



# Think Loughton

News from Loughton Town Council

Spring 2014 No 64

## Fun family events



**FOLLOWING ON** from the successful event in 2013, we hope to encourage even more participants to join us in the 5th annual **charity fun run** on the Roding Valley Recreation Ground.

This year the short 4km run will start at 10.30am on Sunday 6 April next to the tennis courts. Suitable for all ages and levels of fitness, you can walk, run or jog at your own pace whilst enjoying the fresh air and beautiful scenery. It's not a race and all participants will be presented with a medal at the finish.

Entry fees are £10 per person with family tickets available. A booking form can be downloaded from [www.loughton-tc.gov.uk](http://www.loughton-tc.gov.uk) or collected from the town council offices. Alternatively just turn up on the day to register.

All proceeds will go to the town mayor's charity, the Chigwell Riding Trust. This local charity, established for fifty years, was the first riding centre for people with special needs in the world and provides riding instruction to people of all ages and abilities, approximately 160 riders each week.

As one of the leading specialised riding centres in the country it benefits not only people with special needs but also the entire community, giving

opportunities for volunteering, school participation and practical experience for children and adults working with people and animals.

**WE ARE** also pleased to announce that team bookings are now being taken for the thrilling **2014 It's A Knockout!** event.

Local residents are invited to take part in the ultimate community fun day event on Saturday 12 July 2014 on Jessel Green.

Teams of 10 people will take part in the various games and heats which all lead to a grand finale and prize giving ceremony in the afternoon.

All team participants must be over 13 years of age. If you'd like to take part contact the town council by email, [contact@loughton-tc.gov.uk](mailto:contact@loughton-tc.gov.uk) or call 020 8508 4200.

On the green there will be activities for all the family with inflatables and an opportunity to try out zorbing organised by the Red Balloon Family with Epping Forest Community Church. The popular Love Loughton festival will also be held in the High Road that same day.

So, even if you don't want to participate, put the date in your diary and come along to watch the fun and games.



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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 cruelty line	0300 1234 999
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	01279 444455
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 Travel Information	
(TfL & LOROL)	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 Emergency Service	0845 6014516
National Gas Emergency Service	0800 111 999
Thames Water 24 hour leakline	0800 714 614

## COMMUNITY

Age UK Essex	01245 346106
Age UK Advice	0800 169 6565
Care & Repair Service	01992 564086
Churches Together in Loughton	www.loughtonchurches.org.uk
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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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 EPPING

Boys & Girls 2 1/2 - 11

Open Morning: Friday 14 March 9.15am  
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www.coopersalehallschool.co.uk



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## Clerk's Remarks



**A BIG** thank you to our growing band of hardy volunteers who have offered to spread salt and grit on roads and pavements near their homes this winter. As I write this in late January, it's very foggy outside but at least we have been spared the heavy snow falls of previous years thus far and so I hope the service of these volunteers will not be

required this year.

Thinking of volunteers, the Loughton Food Bank has successfully supported local families in need over the last 9 months but still welcomes new volunteers and, of course, donations of food or money. Visit [www.loughton.foodbank.org.uk](http://www.loughton.foodbank.org.uk) for an update on their activities and details of how to help.

The pre-Christmas storms affected the town, although luckily not to the extent of other parts of the country. The strong winds caused considerable damage to trees on town council owned land, with clearance works costing almost £3,000.

Flooding, particularly from the river Roding, led to the cancellation of football over several weekends. The playing season will be extended into early May to allow teams to catch up on their matches.

I am now able to confirm that the village green applications for Jessel, Newmans, Rochford and Rookwood Greens have been completed and were submitted to Essex County Council in early December. However, please be aware that this is a long drawn out legal process.

Many of you will have hired or visited the town council's community buildings – the small Kingsley Hall just off The Broadway and the larger Murray Hall in Borders Lane. Bookings at both halls continue to increase and, as we now take bookings for up to two years in advance, do contact us early if you have a date in mind for that special celebration.

An application to licence the Murray Hall for civil weddings has been submitted to the county council and, once this is in place, we will be holding a wedding fayre to launch this

exciting new facility for local residents.

A number of community groups regularly use the halls for meetings and events but we would like to encourage more. So, if you have an idea for a new activity group, whether it's short mat bowls or a keep fit class for example, give us a call as we can provide advice on getting started.

