



Think Loughton

News from Loughton Town Council

Autumn 2013 No 62

Queen Elizabeth II Playing Field



Cllrs Mary Sartin (EFDC chairman) and Town Mayor Jill Angold-Stephens

CELEBRATIONS were held to mark the dedication of the Hillyfields open space as a QEII playing field. Its new status protects the land from development in perpetuity for the people of Loughton.

Assisted by pupils from Staples Road Primary School, Town Mayor, Cllr Jill Angold-Stephens unveiled the ceremonial plaque. Cllr Mary Sartin, Chairman of Epping Forest District Council, also helped the town mayor undertake the planting of the six English oak trees to celebrate the 60 years of Her Majesty's reign, one for each decade.

Hillyfields had been the location for the local celebrations of Her Majesty the Queen's Diamond Jubilee when over 400 residents watched the lighting of the special Jubilee beacon. Here also is the Millennium Remembrance Grove – trees from across the world donated by loved ones as a memorial to Loughton residents killed in conflicts abroad, planted as we celebrated the turn of the century to stand as a living testament to the future. It is of course also a popular venue for tobogganing in the snow.

Rev'd Tony Morling from Loughton Methodist Church led the guests in thanksgiving. This was one of his last public duties in Loughton before he and his family left for a new ministry in Jersey.

Visit page 6 for a photograph of the Staples Road School choir at the celebrations.

The QEII Fields scheme was initiated by the Fields in Trust charity to protect as many outdoor recreation spaces as possible across

the UK to celebrate the Diamond Jubilee and London Olympic and Paralympic Games, as well as the 2014 Commonwealth Games.

The Willingale Road Playing Field shares this protected status and celebrations there will coincide with the opening of the new outdoor gym facility.

New town mayor



In May 2013, Cllr Jill Angold-Stephens, who has represented Forest Ward since 2008, was elected as town mayor for 2013-14.

Cllr Sharon Weston, one of the new councillors, who joined in May 2012, will serve as Jill's deputy.



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| 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 | 111 |
| 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 8505 4704 |
| 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 |

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| First Essex Customer Services | 08456 020121 |
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| Heathrow Airport | 0844 335 1801 |
| London Overground Rail | |
| Operations Ltd | 0845 601 4867 |
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| Luton Airport | 01582 405100 |
| National Express | 08717 818178 |
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| Stansted Airport | 0844 335 1803 |
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| National Gas Emergency Service | 0800 111 999 |
| Thames Water | 0800 714 614 |

COMMUNITY

| | |
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| 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 | 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 |

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Clerk's Remarks



A BIG thank you goes to those who responded to the consultation to help choose the new equipment for an outdoor gym on the Willingale Road Playing Field. Plans are being finalised for this exciting new facility to complement that on the Roding Valley Recreation Ground. Look out for details of the free induction sessions that will help ensure you get the

maximum health benefit from the equipment.

2014 will see special events to commemorate the centenary of the First World War. The town council is already discussing how to mark this important occasion in Loughton with the Loughton Branch of the Royal British Legion. Details of this year's Remembrance Services may be found on page 5.

On behalf of the town council, I take this opportunity to pay a special tribute to those local ex-service men who served on the Arctic convoys and have now been awarded with the new Arctic Star Medal. These oceangoing convoys transported vital supplies across the icy Arctic Sea to ports in the northern Soviet Union from 1941 to 1945 on routes described by Sir Winston Churchill as the "worst journey in the world".

The London Olympics and Paralympics in 2012 saw a big

increase in the number of people volunteering for a whole range of activities. We salute those many Loughton residents who gave up their time to become Games Makers and continue to help out in their local communities.

It is recognised that through volunteering people not only benefit from the 'feel good factor' but can learn new skills useful in the job market, develop new interests and hobbies, and make new friends. Loughton provides a wide range of opportunities for you to get involved in the local community so why not give volunteering a go?

You could help elderly people through organisations such as Loughton Voluntary Care (call 020 8508 6114) – they're always looking for drivers to take people to medical appointments or help out with the weekly supermarket shop, or there's the Voluntary Action Epping Forest Befriending Service (01992 564256),

introducing trained volunteers to locals who find themselves lonely for a variety of reasons.

