



# Think Loughton

News from Loughton Town Council

Winter 2013/2014 No 63

## Santa Claus is coming to town!

**THE TOWN** council is delighted to announce that Santa has promised to find time in his busy pre-Christmas schedule to visit Loughton. On

**Wednesday 4 December from 4pm to 6pm**, resplendent in a decorated horse-drawn sleigh provided by T Cribb and Sons, he will be bringing Christmas cheer to the town. Details of his route are being finalised so look out for more information on our noticeboards and in the local press.

The following community events should also help everyone enjoy the lead up to the holidays:

**\* Thursday 28 November, from 4pm** – celebrations for the switching on of the High Road's Christmas lights from outside St Mary's Church. There will be seasonal entertainment from the choirs of several local schools, as well as free refreshments for those enjoying this occasion, courtesy of the Loughton High Road Town Centre Partnership.

**\* Friday 29 November, from 3pm** – the Broadway Town Centre Partnership is hosting a variety of festivities with The Broadway Christmas light switch-on. Look out for Father & Mrs Christmas, along with his elves, Frosty the Snowman, and Percy the Penguin. There will be free mulled wine and mince pies, as well as entertainment from the Firedance Academy, Thomas Willingale School singers, Alderton Junior School choir, Epping Forest College, Debden Park High School and Epping Forest Community Centre.

**\* Saturday 30 November, from 4.30pm** – the town council's annual Light Up A Life ceremony in partnership with St Clare Hospice, to remember loved ones and friends when the Kings Green Christmas tree lights are switched on. Meet at the Loughton Methodist Church, 260 High Road for the candlelit procession leaving at 4.45pm for the short walk to Kings Green, by the War Memorial. After the short service, free refreshments sponsored by Morrisons, will be served in the church foyer.

To sponsor a light in memory of a relative or friend call 01279 773750 or visit [www.stclarehospice.org.uk](http://www.stclarehospice.org.uk). Sponsorship forms are also available from the town council or on the day.

**\* Sunday 1 December, at 11am** – the Santa fun run (or walk), in aid of St Clare Hospice, starts from The Broadway. Santas will be following a circular route via the High Road and back. If you want to take part in this worthy cause for just £12, which includes your Santa suit and a Christmas buffet on your return, contact the hospice on 01279 773750.

**\* Saturday 14 December, from 10am** – a Christmas Debden Day in the Broadway with something for everyone! Santa's grotto will be open at the Restore Community Centre, 68 The Broadway (free entry); face painting, free use of fairground rides and non-stop Christmas entertainment underneath The Arcade. There will also be a Christmas Dinner draw, a Name the Sheep competition for children and senior citizens' Christmas dinners (forms are available from the Restore Centre).



Photo: © Ken Mears – Newsquest (London) Ltd

### RESIDENTIAL SALES ADVISER

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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	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

## 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	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 Service	0845 608 0122

## 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
For enquiries and opening time details contact:	
Essex County Council	0845 603 7625
www.essex.gov.uk/recyclingcentres	

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### Oaklands School

LOUGHTON

Boys & Girls 2 1/2 - 11

Open Morning: Thursday 13 March 9.15am

Headmistress: Mrs Cheryl Macnair  
8 Albion Hill, Loughton, Essex IG10 4RA  
Tel: 020 8508 3517  
www.oaklandsschool.co.uk



### Normanhurst School

NORTH CHINGFORD

Boys & Girls 2 1/2 - 16

Open Morning: Tuesday 11 March 9.15am

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



### Coopersale Hall School

EPHING

Boys & Girls 2 1/2 - 11

Open Morning: Friday 14 March 9.15am

Headmistress: Miss Kaye Lovejoy  
Flux's Lane, Epping, Essex CM16 7PE  
Tel: 01992 577133  
www.coopersalehallschool.co.uk



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[www.loughtonhall.co.uk](http://www.loughtonhall.co.uk)

E-mail: [manager@loughtonhall.co.uk](mailto:manager@loughtonhall.co.uk)

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020 8508 1325

E-mail: [aandjopticians@msn.com](mailto:aandjopticians@msn.com)



## Clerk's Remarks



**I AM** pleased to report that work on the applications to have several green spaces on the Debden Estate designated as village greens has progressed this autumn. If successful, this designation will protect these areas as leisure spaces for local people for years to come.

The collation of the evidence provided by residents in support of Jessel Green, Newmans Lane

Green and Rochford Green has been completed and, hopefully by the time you receive this edition, formal applications will have been submitted to Essex County Council, the registration authority.

Work continues on Rookwood Gardens but the lack of quality evidence for both Bus Garage Green (at the top of Rectory Lane) and Luctons Field (opposite Epping Forest College) prevented these applications from being completed at this time. We are grateful to our temporary member of staff, Sandy Lanning, for her work on this project. Sandy had been unemployed for several months before joining us on a 3-month temporary contract and, with the added experience of working for the town council on her CV, has since found permanent employment as a medical practice administrator.

The 2012/13 audit of the council's finances was

completed in September 2013 and the new external auditors PKF Littlejohn, appointed by the Government, have given the council a clear report confirming that there were "no matters giving concern that the relevant legislation and regulatory requirements had not been met". A copy of the audited papers may be viewed on the council's website on the Strategic Documents and Policies page or on request from the council office.

I am disappointed to report that the installation of the new outdoor gym equipment on the Willingale Road playing field anticipated in early November has been delayed by the contractor. Once this new facility has been completed, Leisure Services at the District Council has secured grant funding to enable free induction sessions to be held at the site. This will enable residents to make full use of the equipment and obtain

maximum benefit from the free exercise.