As the news item on page 4 remarks, we are developing plans to mark the centenary of the First World War. One of the ways could be to develop an online resource of local information about those who served their country. If you have any memorabilia you would like to share with others, we would be delighted to hear from you.

Enid K Walsh  
Town Clerk

## Loughton Festival 2014

**A GREEN** fair at St Mary's Church in Loughton is just one of the events festival director, Sue Taylor, has organised. It's on Saturday 17 May from 11am to 3pm and there will be a cake baking competition, which will be judged by top local chef, Ade Adeshina. This will be followed by a cake auction with all proceeds going to the Loughton Food Bank, the festival's charity for 2014.

Stalls, including the RSPB, Epping Forest District Council and many others, will show you ways of saving money and keeping the planet green. Local groups, including allotment societies wishing to promote 'grow your own' and businesses interested in having a stall for displaying projects in line with the green theme, should contact [loughtonfestival@aol.com](mailto:loughtonfestival@aol.com) or call

020 8508 2512.

Evening festival events include the Epping Forest Band Concert at St Mary's Church on 17 May at 8pm (£10, £8 conc), the festival gala with live music and entertainment on Sunday 18 May at Loughton Club (£5) and a music and magic variety show at St Mary's Church on Saturday 24 May at 7.30pm (£7).

Other festival events include a fashion show in the High Road on 17 May, two walks organised for Saturdays 10 and 31 May, and a First World War Study Day by David Stevenson (Professor of International History, LSE) at the Lopping Hall on Saturday 31 May. Details of more events can be found in the Dates for the diary section on pages 8 and 9 and the full programme is on the festival website [www.loughtonfestival.org](http://www.loughtonfestival.org)



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<p style="text-align: center;"><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 style="text-align: center;"><b>WINDOWS &amp; DOORS DIVISION</b></p>  <p style="text-align: center;"><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

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24 Russell Road  
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**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  
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leongirling@gmail.com

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

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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

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13 Colebrook Gardens  
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carolchristmas@yahoo.com

**Cllr Judy Jennings** 020 8508 1861  
94 York Hill  
Loughton IG10 1JA  
cllrjennings@hotmail.co.uk

### FOREST WARD

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Loughton IG10 4NE  
jill@angold-stephens.co.uk

**Cllr Trevor Downing** 020 8508 8877  
207 Smarts Lane  
Loughton IG10 4BW  
downingtj1@gmail.com

**Cllr Sharon Weston** 020 8502 0713  
58 York Hill  
Loughton IG10 1JA  
sharon.weston2@btinternet.com

### RODING WARD

**Cllr Ken Angold-Stephens** 020 8281 0674  
89 Lower Park Road  
Loughton IG10 4NE  
ken@angold-stephens.co.uk

**Cllr Margaret Chalk** 020 8508 2226  
49 Southview Road  
Loughton IG10 3LQ

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

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Loughton IG10 1SH  
stephen-pewsey@fsmail.net

**Cllr Caroline Pond** 020 8508 2361  
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Loughton IG10 1HP  
caroline\_pond@hotmail.com

**Cllr Chris Pond** 020 8508 2361  
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Loughton IG10 1HP  
loughton\_ponds@hotmail.com

### ST MARY'S WARD

**Cllr Philip Beales** 020 8418 0459  
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philip.beales@loughtonresidents.co.uk

**Cllr Imogen Lawrence** 020 8508 4200  
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Loughton IG10 4EE  
imogenlawrence@btinternet.com

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

## Committee membership

**C** Chairman

**VC** Vice Chairman

### RESOURCES & GENERAL SERVICES

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

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

### PLANNING & LICENSING

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**VC** C Davies  
J Angold-Stephens  
J Bostock  
M Chalk  
S Weston  
Vacancy

### RECREATION

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**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.

### Deadline dates

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## Town Council Meetings

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

2014

<b>Mar</b>	12	Recreation
	17	Planning & Licensing
	19	Annual Town Meeting, The Murray Hall, 8pm
	26	Environment & Heritage
	31	Planning & Licensing
<b>April</b>	9	Resources & General Services
	14	Planning & Licensing
	16	Council (approval of accounts)
	28	Planning & Licensing
<b>May</b>	12	Planning & Licensing
	28	Annual Council

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

## News round-up

### ■ LOUGHTON AND THE GREAT

**WAR:** The town council has been holding discussions with the Loughton Royal British Legion on appropriate ways to commemorate the centenary of the First World War. Local residents may be interested in attending an illustrated talk by Chris Pond concentrating on the effects of the war on the community of Loughton. Thursday 13 March at 8pm in the Loughton Methodist Church (fee to LDHS members, otherwise £1.50 donation).