If you prefer to be more active, how about joining Epping Forest Countrycare's volunteers and get involved in a wide range of environmental work such as hedge laying, pond restoration and bridge building. (contactCountrycare@eppingforestdc.gov.uk)

Your interests may be in arts and culture; there's an invitation from Sue Taylor to help with the 2014 Loughton Festival (info@loughtonfestival.org.uk) (page 10).

Finally I draw your attention to the newly established Loughton Foodbank, based at St Mary's Church. They also welcome your help whether through donations or by giving of your time.

www.loughton.foodbank.org.uk

Enid K Walsh

Town Clerk

New faces

THREE NEW members of staff joined the town council this summer filling vacancies. Judy Graham, the new halls and bookings administrator will look after the bookings for the Murray and Kingsley Halls; Natalie Burns joins the administration team and will act as the town mayor's secretary among a host of other duties; John Wotton, our new part-time finance assistant will deal with the day-to-day financial matters.

Judy joins the team after nearly 20 years' experience in the voluntary sector fulfilling similar roles. She

enjoys spending time with her family and friends; her hobbies include cooking, gardening and swimming.

Natalie Burns attended Epping Forest College achieving the ILEX Level 3 Diploma for Legal Secretaries. Her new role as administrative assistant has responsibility for annual events including the Light up a Life ceremony and the Civic Service.

John Wotton joins the town council after a 40-year career in the city. He enjoys spending as much time as he can with his family and watching sport, especially football.

Left to right: Judy Graham, John Wotton & Natalie Burns





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Loughton Town Council

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P Abraham
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Contacting us

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Cllr Harvey Mann 020 3605 5956
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professormann@aol.com

C Chairman

VC Vice Chairman

*ex officio

Town Council Meetings

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

2013

Sept 4 Resources & General Services
16 Planning & Licensing
18 Council
30 Planning & Licensing

Oct 9 Recreation

14 Planning & Licensing
23 Environment & Heritage
28 Planning & Licensing

Nov 6 Resources & General Services
11 Planning & Licensing

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

News round-up

■ **ALLEYWAYS:** "A place isn't a place until it has a name." New name plates have been installed at two alleyways in the town. Meads Path links Church Hill and Church Lane, so named because it forms part of the boundary of the ancient house, The Meads. Lowery Path connecting Albion Park with Upper Park is named after Sir Joseph Lowery who lived adjacent to the path. It is important to name these pedestrian shortcuts to identify them for emergency services and utility companies as they will appear on Ordnance Survey maps, but this town council scheme also provides an opportunity to reconnect with our past and highlight the local heritage.



■ BICENTENNIAL CELEBRATION:

Congratulations to the Loughton Potato Ground which celebrated its 200th birthday in June. These popular allotments, just off Baldwins Hill, are the oldest in Essex. More information about the Potato Ground may be found on its website at loughtonpotatoground.wordpress.com

There are still a few vacancies on the town council-owned sites in Roding Road and Willingale Road. Contact the town council for details.

■ **SEATS/LITTER BINS:** The seat and litter bin situated on the green space at the corner of Potters Close and York Hill have been replaced with timber items more sympathetic to the conservation area. The original seat has since been re-installed on the Roding Valley Recreation Ground and the litter bin will be used as a replacement in one of the council's playgrounds.



■ **LIGHT UP A LIFE** will take place on Saturday 30 November from 4.30pm this year. A candlelit procession will leave the Methodist Church, 206 High Road for the short procession to Kings Green to switch on the Christmas lights and for the ceremony to remember loved ones and friends. To sponsor a light in memory of a relative or friend contact St Clare Hospice 01279 773750 www.stclarehospice.org.uk

Remembrance Sunday



THIS YEAR'S annual service to remember all those who have given their lives for the peace and freedom we enjoy today takes place on Sunday 10 November at the Loughton War Memorial on Kings Green.