Those of you who have lived in the town for many years will recall a public rose garden in Roding Road, next to St Michael's Church, where people would meet for a chat and to admire the flowers. This area had become neglected and overgrown in recent years but thanks to the persistence of Cllr Ken Angold-Stephens and local garden designer, Jennie Hart, the lost garden of Loughton is being brought back to life. Once the works are completed, the town council has agreed to take responsibility for its on-going maintenance under a 25-year lease for the land.

Finally, on behalf of the councillors and staff, I wish you all a happy Christmas and peaceful New Year.

**Enid K Walsh**  
Town Clerk

# Citizenship Awards 2014

**DO YOU** know someone who is worthy of recognition for their contribution to the life and spirit of Loughton?

Nominations are invited by the town council for this annual award which recognises the special achievements of people in the town, who have gone that extra mile for the benefit of the local community. Any Loughton resident, employer, educational establishment, group or society may submit a nomination, but please do not let the nominee know at this stage.

Nominations can be in recognition of long service or involvement with a voluntary organisation or local charity, good neighbourliness, organising a campaign to improve community facilities or cohesion, or by an act of bravery or courage.

There are three categories: (A) Acts of courage or bravery in the year in question that have resulted, for instance, in the prevention of a serious crime or the rescue

of individuals from danger. (B) Voluntary Service (i) for people aged 25 or over and (ii) for people under 25 years of age.

The Citizenship Awards will be made during the Annual Civic Service on Sunday 2 March at 3pm in the Loughton Methodist Church. Winners will be presented with an illuminated scroll and a cheque for £250 made payable to their favourite local charity. The winner of the over 25 category will also be presented with the engraved silver jubilee rose bowl.

Nomination forms are available from the council offices and can be downloaded from the website [www.loughton-tc.gov.uk/7locsaaw.pdf](http://www.loughton-tc.gov.uk/7locsaaw.pdf). The closing date is 31 January 2014.

Last year's winner was Mrs Molly Carter for her work over many years for the Oakwood Hill Residents Association, the Epping Forest Mencap charity and the district council's Tenants and Leaseholders Federation.



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<p><b>JOINERY</b></p> <p style="font-size: small;">Just ask, anything made for your individual needs</p>  <ul style="list-style-type: none"> <li>• STAIRCASES</li> <li>• KITCHENS</li> <li>• BEDROOM FURNITURE</li> <li>• BOX-SASH WINDOWS</li> </ul>	<p><b>WINDOWS &amp; DOORS DIVISION</b></p>  <p><b>CONSTRUCTION &amp; CONVERSIONS</b></p>  <ul style="list-style-type: none"> <li>• NEW BUILDS</li> <li>• EXTENSIONS</li> <li>• LOFT, GARAGE &amp; BASEMENT CONVERSIONS</li> </ul>

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# Loughton Town Council

**Town Mayor:** Cllr Jill Angold-Stephens **Deputy Town Mayor:** Cllr Sharon Weston **Town Clerk:** Enid K Walsh

## Councillors

### ALDERTON WARD

**Cllr Philip Abraham** 020 8502 2925

1 Lancaster Drive  
Loughton IG10 3NQ  
philabraham2000@gmail.com

**Cllr Ed Stacey** 020 8502 2926

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

**Cllr Tracey Thomas** 07508 193187

110 Grosvenor Drive  
Loughton IG10 2LE  
traceythomas210@gmail.com

### BROADWAY WARD

**Cllr Leon Girling** 020 8418 0076

95 Willingale Road  
Loughton IG10 2DD  
leongirling@gmail.com

**Cllr John Mahoney** 020 8508 9348

299B High Road  
Loughton IG10 1AL  
johnnymahoney@uwclub.net

**Cllr Margaret Owen** 020 8508 6916

15 Lower Park Road  
Loughton IG10 4NB  
mo4labour@hotmail.co.uk

### FAIRMEAD WARD

**Cllr Jill Bostock** 020 8508 3482

91 Queens Road  
Loughton IG10 1RR  
jillbostock@hotmail.co.uk

## Committee membership

### RESOURCES & GENERAL SERVICES

**C** S Pewsey\*

**VC** J Angold-Stephens\*

P Abraham  
J Jennings  
I Lawrence  
J Mahoney  
H Mann  
S Murray  
E Stacey

### ENVIRONMENT & HERITAGE

**C** C P Pond

**VC** C C Pond

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

### PLANNING & LICENSING

**C** C C Pond

**VC** C Davies

J Angold-Stephens  
J Bostock  
M Chalk  
S Weston  
Vacancy

### RECREATION

**C** D Wixley

**VC** K Angold Stephens

P Abraham  
P Beales  
L Girling  
J Mahoney  
S Murray  
M Owen  
T Thomas

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

### Contacting us

For editorial contributions and diary entries, please call 020 8508 4200. For advertising enquiries, please call 01787 461824.

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**Cllr Chris Pond** 020 8508 2361

Forest Villa, 7 Staples Road  
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### ST MARY'S WARD

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Loughton IG10 1LP  
philip.beales@loughtonresidents.co.uk

**Cllr Imogen Lawrence** 020 8508 4200

Melbourne Cottage  
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Loughton IG10 1HP  
imogenlawrence@btinternet.com

**Cllr Harvey Mann** 020 3605 5956

20 The Heights  
Loughton IG10 1RN  
professormann@aol.com

# News round-up

■ **COLIN FINN 1939-2013:** The town council held a minute's silence at the start of its September meeting in tribute to Epping Forest District Councillor Colin Finn who had passed away earlier that month. Colin had represented Forest Ward since May 2010

and previously served as a county councillor for St John's Ward from 2001 to 2005 and for Loughton South from 2005 to 2009.

Condolences were sent to his widow Pauline and family.