### ■ PLAY IN THE PARK:

Back by popular demand, the Easter sessions will take place on the Roding Valley Recreation Ground, by the tennis courts, on Wednesdays 9 and 16 April from 1.30pm to 3.30pm. Just turn up, there's no need to book. This is a free event for children run by EFDC's Community Development Team (01992 564363) and sponsored by the town council.

■ **COMMUNITY CHOIR:** If you enjoyed The Choir, the BAFTA award winning TV series hosted by Gareth Malone, why not join our local Davenant Community Choir. Rehearsing at the Davenant School every Thursday from 6.45pm they sing a wide range of music, from oratorio and musicals to jazz. They also support our annual Light up a Life ceremony on Kings Green. If you would like to join them, even if you haven't sung before, please call Pauline on 020 8508 9597 or David on 020 8508 2026.

### ■ NEIGHBOURHOOD

**WATCH:** Whether you have a lot of time or only a little, want to join a neighbourhood watch scheme or set one up yourself, it can all make a difference. There are resources available to help start your own group from Epping Forest NHW.

There's also a new EF NHW Facebook page for people who want to know the latest news, much of it directly from Essex Police. It is a 'closed' group, which means people must apply to join by 'liking' the page. It's not a place to report crime, that remains 999 or 101, but they welcome reports of crimes as a warning to others living close by.

For more information contact Colin Freeman (colin.freeman@essex.pnn.police.uk) or visit [loughtonnhw.vpweb.co.uk/](http://loughtonnhw.vpweb.co.uk/)

■ **ALL SHOOK UP:** Loughton-based Forest Musical Theatre Company invites people to get involved in their next production at the Kenneth More Theatre, Ilford.

C'mon everybody strap on your Blue Suede Shoes for the smash-hit Broadway musical "All Shook Up", described as "the Elvis Presley Mamma Mia".

Rehearsals are Tuesday and Wednesday evenings 8-10pm. Contact sally@forestmusical.co.uk for details on how to join in or see their website [www.forestmusical.co.uk](http://www.forestmusical.co.uk)



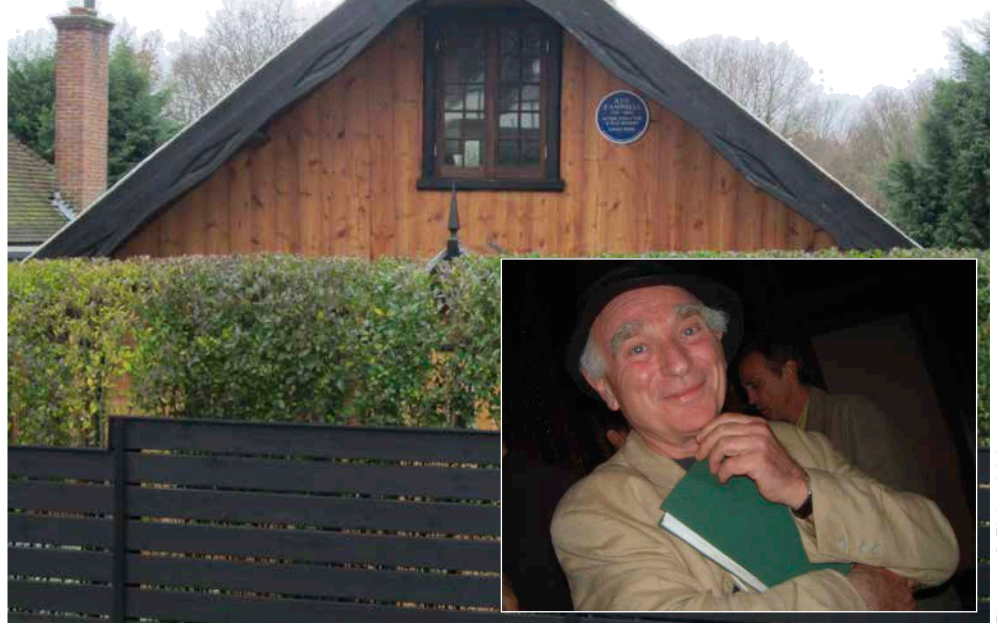
# Ken Campbell

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

The latest plaque is in honour of the distinguished British actor, director and playwright Ken Campbell who lived at Swiss Cottage, 40 Baldwins Hill. Born in Ilford, Essex, on 10 December 1941, Ken, who trained at RADA (the Royal Academy of Dramatic Art), was renowned for his original work in British theatre. He lived for some years at Swiss Cottage, with his three dogs and a parrot called Doris. The current owner reportedly had to remove a series of chicken wire tunnels from inside the property, which had allowed the parrot to follow Ken from room to room inside the cottage.