A uniformed parade will leave the Royal British Legion headquarters in Church Hill at 11.50am to march to the War Memorial for the service. Whilst the commemoration is led by representatives from Churches Together in Loughton, everyone is welcome at this service to reflect on the sacrifices made by our brave Service men and women.

Local residents, Alice Johnson and her

daughter Judy Roberts, made the long journey to visit the Falkland Islands earlier this year and laid a wreath on behalf of the Royal British Legion Loughton Branch. Alice, a former poppy collector and organiser for over 20 years with her late husband, embroidered the ribbon on the wreath, which she laid at the war memorial in Port Stanley.

Armistice Day, Monday 11 November 2013, will also be marked by a short ceremony at 11am at the Loughton War Memorial which will be attended by representatives from the Royal British Legion and the town council. Members of the public are also welcome to attend this event.

Loughton heritage open days

IN SUPPORT of this national event, Loughton Cemetery and its Grade II listed chapel will be open to the public on Sunday 15 September from 1–4pm.

Heritage Open Days is a scheme which celebrates England's fantastic architecture and culture by offering free access to places that are usually closed to the public or normally charge for admission.

This is a once-a-year chance to discover architectural treasures and enjoy a wide range of tours, events and activities that bring local history to life.

Other buildings open specially in Loughton include Lopping Hall and Loughton Arts Centre, Loughton Methodist Church and St Mary's Church in the High Road, Forest Hall and the Loughton Masonic Centre in High Beech Road, and St John's Church, Church Lane.

For further information on this national event, visit www.heritageopendays.org.uk



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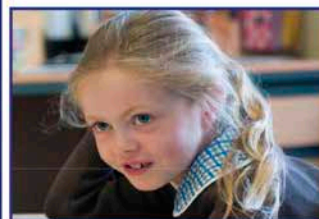
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LOUGHTON FOODBANK is part of the national scheme seeded by The Trussell Trust, a Christian charity aiming to empower communities and working to combat poverty and exclusion. It can provide 3 days equivalent of emergency food to support those who find themselves in crisis.

Loughton Foodbank is facilitated by St Mary's and Restore Community churches, and sponsored by the town council. It partners with frontline care professionals who identify local people in crisis and authorise a food voucher. The voucher can be redeemed for an emergency food parcel at one of the open sessions. Their trained volunteers are friendly, welcoming and can signpost the people to other support and advice agencies so they can access further help. Project Manager Heather Dent said "Our thanks go to all the wonderful people in this community who have already donated time, food and money to this amazing life-changing project and to Loughton Town Council for a generous grant to help start us up".

The scheme was launched in June 2013 with an official opening by Eleanor Laing MP and is already helping to listen to and feed local people in crisis.

For more information about Loughton Foodbank and how you, your church, school, community organisation or business can volunteer, donate or partner with Loughton Foodbank, phone 07402 032 313, or email info@loughton.foodbank.org.uk or visit www.loughton.foodbank.org.uk

Opening hours: Saturdays, 2pm-4pm at the Restore Centre, 68 The Broadway and Wednesdays, 10.45am-11.45am at St Mary's Church, 201 High Road.

Annual Canvass of Electors

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 that 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.

Please, please, please register by internet, telephone or text if the details on the canvass form haven't changed.

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

EFDC Electoral Services Office helpline: 01992 564411

Blue Heritage Plaque



SINCE 1999, Loughton Town Council has installed a series of blue heritage plaques around the town to commemorate eminent people, historic events and/or significant buildings.

The latest plaque to be installed is in honour of Ralph Russell (1918 – 2008), who is widely considered the most eminent western scholar and translator of Urdu literature. He is best known for his translations of Urdu's most famous poet, Ghalib, (19th century), who is to Urdu speakers what Shakespeare is to the English. His books are valued wherever there is an interest in Urdu.

Ralph lived at Roseley, no 6 Queens Road, Loughton IG10 1RS from 1925 (aged 7) to 1940 and attended Staples Road School. He was awarded scholarships first to Chigwell School and then went to Cambridge in 1937.

His first contact with India was during the war when he was sent there by the army.