■ **STAFF MATTERS:** We send our very best wishes for a long, happy and healthy retirement to Jeff Carratt who left the council in July. Jeff joined the council in the autumn of 2004 as our cemetery attendant. His replacement is Scott Donovan, who is already employed by the council as one of the part-time caretaking team for the Murray Hall. Scott previously worked for the Royal Borough of Greenwich environmental team. He is looking forward to meeting the many visitors to the cemetery and the challenge of ensuring the grounds remain a credit to the town.

■ **PLANNING APPLICATIONS:** An important reminder that if you or one of your neighbours has submitted a planning application to Epping Forest District Council, and you wish to ask the town council to support or object to the proposals, you must contact us without delay. The town council, as a consultee in the planning process, has to meet the same government set response deadline as any member of the public.

Members of the public are welcome to appear in person at a town council meeting to make the case for or against a particular application. However, anyone wishing to speak must have pre-registered by contacting the council on 020 8508 4200 no later than 3pm on the day of the meeting. Speakers, whether for or against, will each have a maximum of 3 minutes in which to address the committee. Under the council's rules only those registered may speak during the meeting.

More information may be found on the Agenda page of the town council's website at [www.loughton-tc.gov.uk/3agmin.htm](http://www.loughton-tc.gov.uk/3agmin.htm)

■ **HERITAGE OPEN DAYS:** A big thank you to all the local venues which took part in this year's heritage events in Loughton in mid-September. Attendance levels were up on previous years and visitors drawn from across Essex and even further afield.

■ **CHRISTMAS & NEW YEAR OPENING TIMES:** The town council offices will close at 12 noon on Tuesday 24 December, reopening as normal on Monday 30 December and Tuesday 31 December and then close for Wednesday 1 January 2014. The offices reopen as normal from 9am on Thursday 2 January 2014.

## Town Council Meetings

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

2013

**Nov** 20 Resources & General Services (Budgets)

25 Planning & Licensing

**Dec** 4 Council

9 Planning & Licensing

2014

**Jan** 6 Planning & Licensing

15 Recreation

20 Planning & Licensing

29 Environment & Heritage

**Feb** 3 Planning & Licensing

12 Resources & General Services

17 Planning & Licensing

26 Council

**Mar** 3 Planning & Licensing

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



# Best Allotment in Loughton 2013

**JUDGING HAS** taken place for the Best Allotment in Loughton at the 3 local sites, the Loughton Potato Ground, and the Roding Road and Willingale Road allotments.

Now in its fifth year, this annual competition celebrates the hard work of local gardeners to produce a wide variety of crops, both fruit and vegetables, and flowers.

Although once again the weather this year made for difficult gardening conditions, over 300 hundred plots were inspected by the town mayor, Cllr Jill Angold-Stephens, Cllr Caroline Pond, Environment and Heritage Committee chairman and Bob Jennings. From these, 28 were shortlisted with the final judging undertaken by Christine Walkden, gardener, horticulturist, lecturer, and TV and radio presenter.

At a special prize giving event held by the Debden Horticultural and Allotments Society at the Willingale Road Allotments on 27 August, the winner, for the third year running, was Brian Smith from Loughton Potato Ground. Brian was presented with the Horticultural Association Challenge Cup by the town mayor, along with a £25 garden voucher and a framed certificate. Christine Walkden commented that the plot was "extremely well grown with a wide range of



crops, both fruit and vegetables".

The town mayor's award was presented to Chris Hunt from the Roding Road Allotments who received a shield and a certificate.

Runner up was Rosie Partridge from the Loughton Potato Ground who received a framed certificate. Also receiving framed certificates were two highly commended winners, Wyn

Marshall, Willingale Road Allotments, and Lesley Ford, Roding Road Allotments. 21 other allotment holders across the 3 allotment sites were commended for their efforts and received certificates.

If you would like information about vacancies on local allotment sites contact the town council on 020 8508 4200.

## Stand out for Guide Dogs

**LOUGHTON** locals have helped to raise more than £150 for Guide Dogs during a fundraiser at a high street opticians.

On Wednesday 9 October, staff from Specsavers Loughton welcomed six Guide Dogs and their owners into the store to raise funds during Guide Dogs Week. Store staff baked cakes and provided refreshments in exchange for donations to the charity.

Ray De Souza, store director of Specsavers Loughton, says: 'Guide Dogs is an absolutely fantastic charity that helps blind and partially sighted people in every town in the UK. The work they do is so intrinsically connected to our profession so it's a really great cause to fundraise for.'

'Witnessing the generosity of our customers during the fundraising day has really brightened our week.'

Guide Dogs is the UK's largest charity to provide assistance dogs for blind and partially sighted people. The charity

### Advertisement



has given more than 29,000 people the chance to live a more independent life since it was established in 1931.

Specsavers stores nationwide are supporting Guide Dogs Week as part of a wider initiative to raise £250,000 to pay for the training of 25 puppies.

To donate food or book an eye examination, visit Specsavers at 231 High Road, Loughton, Essex IG10 1AD, call 020 8498 6740 or visit [www.specsavers.co.uk/stores/loughton](http://www.specsavers.co.uk/stores/loughton)

## Braeside School

Buckhurst Hill, Essex, IG9 5LG



**A School Dedicated to the Education and Well-Being of Girls from the Age of 3 to 16**

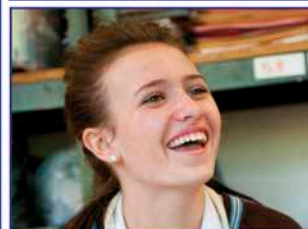


"From their earliest days in the EYFS, through the junior and then the senior school, the pupil's personal development is excellent. As a result by the time they leave the school the pupils are well prepared to face the challenges of the next stage of their lives"

ISI Inspection November 2011

**11+ Entrance Examination for Admission in September 2014 will take place on Tuesday 14th January**

**Mid point transfers at all other ages will be considered on individual merit**



### GCSE Results August 2013

**96% achieved 5 or more A\* to C grades**

**32% of all grades awarded at A\* or A grade**

Telephone Number 020 8504 1133

[www.braesideschool.co.uk](http://www.braesideschool.co.uk)





by Janet Woods, Chair,  
Epping Forest District  
Citizens Advice Bureau

**I AM** writing to you about the forthcoming changes to Epping Forest Citizens Advice Bureau and particularly those affecting the Loughton CAB over the next two years. There have been reports in the local press and I thought it would be helpful to clarify the position.