Cllr Chris Pond, vice chairman of the town council's Environment and Heritage Committee says, "The Swiss Cottage is supposed to be an import from Switzerland of the mid-nineteenth century, and in kit form; but evidence for this is lacking. It was certainly there by 1872, when the first large scale map of Loughton was published by the Ordnance Survey. All sorts of fanciful accounts of its origin have been heard, but so far, it must be a matter for conjecture".

He continues, "The cottage has been a distinctive feature of the landscape of upper



Photos: © Richard Adams

Loughton for many decades. At first it may have been a gardener's cottage; later it became associated with the rose nursery that lay behind it (named Rose Cottage) and was inhabited by one George Thompson. In 1949, when the owner was George Winnington, it was extended, and again both in 1979 and 1983.

Later on it became Keeper's Cottage".

We are grateful to the new property owner for supporting this scheme.

This latest plaque brings the total installed by the town council to 36. The full list can be viewed at <http://www.loughton-tc.gov.uk/2bhpl.htm>

## Braeside School

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## 0% precept again

**WE ARE** pleased to announce that the amount of council tax for Loughton paid by a Band D property will remain at £49.18 in the coming year. This amounts to less than 95p a week, which continues to provide excellent value for money given the range of services which the town council delivers.

Town mayor, Jill Angold-Stephens, said "by means of careful use of funds and maintaining our Reserves Policy we have been able to keep the precept at the same level for a fifth consecutive year; thus helping families in Loughton who are suffering due to the financial constraints that affect us all.

We will continue to maintain and develop our services whilst absorbing the decrease in the Local Tax Support Grant from central government, passed onto us by Epping Forest District Council. Your local councillors and officers have worked well together to achieve this continued low precept, making us one of the lowest in Essex for our population size."

## Outdoor gym delay

**INSTALLATION OF** the gym at the Willingale Road Playing Field was delayed by wet weather but it should now be open and ready for use.

You'll find a much updated version of the existing gym facility on the Roding Valley Recreation Ground. The mixture of static and moving pieces will provide a greater variety of exercise to both the novice and the more experienced user. We understand this is the first site in the UK to display the new style equipment.

Look out for details of the free induction sessions designed to enable you to get the most out of this free to use facility. We are grateful to officers at EFDC Leisure Services who have secured funding for this training.

Arrangements will also be finalised for an opening event to be combined with a celebration of the dedication of the land as a Queen Elizabeth II Playing Field.

## Annual town meeting

**LOCAL RESIDENTS** are invited to this public meeting on Wednesday 19 March 2014 at the Murray Hall. It's the ideal opportunity to hear about the council's activities over the past year and its future plans. The doors open at 7.30pm with the official meeting commencing at 8pm with the town mayor's presentation followed by summaries from the committee chairmen and a question and answer session.

This year's guest speakers are headteachers Paul Banks (Roding Valley High School) and Christian Cavanagh (Debden Park High School), who will provide details of the new consortium to provide sixth form education in the district.

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

# Get on your bike

**WITH EXCITEMENT** mounting following the news that the Tour de France will pass through the district on Monday 7 July 2014, there are already a number of opportunities to be part of this growing sport.

**Cycling 4 Health** - following the success of the 2013 programme this will be re-launched in April 2014 with new routes and family rides at weekends ensuring the whole family can take advantage of the health benefits of cycling.

You are welcome to use your own mountain bike and helmet but please ensure it is safe to ride, as the instructors may turn you away from the session should your bike not be deemed suitable.

The weekly rides will take place on Wednesday mornings at 10am from April to October. Rides generally last two hours with breaks, refreshments (not provided so please bring your own) and time for a bit of socialising. The sessions cost £3 if you bring your own bike and £6 if you wish to hire one.