A classics scholar, he became proficient in Urdu because he wanted to be able to talk to the sepoys in his unit, not just to issue orders. This experience was formative, and he decided after the war to study Urdu at SOAS (School of Oriental and African Studies, University of London). For over 30 years he headed the Urdu department at SOAS, influencing generations of students.

Cllr Jill Angold-Stephens, homeowners Lisa & Toby Scrutton with children Libby & Will and Cllr Caroline Pond

The plaque was unveiled by Cllr Jill Angold-Stephens, the town mayor. Also present were town councillors Caroline and Chris Pond (chairman and vice chairman of the Environment & Heritage Committee which has responsibility for installing the heritage plaques in the town), together with Cllrs Sharon Weston (deputy town mayor), Phil Abraham, Ken Angold-Stephens, Jill Bostock, John Mahoney and David Wixley.

Ralph's family revisited their father's former family home, including daughters Sarah and Alice, and niece and nephew, Georgina and Jeremy, along with their families. The opening was also attended by Marion Molteno, Ralph Russell's close friend, colleague and his literary executor, as well as former colleagues and friends, Musseret Anwar and Kari Shah.

We are grateful to the owners of 6 Queens Road, Toby and Lisa Scrutton for supporting this scheme and hosting the ceremony.

This latest plaque brings the total installed by the town council to 35. More information can be found on the town council's website at www.loughton-tc.gov.uk/2bhpl.htm

Staples Road Primary School choir at QEII celebrations on Hillyfields (see page 1)



Dear resident...

by Sergeant Russ Welch, Essex Police



FIRSTLY I'll introduce myself. I am Sgt Russ Welch and I have 16 years' service in a variety of roles within the organisation. I am currently one of the sergeants responsible for neighbourhood policing in the district.

We as a district are doing really well in the reduction of crime, especially around burglaries. Whilst these will always remain a priority we are now working to reduce other crime types. When I review the crimes that are coming in I like to explore ways that I could have potentially prevented that crime from being committed.

One key area for me is criminals targeting our cars. I often read the method of an offence and see phrases like, 'items taken from insecure vehicle' and 'Sat Nav stolen from front passenger seat'. When I review these I think to myself this crime didn't need to have happened. If the owner of the vehicle had taken simple steps to secure the vehicle

and any valuables in it, they would not have become a victim.

My team, in conjunction with Epping Forest District Council, will shortly be producing some literature to 'DRIVE DOWN VEHICLE CRIME.' My team and those on the other teams that serve the Loughton area work very hard to reduce crime – catch those committing crime and dealing with them – but we need your help.

If one person reading this remembers to take their Sat Nav and or handbag with them when they park and isn't a victim of crime as a result, then this article has done its job.

Active citizens create active communities



ACTIVE Neighbourhood Watch schemes within local communities are an integral part of any effective crime prevention strategy.

Neighbourhood Watch is not run by the Police. It is an independent community based organisation, supported by the local Safer Communities Partnership, with some aid and

initiatives coming from the Home Office.

Colin Freeman, Essex Watch Liaison Officer, writes "As someone who has worked in the local community throughout the last 51 years, (25 years as a police officer, and around 20 years as a voluntary youth leader), I know that respect and understanding must begin at home, before a child reaches school age. Over the past few years we have all witnessed the gradual erosion of values, moral and ethical understanding, and the decline of respect.

How often do you hear the cry, 'There's nothing for children and young people to do?' Any level headed person knows that such a statement is often without substance.

There are plenty of clubs or organisations that they can join, and much that they can undertake, if they, with the support of their parents, are willing to make the effort to do so. It is not, and in my 'personal view,' never has been, a valid or justifiable excuse for participating in anti-social behaviour."