You may be aware that Epping CAB has closed for rebuilding works. This means that the opening hours of the CAB in Loughton and our other branch at Waltham Abbey have been extended to cope with the additional clients.

The current opening times for the Loughton CAB offices at St Mary's Parish Centre in the High Road are Mondays – Fridays 9.30am – 1pm. Alternatively, telephone advice is also available by calling 0844 257 1909 on Mondays 10am to 1pm and Wednesdays 10am to 1pm & 1.30pm to 3.30pm. For more details and opening hours for the Waltham Abbey branch please visit our website [www.efcab.org.uk](http://www.efcab.org.uk)

Most of our clients' needs are met by our generalist advisers who are all volunteers. Each volunteer follows an extensive training programme when they start with the CAB and receive regular updates as the law changes. We also have specialist advisers available when further help and advice is needed. These advisers will have received dedicated training in areas such as benefits, debt, housing and employment.

The Loughton CAB is located by St Mary's Church in the ignite building. You may have seen in the press that St Mary's Church wishes to develop this site within the next two years and the CAB has been informed that there will not be space for a permanent CAB in the new building. Unfortunately we do not have the finances to rent another permanent building in Loughton.

This does not mean that there will be no CAB advice in Loughton. Loughton is our busiest branch and we have had a presence here for over 35 years so we have no intention of leaving it. The CAB is using the next 18 months to identify premises where we can provide an extensive outreach service. The service will be the same generalist service provided by the same skilled advisers but provided in places such as churches, doctors' surgeries and other suitable venues across Loughton. It is also hoped to provide specialist advice cover as well.

We will also have a new building in Epping in 18 months which will provide the full range of services including a telephone advice service. The service at Waltham Abbey will continue as usual.



**CONGRATULATIONS** to all those residents and representatives of local businesses who took part in this community event held on Jessel Green on 14 September 2013. This was part of the wider summer programme of activities in the town, initiated by Cllr Leon Girling.

The drizzly weather on the day failed to dampen the enthusiasm of the 11 teams of 10, which took part in the fun and games based on the original BBC TV show "It's a Knockout", popular in the 1960s. There were plenty of funny props, costumes and inflatables with foam and water provided by the local fire brigade. Bouncy castles and face painting kept the children entertained despite the rain.

In first place were the 'Flower Boys', a

team from the Cottage Loaf pub, followed by 'To the Hinge End' and 'Last Responders' in second and third places respectively. Prizes were presented by town mayor, Cllr Jill Angold-Stephens.

We are grateful to the Cottage Loaf pub, which provided a BBQ and refreshments throughout the day. Thanks also go to volunteer, Jess, one of the council's park wardens, who organised hot teas and coffees with the assistance of the first aid ladies from the Red Cross and raised £80 for the Breast Cancer Unit at St Margaret's Hospital, Epping.

Plans are in hand for a similar event in 2014, but we hope to choose a date earlier in the summer when hopefully the sun will shine!

## Loughton and its Trees

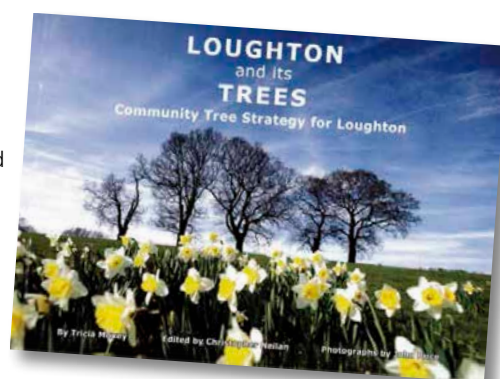
**WE ARE** delighted to announce the publication of Loughton and its Trees.

Trees are a very important component of Loughton's life, history and geography. The town's 14,000 houses are set not only between two great green swathes of forest and meadow, but among gardens full of trees, a haven for wildlife.

The work to survey and produce a management plan for Loughton's trees was completed last year, and originally available only on the internet. This new printed version has over a 100 pages in fully glossy colour. Almost every page contains beautiful photographs of our local trees taken by John Price.

The book tells the story of the trees of Loughton, sets out the current situation, and then addresses the main challenges we face to maintain and improve Loughton's tree cover.

It is a true partnership document. Much of the work was done by Epping Forest District Council in collaboration with Loughton Town Council and our local tree wardens. The author, Tricia Moxey, is a well-known local naturalist, who put in many days of work on this project, and the editor, Chris Neilan, is an internationally-recognised tree expert. We are grateful to the Loughton and District Historical



Society which used its considerable book publishing experience and contacts to produce the book.

To continue this important project, we have produced an action plan and, by working together with local residents and other partners, look forward to celebrating and enhancing the tree-scape of the town in the future.

The book is available from the Loughton and District Historical Society at Forest Villa, 7 Staples Road, Loughton IG10 1HP, or from local bookshops and priced at £8 would make an interesting Christmas present for anyone with an interest in Loughton.

# Give young people a voice It's a scam

**IF YOU** are aged between 13 and 17 and live in the Epping Forest district then this is your opportunity to have a voice.

