500802  
**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  
**Onwards and Upwards**, Loughton Youth Centre, 106 Borders Lane. Tuesdays 4-6pm, 14-19 & not in work or training? Support, free internet, tea & toast. 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)  
**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. [www.petrushka-studio.co.uk/](http://www.petrushka-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](http://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 9.45-11.15am (term time). 020 8508 3643  
[www.stmarysloughton.com](http://www.stmarysloughton.com)  
**Trinity Toddlers**, Trinity Church, Mannock Drive. Wednesdays (term time), 9.30-11.15am. Jane 020 8502 3357  
**Youth Club**, Loughton Youth Centre, 106 Borders Lane. Thursdays 7-9pm (term time) (13-19 yrs). Free activities. 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)

## 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](mailto: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.rodinplayers.co.uk/](http://www.rodinplayers.co.uk/)  
**South West Essex Choir**, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606  
[www.southwestessexchoir.org.uk/](http://www.southwestessexchoir.org.uk/)

## SOCIAL

**The Buffaloes**, Loughton Club, 8 Station Road. A charitable brotherhood - members (18+). Tuesdays & Thursdays, 8.30pm. [mldja.worsfold@yahoo.co.uk](mailto:mldja.worsfold@yahoo.co.uk) [www.loughtonclub.blogspot.com](http://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 Probub Club**, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker.  
 Budge Burnage 020 8508 7379

**13** ▶ **Friday Market**, St Michael's Church, Roding Road. Fridays, 10am-12 noon  
**Loughton Probuss Club**, Gilwell Park, Chingford. 4th Tuesdays (lunch). Secretary Derek Allen 020 8504 3074 [www.probusloughton.org.uk/](http://www.probusloughton.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, 12.45pm & 2nd & 4th, 6.15pm [www.loughtonrotary.org.uk](http://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](http://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](mailto: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](http://chig.org.uk)  
**Colebrook Royals FC**, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 020 8418 9166 [www.colebrookroyalsfc.com](http://www.colebrookroyalsfc.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](http://www.katylittleschoolofdance.co.uk)  
**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. 07958 903842 [www.loughtonac.org.uk](http://www.loughtonac.org.uk)  
**Loughton Fencing Club**, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). Wednesdays, 7.30-9pm. 01992 522462 [www.loughtonfencingclub.co.uk/](http://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](http://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](mailto:fferrari@eppingforestdc.gov.uk)  
**Loughton Mountaineering Club**, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 9.30pm. [www.loughtonmc.org](http://www.loughtonmc.org)  
**Loughton Rugby Football Club**, Hornbeam Road, Buckhurst Hill. Wednesdays (training), 7.15pm. Duncan Kaye 07969 638349 [www.pitchero.com/clubs/loughton](http://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 + over-35s team. Wednesday evenings (training). Simon Burnage 07808 329318 [www.oldbucks.co.uk](http://www.oldbucks.co.uk)  
**Roding Valley Angling Club**. New members welcome. Darren 07716 061273 / [roding.valley.angling.club@gmail.com](mailto:roding.valley.angling.club@gmail.com)  
**Walk - West Essex Ramblers** (sorry no dogs). Saturdays, Sundays, Wednesdays & Thursdays. 020 8502 1628 [www.westessexramblers.org.uk](http://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 classes** Kingsley Hall, Kingsley Road. Intermediate & beginners Mondays 7pm Lorraine 07903 944767 [www.yogalorraine.co.uk](http://www.yogalorraine.co.uk)

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

#### 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 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.  
**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. 020 8505 3640 See Dates for the diary.  
**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

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