For more information, or a programme of rides, contact Fabrizio on 01992 564 567 or email [fferrari@eppingforestdc.gov.uk](mailto:fferrari@eppingforestdc.gov.uk)

The **Epping Forest Mountain Biking Club** runs activities in partnership with Epping Forest District Council at High Beach, including sessions for young people aged 8 to 16 on Saturday mornings and ladies only rides on Sunday afternoons. Visit

[www.eppingforestmtb.co.uk](http://www.eppingforestmtb.co.uk) for more details.

If you'd like to improve your cycling confidence, whilst gaining new safety skills on the road why not book for a **Bikeability** course. Courses offer 3 levels of training to suit you, whether you're just starting out or just want to use your bike more safely and more often. Our local instructors are Karen Everard ([kareneverard@hotmail.co.uk](mailto:kareneverard@hotmail.co.uk) or call 07745 459763) and Nikki Luck ([nikki\\_luck@hotmail.com](mailto:nikki_luck@hotmail.com) or call 07557 386151).



**Cycling Sisters**, run in association with Epping Forest District Council and Sportivate, are female only road cycling courses teaching how to ride safely on the road. New courses start on Fridays and Saturdays in May and June, meeting in Debden and cost £60. Please bring a working bike, preferably with gears, a helmet and suitable clothing. Course numbers are limited, so book early to avoid disappointment! For enquiries and bookings call Nikki or Karen on the above numbers.

For more details of the Tour visit [www.essex.gov.uk/Pages/Tour-de-France.aspx](http://www.essex.gov.uk/Pages/Tour-de-France.aspx)



## Loughton Amateur Dramatic Society

## says 'Curtains Up' for its 90th season

**WE CONGRATULATE** LADS on its 90th anniversary. Formed in January 1924, its founders wished to establish a "village society" with the aim of presenting plays with "genuine dramatic worth". Still going strong, and although Loughton can no longer be described as a "village", one thing has remained constant - that original aspiration of "genuine dramatic worth".

As chairman, Dan Cooper remarks, "The achievements of this society are wholly due to the enthusiasm, hard work and passion that LADS' members always put into every aspect of drama whether it be on stage or behind it, in rehearsals or opening night. However we would not be able to survive without the keen support of the local public who purchase tickets and come and watch our performances. I am confident that we will continue to produce plays of the highest quality for our members to act in

and the public to enjoy for many more years to come."

LADS with over 50 members aged from 18 to 80, performs and rehearses at Lopping Hall in the High Road. They produce four plays a year, ranging from classics by Shakespeare, Shaw and Arthur Miller through favourites such as *Hobson's Choice*, *See How They Run* and *An Inspector Calls* to the latest contemporary drama.

LADS is always looking for new members to join the society whether they want to tread the boards or to get involved with one of the many crew roles that are vital in producing each production.

The next production, *A Lie in the Mind* by Sam Shepard, will be performed at the Lopping Hall from 3 to 5 April, with tickets costing £10 each... the price of an average adult cinema pass.

[www.lads.org.uk](http://www.lads.org.uk)

# Policing news

by Sergeant Russ Welch, Essex Police



**I JUST** thought I would spend a little time in this spring issue updating you on some of the good things going on rather than the bad.

As we speak, I have been looking at the crime figures for the whole district, Brentwood, Epping, Loughton and Waltham Abbey.

We have recorded 800 less crimes so far this year (figures run March to March). Now the sceptics will say that this is because less is being reported but burglary alone has been reduced by 150 offences. This is not an offence that people simply fail to report. That's 150 less victims of burglary in the 9 months of this recording period. That's something to be pleased about. We have also had 200 less vehicle related crimes. All in all we have seen about a 10% reduction in crime compared to the previous year. That's pretty good given the reductions in funding we have seen recently.

On that point Essex Police is going through a further round of cost cutting and shortly we will see the structure of the force 'evolve' again to deal with this. The long and the short of it is that as a force we have to save 36 million pounds

on top of the cuts that have already been made. It's going to be a tough task. What I am clear on is that my officers will do the best with the hand that they are dealt, and will endeavour to provide you with the high level of service you expect.

It is likely however, that we will be more robust around areas that we may have historically assisted with that are not our areas of responsibility. Our primary roles as police officers are to protect life, preserve property and prevent, investigate and detect crime. We will continue to do this and to a high standard. However, we will be asking the other agencies with areas that overlap ours to step up and take responsibility. As a police force and service there are things that we must do, things that we should do and things that we would like to do. I lead you to draw your own conclusions as to which of these we may have to give up.