The Epping Forest Youth Council is holding youth elections in March 2014 and, if you would like to stand as a candidate for these elections, then collect your candidate booklet and nomination form today. These are available from the Epping Forest District Council Civic Offices in Epping, libraries, youth centres and all secondary schools in the Epping Forest district – Braeside Independent School, Chigwell School, Davenant Foundation School, Debden Park High School, King Harold Academy, Roding Valley High School, St John's C of E School and West Hatch High School. You can also download a nomination form from [www.eppingforestdc.gov.uk/efyc](http://www.eppingforestdc.gov.uk/efyc)

EFYC was established in 2007 and has grown in strength and popularity with 39 candidates standing in the 2012 elections.

The current youth councillors have been working hard in their local community giving young people a voice at local events and consultations. They have been promoting volunteering for young people and recently launched

the Young Person's Guide to Volunteering at the Celebration of Epping Forest Youth Groups evening.

Youth Cllr Catie Barry says *"I have gained experience working in a team and with older people. I have learnt how to cope with anxious and awkward situations and I have enjoyed public speaking and campaigning. I have enjoyed chairing the youth council meetings as well as taking on the challenge of chairing the youth council's Question & Answer Session with the local MP."*

Youth Cllr Jaymey McIvor adds *"I have gained confidence and networking skills and it has*

*developed me as a person. I have also gained knowledge on how a council works. I have thoroughly enjoyed my time as a youth councillor and would recommend it to you all. I want to be remembered for doing a great job for young people and making a difference."*

If you have got what it takes then look out for the Epping Forest Youth Council candidate booklet.

For further information contact Di Butler, Epping Forest Young Persons Officer on 01992 564365 or [dbutler@eppingforestdc.gov.uk](mailto:dbutler@eppingforestdc.gov.uk)



by Sergeant Russ Welch,  
Essex Police



## ESSEX POLICE

is currently running operation Seaford. This aims to combat a new type of crime generally committed against the elderly or vulnerable.

It's fraud involving a scam in which the criminal phones a

potential victim pretending to be from the police or a bank. They tell you that there has been suspicious activity on your accounts. They use a reassurance tactic, by suggesting to the victim that they might want to hang up and call them back to ensure that the call is genuine. What they actually do is stay on the line, which keeps the call live, and so the victim thinks that they have called them back. They then convince the victim to pass over account details and pin numbers and sometimes even to transfer money. They may also send a courier/taxi to collect the victim's bank card. Armed with their pin numbers this gives them full access to the account and the criminals disappear with all of the victim's money.

Neither the police nor your bank will ever ask for your bank card or PIN number. Do not give them to anyone.

## EPHING FOREST COLLEGE OPEN EVENT

**Monday 20<sup>th</sup> January 2014**  
**6.00pm - 8.00pm**

**(020) 8508 8311**

**[www.efc.ac.uk](http://www.efc.ac.uk)**



**Epping Forest College**



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## Dates for the diary

■ **Until 2 Dec** Christmas Card Competition 2013 Town council's display of winners & selected entries. Loughton Library, Traps Hill

■ **24 Nov, 12-16pm** Christmas Fayre Haven House Woodford County High School, High Road IG8 9LA £2 adult, £1 child (suggested donation). [heulwenevans@hotmail.com](mailto:heulwenevans@hotmail.com)

■ **28 Nov, 4pm** Christmas light switch-on Loughton High Road outside St Mary's Church (see p1)

■ **29 Nov, 3pm** Christmas light switch-on The Broadway (see p1)

■ **28-29 Nov, 8pm** Jazz Festival 25th anniversary National Jazz Archive Loughton. Methodist Church, 260 High Road.

**28 Nov, 8pm** The Dankworth Dynasty with Dame Cleo Laine, Jacqui & Alec Dankworth. £20

**29 Nov, 8pm** 100 Years of Jazz in 99 minutes with Richard Pite & others £15, both concerts £32. 020 8502 8988 (10am-1pm weekdays except Thurs) / [david.nathan@essex.gov.uk](mailto:david.nathan@essex.gov.uk)

■ **30 Nov, 11am-2pm** Season of Giving Christmas Fayre St Mary's Church, 201 High Road. Gifts, crafts, games, face painting & more. Free refreshments & cakes. 020 8508 3643 [www.stmarysloughton.com](http://www.stmarysloughton.com)

■ **30 Nov, 4.30pm** Light up a Life Service Candlelight procession from Methodist Church (see p1)

■ **1 Dec** Christmas Window Competition 2013. Open to shops/businesses in Loughton (no need to apply). Judging of Christmas windows.

Town Council 020 8508 4200

■ **1 Dec, 10-10.30am & 11-11.30am** Carols: Roding Players wind ensemble Loughton Farmers Market, Centric Parade, High Road

■ **1 Dec, 11am** Santa fun run (or walk) £12 (incl Santa suit & Christmas buffet) Broadway TCP & St Clare Hospice 01279 773750

■ **4 Dec, 4-6pm** Father Christmas sleigh ride & carol singing The Broadway & selected route (see p1)

■ **4-7 Dec, 7.45pm** It's beginning to look a lot like Christmas Loughton Operatic Society (see p11).