Colin has set a challenge to every parish and town council across Epping Forest and Brentwood districts to encourage more local residents to form or join a Neighbourhood Watch group and to promote community-minded residents to work together to make their communities safer. Contact Colin at Essex Watch, Epping Police Station, 230 High Street, CM16 4AP, call 01279 621862 or email colin.freeman@essex.pnn.police.uk



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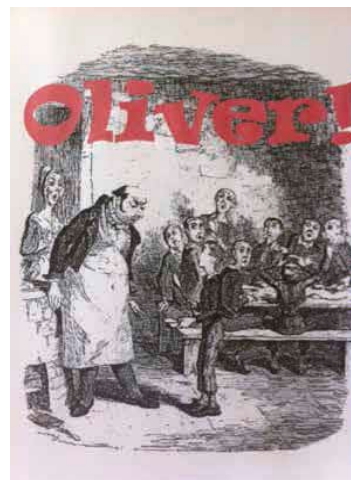
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Dates for the diary

■ **1-5 Oct Oliver!** Forest Musical Productions, Lopping Hall. £13, £11 concs 01279 851897 / www.ticketsource.co.uk/forestmusical www.forestmusical.co.uk



■ **6 Oct, 10.30am-4pm Indoor Art & Craft Fair** Chigwell Riding Trust for Special Needs, Grange Farm, High Road, Chigwell IG7 6DP Refreshments, free entry & parking 020 8500 6051 www.chigrade.org.uk

■ **13 Oct, 2pm Beating the Bounds walk** Organised by Loughton Town Council 020 8508 4200

■ **24-26 Oct, 8pm Playboy of the Western World** by J M Synge, directed by Jean Cooper. Loughton Amateur Dramatic Society, Lopping Hall, High Road. £7 (Thurs) / £8 (Fri/Sat) 07552 736110 / www.ticketsource.co.uk/lads www.lads.org.uk

■ **24-26 Oct, 8pm When We Are Married** J B Priestley comedy. Theydon Bois Drama Society, Theydon Bois Village Hall, Coppice Row, Theydon Bois £8. 01992 812250 www.theydondrama.org

■ **14 Nov Christmas Card Competition** closing date. Loughton Town Council 020 8508 4200

■ **16 Nov, 7.30pm True Light** Chigwell Choir autumn concert, St John's Church, Epping. £12 adults, £10 concs, £5 u16 on the door/

in advance 020 8504 8443 / www.wegotickets.com/event/23103 www.chigwellchoir.org

■ **10 Nov, 12 noon Remembrance Sunday** War Memorial, Kings Green. Uniformed parade, march past & salute. Royal British Legion (RBL) 020 8508 5044

■ **11 Nov, 11am Armistice Day** War Memorial, Kings Green. Short ceremony & 2-minute silence. RBL (as above)

■ **30 Nov, 4.30pm Light up a Life** Candlelit procession from Methodist Church, 260 High Road to Kings Green for the ceremony.

To sponsor a light in memory of a relative or friend: St Clare Hospice 01279 773750 www.stclarehospice.org.uk

■ **Bancroft's Decorative & Fine Arts Society** (talks) Bancrofts Preparatory School Hall 020 8531 1140

10 Sept, 8pm The History of the Chair Janusz Slowikowski MSc

8 Oct, 8pm The English Landscape Garden from Vanbrugh to Repton James Bolton BA

12 Nov, 7.30pm AGM followed by From Constantinople to St Petersburg via Kiev & Moscow Alan Bott OBE

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

7 Sept, 11am-4pm High Beach Festival Fun family events at the EF Field Centre, Paul's Nursery Road & church. Dog Show at 11.30am on the green, music in the church, lunches all day.

7 Sept, 7pm Prom in the Forest. £10 (incl light buffet meal) on the door/in advance 07572 11387 / jane.begley@irwinmitchell.com



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Bookings: 020 8508 0313

5 Oct, 11.30am-3pm Harvest Activity Day. Children's activities £1 each or £5 for all, includes making a: scarecrow, bonfire cake, bird feeder, potato head, table decoration, decorate a magnet. Buffets meals available from £1 - £3.

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

22 Sept-17 Nov, 10am-3.30pm Sunday workshops (9-week course) ages 8-16+

22 Sept-17 Nov, 10am-3.30pm Towards Acting School (9-week course) age 17+ Designed for anyone preparing to audition or considering full time drama training.