I hope you all enjoy your spring and remember thieves historically target garden equipment as the days get lighter and the weather improves. You can visit the Essex Police website for up to date crime prevention advice at [www.essex.police.uk](http://www.essex.police.uk)

If you need to call us the best way is to telephone 101 for non-emergency matters, but of course, dial 999 in an emergency.



**EFFORTS IN** recent years to secure a permanent site for wheeled sports activities in Loughton have been unsuccessful. So we must thank Skate Loughton for its persistence, LYP for its support and Roding Valley High School for allowing a pilot project to be run this year in school grounds.

Two-hour sessions, funded by the town council, will be run once a month on Monday evenings from late March through September with portable skate ramps and equipment provided. These sessions will only be open to members of Skate Loughton.

If the necessary level of interest and support is raised by these sessions, Skate Loughton will then develop future plans for continuing this activity in the town.

Visit [www.skateloughton.org](http://www.skateloughton.org) for more information.

## EPPING FOREST COLLEGE OPEN EVENT



Wednesday 19<sup>th</sup> March 2014  
6.00pm–8.00pm

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www.debdenparkhighschool.org  
@DPHS on twitter  
facebook.com/debdenhighschool

## Dates for the diary

### ■ 8 & 15 Apr, 12-3pm Mixed Messages:

American jazz stories Peter Vacher. Essex Book Festival. National Jazz Archive, Loughton Library, Traps Hill. £6.60. 020 8502 4701

www.nationaljazzarchive.org.uk/events

■ 18-22 Mar, 6:45pm The Lion, the Witch & the Wardrobe Epping Forest Community Theatre, Loughton Baptist Church, 92 High Road (& matinee Sat 2pm). £7.50 adults, £5 conc (+65s & u18s), free u3s (if extra seat reserved), £20 family (2 adults/3 children).

www.efctheatre.org.uk / 020 3086 8186

■ 20-22 Mar, 8pm Murder Weapon thriller by Brian Clemens. Theydon Bois Drama Society, Village Hall, Coppice Row. £8. 01992 812250

http://theydondrama.org

■ 22 Mar, 10am-4pm National Jazz Archive open day & Essex on Tour exhibition launch with Essex Youth Jazz Orchestra. Loughton Library, Traps Hill. 020 8502 4701

www.nationaljazzarchive.org.uk/events

■ 22 Mar, 7:30pm 10th Loughton Youth Music Festival Loughton Methodist Church, 260 High Road. £10, free (u16) (on the door, in advance) 020 8504 8447

■ 22 Mar, 7:30pm Spring concert: Harp Strings The Chigwell Choir, St John's Church, Church Lane. £12 adults, £10 conc, £5 u16 (on the door, in advance) 07958 763213

www.wegotickets.com/event/255890

■ 22 Mar, 7:30pm A Heavenly Queen Felicitas Chamber Choir concert incl Pergolesi's Stabat Mater & MacMillan's Miserere. St John's Church, St John's Road, Epping. £10, free (u25s) 020 8925 4000 / tickets@felicitas.org.uk

■ 29 Mar, 10am-12pm Family Art Day LifeWorks, Loughton Methodist Church, 260 High Road. Easter arts & crafts fun (all ages). £3 each (incl refreshments). 020 8502 3071

chloe@loughtonmethodist.org.uk

■ 29 Mar, 2:30-

4.30pm Doctor Who: The Complete Guide. Mark Campbell & Pete May. Essex Book Festival. Loughton Library, Traps Hill. £5, £4 conc 01206 573948

■ 29 Mar, 7:30pm

Roding Players Easter Concert St Mary's Church, 201 High Road. £7, £6 conc, free u11s (on the door)

■ 3-5 Apr, 8pm A Lie of the Mind by Sam Shepard. Loughton Amateur Dramatic Society, Lopping Hall, High Road. £10. 07552 736110 www.lads.org.uk

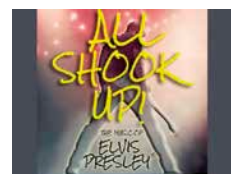
■ 6 Apr, 10.30am 4km charity fun run in aid of Chigwell Riding Trust for Special Needs. Loughton Town Council 020 8508 4200 www.loughton-tc.gov.uk

■ 8 & 15 Apr, 12-3pm Family craft: make an Easter chick. Free (all ages, children must be with an adult). Epping Forest District Museum, Waltham Abbey Library, 39 Sun Street, EN9 1EL. 01992 716882 museum@eppingforestdc.gov.uk