■ **6 Dec-3 Jan** Christmas Card Competition 2013 Town council's display of winners & selected entries. Debden Library, Epping Forest College, Borders Lane

■ **7 Dec, 2pm** Only 80 Miles to Christmas Riding Lights Theatre Company Christmas show, Wesley Hall, Loughton Methodist Church, 260 High Road. £7 adults, £5 conc, £20 family. 020 8502 3071

■ **7 Dec, 7.30 pm** Christmas Concert: Roding Players Orchestra St Mary's Church, 201 High Road. £7, £6 concs (on the door)

■ **14 Dec, 10am** Father Christmas at Santa's Grotto Restore Community Centre, 68 The Broadway (see p1)

■ **18 Dec, 8pm** The Christmas Story Chigwell Choir's annual carol concert St Mary's Church, High Road, Chigwell, IG7 6QQ. Mulled wine & mince pies. £8, u16 free (on the door). Retiring collection Vitalise charity. [www.chigwellchoir.org](http://www.chigwellchoir.org)

■ **8-11 Jan, 8pm** Viva Variety II show Theydon Bois Drama Society, Village Hall, Coppice Row. £9. 01992 812250 [www.theydondrama.org](http://www.theydondrama.org)

■ **16-18 Jan, 8pm** Why Me by Stanley Price. Loughton Amateur Dramatic Society (see p10)



**18 Feb, 11.30am & 2.30pm** Who's Been Sitting in my Chair? Performed & devised by Freehand Theatre. Epping Hall, St John's Road, Epping CM16 5JU. £6 adults, £4 children (aged 3-7 must be with an adult). EFDC 01992 564226 (book from 13/01/14 Mon-Fri 10am-4pm)

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

**10 Dec, 8pm** The Journey of the Magi: 1700 Years of the Three Kings. Rt Revd Christopher Herbert MPhil. PhD

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**14 Jan, 8pm** The History of Art & Science: From Leonardo to You. Sally Hoban

**11 Feb, 8pm** Louis XIV & the Court of Versailles Jane Gardiner

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

**30 Nov, 11.30am-3pm** Advent Activity Day for children, Jane Austen theme. Buffet meal & cake stall.

**11 Dec, 7.30-9pm** Candlelit informal carol singing Georgian theme. Learn about Jane Austen's Christmases. Seasonal refreshments & cakes. Retiring collection.

**15 Dec, 2pm** Woodford Singers' seasonal concert. Traditional refreshments. Retiring collection.

**21 Dec, 7pm** Churchfield Singers' Christmas concert. Hot chocolate (arrival) & seasonal refreshments (interval). Retiring collection.

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

**5 Dec** Olympic Gamesmaker Chris Frankland on his experiences & memories

**6 Feb** Thames Ship Building in Art Dr Pieter van de Merwe, National Maritime Museum, Greenwich  
■ Essex Handicrafts Association Woodlands Branch 7.45pm 020 8508 7657

**28 Nov** Christmas cards

**23 Jan** Beaded jewellery

**27 Feb** Sewn birthday cards

■ Herts & Essex Architectural Society (HEARS) (talks), St Michael's Church,

Roding Road. 8pm. £2.50 (non-members) 020 8508 2512

**22 Nov** Upper Town Cottage, Nazeing A Textbook H-Plan House? Brenda & Elphin Watkin (& seasonal refreshments)

**24 Jan** Heritage Law Listed Buildings & Conservation Areas. John Harrison

**22 Feb** Historic Architecture of Burgundy: Dijon & Beaune. David Stevenson

■ ignite St Mary's Church, 201 High Road. 020 8508 3643 / susannah@stmarysloughton.com

**11 Jan** Pulse Praise Party! £3 children (reception-year 6) Amazing songs, silly games & mind-blowing stories!

**18-21 Feb** Pulse Holiday Club! £20 children (reception-year 6) half term week (pre-booking essential). Incredible stories, great songs, crafts & crazy games.

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

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

**5 Dec, 8pm** For Valour - Victoria Cross Mark Smith

**16 Jan, 2.30pm** A Year in Hatfield Forest plus Paycocke's House & the Wool Trade. Simon Cranmer

**10 Feb, 8pm** History of the Theatre Royal, Bury St Edmunds by Lynn Whitehead

■ St Michael & All Angels Church Roding Road

**24 Nov, 10.45am** Messy Church Experience a totally different church (all ages).

**8 Dec onwards** Lights of Life Hang a star on the special tree to remember loved ones at Christmas time.

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

**13 Jan, 1.30-3.30pm** Clothing the Naked Ape Irene Jacobson. Loughton Bowling Club, Eleven Acre Rise

**14 Jan, 10am-12 noon** Egyptology: Life, Death & Donkeys Rosalind Jansen. Loughton Bowling Club, Eleven Acre Rise

**15 Jan, 10am-12 noon** Greek Myth & Legend Norman Leighton. Lopping Hall, 187 High Road

**15 Jan, 10am-12 noon** Exploring the Natural History of Aquatic Habitats Tricia Moxey. Jack Silley Pavilion, Tidy's Lane, Epping CM16 6SP

**16 Jan, 10am-12 noon** High Victorian Writings Adrian 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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# Financial assistance

**LOCAL GROUPS**, organisations and charities are invited to apply to the town council for financial assistance for the period April 2014 – March 2015.

In this current financial year, we have helped over 30 groups to improve or maintain their services to the local community including the Alzheimer's Epping Forest office, Loughton Baptist Church, Loughton Film Society, and the Loughton Youth Project.

We were also pleased to support four new services – the Reindeer Explorer Scout Unit, Scout Active Support Group, Loughton Football Club and the Loughton Foodbank, a group who distribute essential food supplies to local people in need.

An application form can be downloaded from [www.loughton-tc.gov.uk/7fias.pdf](http://www.loughton-tc.gov.uk/7fias.pdf) or contact Shirley Haynes at the council offices for more information. The closing date for completed applications is 31 December 2013.



**TWO BENCHES** have been installed at the play area in Colebrook Lane. It had been the only one of the town councils 8 children's play areas without seating, and following recent feedback from users, the benches were installed to allow parents and carers the chance to relax while their children enjoy the many play opportunities on offer.

Two new timber seats have been installed on the green opposite the Gardeners Arms public house at the top of York Hill. The two original seats were removed for safety reasons. The new seating once again allows people the opportunity to take in the magnificent view from the top of York Hill.