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

5 Sept How to speak Essex Martin Astell, Essex Records Office

3 Oct King of Hobbies, the Hobby of Kings Stuart Henderson, an ardent & informed stamp collector

7 Nov How Not to Dispose of a Body Doug Newlyn, volunteer, Essex Police Museum, Chelmsford

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

26 Sept AGM

24 Oct Beaded Christmas decorations

■ **National Trust** (illustrated talks) Woodford Green Centre 020 8505 3640

17 Sept, 8pm The River Lee Richard Thomas

16 Oct, 2.30pm The Woodland Trust John Fleetwood

4 Nov, 8pm Gardens, Birds & Wildlife Chris Ward

20 Nov, 2.30pm Sex, Sewing & Art in Victorian London Sue King

■ **St Michael and All Angels Church**, Roding Road

22 Sept, 10.45am Messy church for the family with lots of activities & lots of cake!

4 Oct, 10am-12pm Charity coffee morning & lots of bargains. In aid of Macmillan Cancer Support.

19 Oct, 7.30pm Charity musical evening with Chigwell School's: Alex Bromwich (organ scholar), Heather Cook (Young Musician of the Year) & singer Janet Page. £6 & refreshments. Proceeds to local & overseas missions. 020 8418 7944

■ **WEA** 10-week courses (unless stated) £65. 020 8508 4919 / 020 8281 1536 www.wea-essex.org.uk

23 Sep, 1.30-3.30pm Turbulent Half Century: British Society 1919-1969 Ted Woodgate. Loughton Bowling Club, Eleven Acre Rise

24 Sept, 10am-12 noon Revolution, Rebellion or Civil War Roger Cooke. Loughton Bowling Club, (as above)



25 Sept, 10am-12 noon Social Life in Ancient Rome Norman Leighton. Lopping Hall, 187 High Road

25 Sept, 10am-12 noon Natural History of Recent & Ancient Woodlands Tricia Moxey. Jack Silley Pavilion, Tidy's Lane, Epping CM16 6SP

26 Sept 10am-12 noon (20-week course) **High Victorian Writings** Arian Eckersley. United Reformed Church, Lindsey Street, Epping CM16 6RB

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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Loughton Festival 2014

FOLLOWING its longest season ever, it will be all-change for the festival next year that will be moving from March and April, to May, with a reduced 4-week programme.

Sue Taylor, festival director, said: "This doesn't mean that the festival programme will be smaller as we have already booked three concerts for successive Saturdays in May (10, 17, 24 May). It just means the programme will be compacted into fewer weeks, and there are likely to be less partnership events running alongside our own."

To avoid events clashing, Sue will be listing dates of her events on the website, just as soon as these are confirmed, and will only be listing one event per evening on next year's programme.

Why the changes? Sue says "I'm afraid I'm largely to blame, as I can't afford to take two months off work each spring. Unfortunately our volunteer numbers have fallen and this has led to my own workload increasing significantly." Another reason was because of this year's long winter, which meant attendance at some events was affected by icy conditions and kept more people at home.

Volunteers and prospective committee members are now being invited to offer to help Sue and her team organise and manage next year's events. Volunteers are offered a wide range of roles from organising events to one-off tasks.

Sue said: "I am particularly anxious to find a volunteer secretary who can take on some of my routine administrative tasks, so I can concentrate on organising the events next spring. Our work begins in the autumn, so if you are interested in becoming a volunteer please email loughtonfestival@aol.com or phone 020 8508 2512. www.loughtonfestival.org

Increase in CAB clients

EPPING FOREST Citizens Advice Bureau has seen a significant increase in clients since the changes to housing benefits.

Already supported by Loughton Town Council, they have increased the number of 'money' advice hours in all branches thanks to an additional grant from Epping Forest District Council.

If you, or someone you know, is struggling to make ends meet due to the changes, the CAB are able to give advice on debt management, benefits and housing issues.

Please get advice before it reaches crisis point by calling 0844 257 1909. The Loughton branch is open 9.30am-1pm in St Mary's Parish Centre, High Road, Loughton.

www.efcab.org.uk



It's a Knockout!

FOLLOWING on from the success of community events in 2012, the town council has been working with other organisations to provide "Summer on the Green" events, a range of different and exciting activities for residents of all ages, aiming to foster this community spirit and encourage local people to make more use of the green spaces, one of the best features of the Debden area.