■ 9 & 16 Apr, 1.30-3.30pm Play in the Park free children's activities. Roding Valley Recreation Ground (see p4 News round-up)

■ 22 Apr, 1-3pm, Tea Dance Studio, LifeWorks, Loughton Methodist Church, 260 High Road. Live music by Tom Hanna. £3 incl refreshments. 020 8502 3071 www.loughtonmethodist.org.uk

■ 1-3 May All Shook Up Elvis Presley Jukebox musical at Kenneth More Theatre, Ilford 020 8553 4466 www.kmtheatre.co.uk Forest Musical Theatre Co (Loughton) www.forestmusical.co.uk at



■ 23 May, 8pm AGM & Historic Buildings of Faversham, Kent David Stevenson Herts & Essex Architectural Society (HEARS) (talks), St Michael's Church, Roding Road. 8pm. £2.50 (non members) 020 8508 2512

■ 27 May, 12-3pm Family craft: make a windmill. Free (all ages, children must be with an adult). Epping Forest District Museum, Waltham Abbey Library, 39 Sun Street, EN9 1EL. 01992 716882 museum@eppingforestdc.gov.uk

Organisation / club dates

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

11 Mar, 7.30pm Bancroft School musical presentation & Verdi's La Traviata Jonathan Hinden BA

13 May, 8pm Exquisite Corpses & Angels of Anarchy: The Surrealists & their arts. Dr Justine Hopkins BA MA PhD

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



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**2 Apr, 1-3pm Tour**  
**7 May, 10am-12pm Tour**  
**7 May, 1-3pm Tour**  
**2 Jun, 6-8pm Tour**  
**4 Jun, 1-3pm Tour**  
**■ Church of the Holy Innocents**, High Beach IG10 4BF. Revd Gill Hopkins gill\_hopkins@yahoo.co.uk 01992 760492  
**1 Mar, 11.30am-3pm Lent Activity Day** £1 per craft (children), survival & banner workshops (older children). Buffet lunch & pancakes £1 each  
**16 Mar Tranquillity Trail** exploring Epping Forest, start & finish at the church  
**4 May-28 Sept, 2-5.30pm Sunday afternoon teas** with organ music, tea/coffee & cakes  
**17 May, 11.30am-3pm Christian Aid Brazilian Activity Day** with Snakey Sue & her snakes. Crafts for children. Buffet meal. Proceeds to Christian Aid.  
**■ English-Speaking Union** (talks), Murray Hall, 106 Borders Lane. 10.15am for 10.45am. £4 (incl tea/coffee) 020 8505 9001 / 01992 561 470  
**6 Mar Worshipful Company of Makers of Playing Cards** David Barrett (clerk)  
**3 Apr Flora, fauna & fun in New Zealand** Dudley Chignall  
**1 May St Kilda, its life, death & resurrection** Janet Wallace  
**■ Essex Handicrafts Association** Woodlands Branch 7.45pm 020 8508 7657  
**27 Mar Decorated eggs**  
**24 Apr Patchwork**  
**■ National Trust** (Illustrated talks) Woodford Green Centre 020 8505 3640  
**26 Mar, 2.30pm The Workhouse & the Poor** Mark Pearsall  
**15 Apr, 8pm AGM & Sir Robert Hunter** (NT founder) Ben Cowell, Regional Director of East of England  
**■ St Michael & All Angels Church** Roding Road. 020 8418 7944  
**26-27 Apr Celebration of Creativity** incl floral & artwork displays &  
**27 Apr, 11.30am Memorial Garden** formal opening by Eleanor Laing MP  
**WEA 6-wk courses** £38. 020 8508 4919 / 020 8281 1536 www.wea-essex.org.uk  
**■ 23 Apr, 10am-12pm Summer meadows & insect visitors** Tricia Moxey. Jack Silley Pavilion, Tidy's Lane, Epping CM16 6SP  
**■ 1 May, 10am-12pm Notes & images** Chris Green. Church Room, Loughton Methodist Church, 260 High Road  
**Loughton Festival programme** www.loughtonfestival.org  
**■ 21 Mar Listing Historic Buildings: What Should We Protect?** Matthew Saunders (Ancient Monuments Society). HEARS (details as earlier entry)

**■ 31 Mar & 1 Apr, 7.30pm Motiv8** 2014 Epping Forest College, Borders Lane. Annual youth & community dance showcase. EFDC & EFC Performing Arts. £7, £4.50 conc (u16s/students/+60s). Book: 01992 564226 Mon-Fri 10am-4pm