# Winter gritting scheme

**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 town's hillier parts. If you're interested, please contact Paul Hoy or Debbie Taylor on 020 8508 4200.

The town council has 25 salt/grit bins located around the town, which are stocked for the winter by ECC Highways. Re-stocking is subject to supplies from ECC and out of the town council's control.

For more information and advice contact ECC Highways, [www.essexhighways.org/Winter-Maintenance.aspx](http://www.essexhighways.org/Winter-Maintenance.aspx) / 0845 603 7631.



**WITH THE** Christmas holiday season almost upon us, now, half way through November, is a good time to remind ourselves to take steps to make sure our Christmas isn't spoiled by criminals.

Criminals take the opportunities afforded them by the extra shopping that we do, the hustle and bustle of town centres as we rush around, and the value of the goods we buy as presents and store in our homes until the big day. We might also be more trusting and generous at Christmas when requests for charity are made, giving the unscrupulous a chance to collect for their own causes.

## So what can we do?

The advice below is common sense, but you might overlook it in your haste to get everything ready. We have applied normal crime prevention advice to Christmas.

## Out Shopping

When the shops are crowded, the pickpocket has more chance to steal from you. If you can't arrange to shop during less busy times, make sure you stay alert and be extra careful with your wallet or purse. Never keep them in accessible and vulnerable rear trouser pockets. If you have too many bags you will be too busy trying to hold on to these to be aware of anyone stealing from you. You could try to make smaller shopping trips rather than do it all at once and carry too much. Have your purse/wallet close to your body and don't carry too much cash. The same applies to travelling on crowded buses or trains. If you travel by car, make sure you park in a well-lit area, lock all doors and windows and do not leave presents in view. Try not to return to your car to leave purchases in the boot before continuing with your shopping trip as thieves may well watch car parks for just such a chance. Arrange to collect heavy items from stores when you have finished all of your shopping. Keep your cheque book and any debit or credit cards safely out of reach and out of view.

## At Home

Having bought all those wonderful presents, don't make it easy for someone to steal from your home. Keep them out of sight until last thing on Christmas Eve and if you 'hide' or store larger items such as bicycles in the shed or outbuildings, make sure they are very secure. Now is a good time to check that you know what items you have both normally (TV, video etc) and the extra presents you have bought. You may want to check your insurance to make sure you are covered for the value of goods in your home. Take the frame

# From presents to swag

by  
Colin Freeman

numbers of new bicycles and the serial numbers of new electrical equipment for future reference. Remember, empty boxes left outside advertise that you have new goods inside - dispose of packaging carefully.

If you go out for the evening make it look like someone is at home by turning on lights and the radio. Don't leave curtains open so people can see your decorations as potential thieves can see in. Be extra careful about locking doors and windows. As a fire precaution, don't leave Christmas lights on in the house whilst you are out.

If you go away for the holiday period use an automatic timer for lights and ask a trusted neighbour to watch your home. Don't forget to cancel newspapers and milk if you have them delivered and either redirect your mail through the Post Office or have your neighbour take mail into the house – unopened Christmas cards and mail are sure signs that a house is empty.

Strangers at the door - genuine delivery personnel usually have uniforms and liveried vehicles and should not need to come into your home. Charity collectors will have identification and will not be offended if you ask to see it. If you are not sure but want to make a donation, ask whether these can be made in other ways, perhaps through a bank.

## Out on the town

With office parties and general Christmas celebrations, pubs, restaurants and other venues are often crowded. Don't leave bags over the back of your chair and keep wallets and purses close to your body to make it more difficult for the pickpocket. Busy places make it easier for the sneak thief, so be alert at all times. Make prior arrangements as to how you will get home. Avoid any potential disturbances on the street. Stay with friends if you can. Avoid the temptation to take a minicab on the street, even if you are having difficulty getting a cab - it is illegal for minicabs to take passengers who have not pre-booked. Make sure someone knows where you are going and what time you will be back. Don't drink too much - you could become a target for thieves.

For more advice on personal safety, contact your local Crime Reduction Officer Tony Ellis on 101 / ext 319383, or Colin Freeman, Essex Watch Liaison Officer on 01279 621862 / [colin.freeman@essex.pnn.police.uk](mailto:colin.freeman@essex.pnn.police.uk)

Essex Police: Non-emergency dial 101 / Emergency dial 999

[www.essex.police.uk/my\\_neighbourhood.aspx](http://www.essex.police.uk/my_neighbourhood.aspx)

# Why Me

**LOUGHTON** Amateur Dramatic Society presents its latest production Why Me by Stanley Price on 16 to 18 January 2014.

John, a successful civil engineer, is made redundant. Stuck at home, with constant visits from his mother-in-law, who lives in the granny flat, and his next door neighbours, John tries everything to get back into employment, whilst watching his wife develop a business of her own. As the weeks

pass by unemployment firstly saps John's energy and then changes his life in unexpected ways.

With great relevance for our times, this bright and deftly observed comedy is the perfect pick-me-up for a dark January evening.

All performances start at 8pm and are held at Lopping Hall, Loughton High Road. Tickets cost £10 each and are available from 07552 736110. [www.lads.org.uk](http://www.lads.org.uk)



# If you watch Freeview, please read on...

**THIS YEAR** will see the arrival of new 4G mobile services across the UK. These services may cause problems with your TV reception, leading to loss of sound, blocky images or loss of some or all Freeview channels. Only those who watch Freeview will be affected; you're unlikely to experience any issues if you watch cable or satellite TV.

at800 is the organisation created to make sure UK viewers can still watch Freeview when 4G mobile services at 800 MHz are launched. The Rural Community Council of Essex is working with at800 to ensure you are supported and can continue to watch Freeview.