July saw a "Roll Down, Bounce Up" event on Jessel Green run by Luke Lowrie of the Epping Forest Community Church. With huge inflatables, barbeques and a Zorb rolling down the steep hill at great speed, there was a real family atmosphere as over 500 people enjoyed lots of fun. We thank the Cottage Loaf Public House, Epping Building Supplies and Foster Plant Services for supporting this event.

Spurgeons Children's Centres held a Teddy Bears Picnic for the younger children, and the Community Development team at Epping Forest District Council provided extra "Play in the Park" sessions.

We now invite you to take part in the ultimate fun all-day community event, It's a Knockout!, on Saturday 14 September 2013 on Jessel Green. Teams of 10 people have been signing up to take part in the various games and heats which all lead to a grand finale and prize giving ceremony in the afternoon. There are still a few spaces if you want to enter a team. All participants must be over 13 years of age. If you'd like to take part email Cllr Leon Girling leongirling@gmail.com or call the town council directly on 020 8508 4200.

If you don't want to participate, then why not come along to watch the fun and games.

Christmas competitions



As autumn arrives, the town council launches its 2013 Christmas competitions.

THE CHRISTMAS CARD competition challenges Loughton's talented artists to design our official Christmas card. Entries must be original, of A5 size (landscape or portrait) and suitable for reproduction. The format can be a photograph, drawing, picture or illuminated script. There are four different age categories – infant, junior, secondary and adult. The competition is open to anyone who lives, works or attends school in Loughton. Each category winner will be awarded a £25 gift card and certificate, while runners-up receive a certificate. The closing date is **Wednesday 13 November 2013**. Competition rules and entry forms can be downloaded from the council's website www.loughton-tc.gov.uk

THE CHRISTMAS WINDOW competition gives Loughton's businesses the opportunity to design the town's winning dressed window. Entrants are split into three categories – local/independent, multiple/chain store and charity. The winner is awarded an engraved cup (for 11 months), framed certificate and £100 cheque for their chosen charity. Any Christmas-themed display will automatically be eligible for the competition. Displays must be ready for judging from Sunday 1 December by the town mayor and the chairman and vice-chairman of the Environment and Heritage Committee.

For information on the Christmas competitions contact Vivienne Messenger on 020 8508 4200.

New play areas

TWO NEW play areas were opened in June in time for the summer holidays at the town council's play areas at Colebrook Lane and Monksgrove.

Town Mayor, Cllr Jill Angold-Stephens and District Council Chairman, Cllr Mary Sartin, were joined by children and teachers from Oak View School to celebrate the opening of the recently refurbished play area at Colebrook Lane.

This now includes a multi-play unit with stainless steel slide and play panels, and new pod-style seats for the swings. These complement the existing swings and climbing frames.

The improvements were funded by the town council with the aid of a £8,640 grant facilitated by Gill Wallis, EFDC Community Development Officer. This grant was from "Aiming High for Disabled Children", a Government scheme which helps make play areas accessible for all children.

Celebrating the refurbishment of the small Monksgrove play area in the middle of the Oakwood Hill Estate, Loughton, the town mayor and several other councillors were joined by

over 30 children from the Noah's Ark toddler group.

The play area had been revamped by the town council at a total cost of £15,600 and now includes a multi-play unit, interactive play panels and a double springer. The existing railings and bench were repainted.

Monksgrove play area (Town Mayor cutting the ribbon with help from Cllrs David Wixley (right) and Ken Angold-Stephens, chairman and vice chairman of the Recreation Committee).



Winter gritting provision

THE TOWN COUNCIL is again taking part in Essex County Council's Salt Bag Partnership Scheme. Volunteers are invited to store and distribute salt-grit from their own homes, particularly in the hillier parts of the town. If you're interested in helping keep the pavements safe in your locality when winter weather threatens, please contact Paul Hoy or Debbie Taylor on 020 8508 4200.

Gritting is the responsibility of Essex County Council Highways. It only has resources to grit certain roads. These include the main A and B roads, all roads served by a regular bus service that has more than 4 return journeys per day 5 days per week, access roads to hospitals, ambulance and fire stations, and rural link roads connecting the main area of every parish of more than 50 settlements to the main network.