**Can this be fixed?** Yes!

Before 4G is switched on in your area, at800 will write to you if you might be affected. You may also receive an at800 filter - free of charge. This connects between your TV aerial and your TV, set-top box or signal booster. The filter is smaller than a pack of cards and in most cases will enable you to continue watching Freeview as normal.

You may be able to fit the filter yourself. If not, don't worry - at800 can help if you're aged 75 or over, registered disabled, blind or partially sighted or have lived in a care home for six months or more. A professional and CRB-checked engineer or volunteer will visit

and install the filter for you free of charge. Please contact at800 on 0333 31 31 800 to arrange this if you think you have been affected.

If more work is needed to restore your Freeview service this will also be carried out by at800 and you won't need to pay.

## DO's and DON'Ts

**Do** look out for a postcard from at800

**Do** keep hold of your at800 filter if you are sent one. Only try to fit it if you think you can do so easily

**Do** call at800 on 0333 31 31 800 if you'd like help with fitting the filter or need further advice or support

**Do** visit [www.at800.tv](http://www.at800.tv) for more information

**Don't** worry - at800 is here to help and will ensure you can continue to watch Freeview

**Don't** buy a new TV or aerial or re-tune your TV - this won't solve the problem

**Don't** buy a filter - it's likely you will be able to get one for free

We thank the Rural Community Council for Essex for this useful advice.



# Loughton Operatic Society

by Lesley Lewis

**NEXT YEAR** the society will be 120 years old. During its lifetime LOS has performed to thousands of Loughton residents at Lopping Hall entertaining them with a wide variety of shows from light opera to West End musicals.

This year is no different and, after a hugely successful production of 'Liza of Lambeth' earlier in the year, members are busy rehearsing for their Christmas production 'It's Beginning to Look a Lot Like Christmas'.

This entertaining variety show will take place from 4 to 7 December at 7.45pm nightly with a Saturday matinee beginning at 2.30pm.

The show contains songs and dances from a wide variety of musicals and films most commonly seen at Christmas time such as Chitty Chitty Bang Bang, Mary Poppins and White Christmas, as well as some less well known ones.

LOS provides its own bar, so, as the audience is seated at tables, drinks and snacks will be available throughout the performance.

For a memorable night of entertainment, tickets priced £8 - £11 are available from [www.los.ticketsource.co.uk](http://www.los.ticketsource.co.uk) / 01992 575 502.

## Governors to take college "to the next level"

### Advertisement

**WITH SUCCESS** rates in the top 10% of FE colleges, and a financial position judged as "outstanding", the short and long-term outlook has never been better for Epping Forest College. Principal Jeannie Wright is now looking to expand the team of Governors as she builds upon the College's recent accomplishments.

Mrs Wright said: "The College has travelled an incredibly long way in a short time. In 2008 we were housed in buildings that were unfit for purpose, while Ofsted Inspectors declared us "unsatisfactory".

"Fast forward 5 years, and the College is unrecognisable in every sense. Our £38 million campus now welcomes over 4,000 students aged from 14 to 65+ across a range of courses. Our talented staff are dedicated to our core values of learning, safety and respect every day, resulting

in a student retention rate of over 93%, placing us in the top 5% of FE colleges.

"These are all considerable achievements, and in no small part due to our diligent and knowledgeable Governing body. They have laid the strategic direction for all of this. We now need to take the College to the next level to become an outstanding college."

Chair of Governors Will Breare-Hall said: "Although Governors traditionally have a wealth of experience, as important is a passion and commitment to education, and the role of Epping Forest College in improving the local and regional skills base for future growth."

If you think that you could be an Epping Forest College Governor then please contact Jon Allen, Clerk to the Corporation, care of Barbara Calvert, at [bcalvert@efc.ac.uk](mailto:bcalvert@efc.ac.uk)

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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.rodingroadallotments.co.uk/](http://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](mailto: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](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

## 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 / [mrspdale@googlemail.com](mailto:mrspdale@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. 020 8508 1834

## FOOD

**Farmers Market**, Centric Parade, High Road. 1st Sundays, 9am-2pm.  
 David Linnell 020 8508 2932  
**Loughton Foodbank** Wednesdays, 10.45-11.45am St Mary's Church, 201 High Road & Saturdays, 2-4pm Restore Centre, 68 The Broadway. 07402 032313  
[www.loughton.foodbank.org.uk](http://www.loughton.foodbank.org.uk)

## 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](http://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 Bailey 020 8508 1593  
**Forest Creative Writers**, Jazz Archive Library, Roding Valley, 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/Welcoming.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.film.loughton.co.uk](http://www.film.loughton.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 641347 / [admin@adasuk.org.uk](mailto:admin@adasuk.org.uk) [www.adasuk.org](http://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](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)  
 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](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** Trinity Church Hall, Mannock Drive. Mondays: Beavers (6-8 yrs) 5.45-7pm. Fridays: Cubs (8-10 yrs) 6.30-8pm Linda Brede 020 8508 4867 / [lulu.brede@ntlworld.com](mailto: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](mailto: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](http://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](mailto:vicky.young@essex.gov.uk)  
**Girlyguiding 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  
**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/](http://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](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. 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](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)  
**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.thephrstudio.co.uk](http://theclub.thephrstudio.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.rodingplayers.co.uk/](http://www.rodingplayers.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 [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

**13** ▶ **Forest Probus Club**, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker.  
Budge Burnage 020 8508 7379  
**Friday Market**, St Michael's Church, Roding Road. Fridays, 10am-12 noon  
**Loughton Probus Club**, Gilwell Park, Chingford. 4th Tuesdays (lunch).  
Secretary Derek Allen 020 8504 3074  
[www.probusloughton.org.uk/](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 7567  
**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)

#### 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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