The town council has 25 salt/grit bins located around the town, which are stocked for the winter by ECC Highways. Re-stocking is out of the town council's control and subject to supplies, with ECC only promising to ensure that all bins are full at the beginning of each winter season.

For more information and advice on keeping safe in the winter contact ECC Highways, www.essexhighways.org/Winter-Maintenance.aspx or phone 0845 603 7631.

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Normanhurst School

NORTH CHINGFORD

Boys & Girls 2 1/2 - 16

Open Evening: Thur 3 Oct - 6 pm
Open Morning: Fri 4 Oct - 9.15 am

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



Coopersale Hall School

EPPING

Boys & Girls 2 1/2 - 11

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Regular activities

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

ALLOTMENTS

Debden Horticultural & Allotments Society, Willingale Road.
www.willingale-road-allotments.co.uk/
Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.wordpress.com/
Roding Road Allotment & Leisure Gardens Association, Roding Road.
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 / fdts1@aol.com

ARTS & CRAFTS

Created Crafts, Trinity Church, Mannock Drive. 2nd Thursdays, 7.45pm
 Pam 020 8508 7657
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
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
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](tel:07725909090)

EDUCATION

Music Lessons, Loughton Music Academy, High Road. 020 8502 2992
www.loughtonmusicacademy.co.uk
WEA (Workers' Educational Association) Loughton & Epping Branch. Mrs Pat Dale 020 8281 1536 / mrsdale@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 7-9.30pm. 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 Countrycare, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203
www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare
Epping Forest & District Stamp Club, Roding Valley High School, Alderton Hill. 2nd Tuesdays, 7.30pm. 020 8505 5620
Essex Wildlife Trust Work Parties, Roding Valley Nature Reserve. Wednesdays, 10am-4pm. Warden Patrick Bailly 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
 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
Loughton Amateur Dramatic Society, Lopping Hall, High Road. Andrew Rogers 0208 508 9635 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
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 & 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.film.loughton.co.uk
Loughton & Roding Chess Club, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

Loughton Bridge Club, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). keiththompson3@btinternet.com www.bridgewebs.com/loughton/
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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 641347 / admin@adasuk.org.uk www.adasuk.org
Breathe Easy (British Lung Foundation), Tony Carr 01992 573387
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. 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.eric@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 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 Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts 10-14 yrs. Paul Snowden GSL 020 8508 4336 / info@30thloughton.co.uk
41st Epping Forest Scout Group, 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
Epping Forest Community Theatre (4 groups in Loughton)
 Mondays 4.30pm Children's Musical Theatre. Grosvenor Hall, Grosvenor Drive
 Mondays 6.30pm Youth Drama. Lifeworks, Loughton Methodist Church, 260 High Road
 Wednesdays 4.30pm, Youth Musical Theatre. Grosvenor Hall
 Mondays 5pm Stage design. Willingale Road building (playing field entrance by 79 & 85 Willingale Road)
www.efctheatre.org.uk 020 3086 8186
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
Girlguiding Loughton South. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. 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-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

Little Oak's Children's Centre, Torrington Drive. Fun, educational & varied activities for children (0-5) plus support for parents. 020 8418 7904

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/
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

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

Sunrise Children's Centre, Alderton Hall Lane. Fun, educational & varied activities for children (0-5) plus support for parents. 020 8502 5799

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 9.45-11.15am (term time). 020 8508 3643
www.stmarysloughton.com
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

MUSIC

Loughton Acoustic Club, The Gardeners Arms, York Hill. 2nd Tuesdays, 7.30pm. £3
theclub@thephrstudio.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. 01992 812606
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 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 Probuc 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/
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
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. 020 8418 9166 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
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
Loughton Fencing Club, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). Wednesdays, 7.30-9pm. 01992 522462 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. 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 + 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 classes Kingsley Hall, Kingsley Road. Intermediate & beginners Mondays 7pm Lorraine 07903 944767 www.yogalorraine.co.uk

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 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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