**■ 25 Apr Essex War Memorials** Paul Rusiecki. HEARS (details as earlier entry)  
**■ 9 May, 10.30am-3pm Creative Expressions community day** Loughton Methodist Church, Wesley Hall & LifeWorks. Art exhibition, arts & craft stalls, health & well-being & more. LifeWorks & Chigwell Disabled Group 020 8502 3071  
**■ 10 May, 10am-4pm Open Day & 10 May, 4-5pm Evening talk plus 11 May, 10am-4pm Family day** British Postal Museum Store (details as earlier entry)  
**■ 17 May, 7.30pm Incredible Riding** Lights Roughshod Theatre Company, Wesley Hall, Loughton Methodist Church, 260 High Road. £7 adult, £5 conc. 020 8502 3071 administrator@loughtonmethodist.org.uk  
**■ 27-30 May, 9-3pm The Final Frontier** Children's holiday club, outer space theme (school yrs R-6). St Michael & All Angels Church, Roding Road. £5 per 3-hour session. The Red Balloon Family 020 3086 8186 www.redballoonfamily.co.uk/holiday/  
**■ 27 May, 6-8pm Family Astro-night** on the Sun & Saturn (children 5+ must be with an adult). Field Studies Council, Paul's Nursery Road, High Beach IG10 4AF. £6. Book: 020 8502 5800 / ef@field-studies-council.org www.field-studies-council.org/centres/eppingforest/leisurelearning  
**■ 28 May, 2-4pm Family Amphibians** hands-on course (children 7+ must be with an adult). Loughton Festival. £6. Book: see entry above  
**■ 31 May, 7pm Chamber choir: Amici Mie!** led by Lawrence Tatnall. £10 (incl buffet supper, wine/soft drink) 07572 111387 (or on the door). Proceeds to Loughton Food Bank. Church of the Holy Innocents (details as earlier entry)  
**Disclaimer: Loughton Town Council takes no responsibility for events organised by external organisations/ individuals that are listed above. Please always check details and availability with relevant organiser**

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# Christmas Window Competition

**ALMOST 100** Loughton businesses joined in the town's seasonal festivities by decorating their shop windows in the annual Christmas Window Competition.

The judges, Cllrs Jill Angold-Stephens, the town mayor, and Caroline and Chris Pond, chairman and vice-chairman of the Environment and Heritage Committee, certainly had a challenging time as 39 of these were "rated highly", with "24 that were serious contenders for one of the three top prizes allocated". The judges looked for "originality, flair, visual impact and use of the goods that were on sale in the shop used in a Christmas theme; and marked accordingly."

"After doing some complicated mathematical calculations to ensure total fairness, in what was a very tight field", the winners of the 2013 competition were as follows:

## Local / independents

**Winner: BABABOOM**, 255 High Road. (Baby James' Starlight Trust)  
**Runner-up: MERYL JAMES** (opticians) 24 Forest Road  
 Highly commended: **CLASSIC TRAVEL**, 152 High Road  
**I AM SO FLY**, 192 High Road  
**TONY'S HARDWARE**, 61 The Broadway

## Multiples / chain stores

**Winner: MR SIMMS OLDE SWEET SHOPPE**, 252 High Road (Haven House Children's Hospice)  
**Runner-up: ROBERT DYAS**, 226-228 High Road

## Charity shops

**Winner: BARNARDOS**, 59 The Broadway (Barnardos)  
**Runner up: ST CLARE HOSPICE**, 72 The Broadway

The winners' chosen charities (in brackets) have each received a £100 cheque from the town council. Each winner also received an engraved cup and framed certificate.



**THE 70TH** anniversary meeting of the Epping Forest & District Stamp Club held last November at Roding Valley High School was attended by over 40 people, including Loughton town mayor, Cllr Jill Angold-Stephens,

# Epping Forest & District Stamp Club

accompanied by her husband, Cllr Ken Angold-Stephens, who is himself a keen stamp collector.

Members gave short talks and displays relating to the earliest mail in our area and the Second World War during which, in 1943, the club first met. A special anniversary cake decorated with a penny black stamp was cut by the mayor and all members received an anniversary gift of a stamp stock book.

There were displays showing members' collecting interests, together with one highlighting postal workers and post offices in Loughton over the past century and another the Royal Mail's very own 'Mail Rail' that, until 2003, linked underground most of London's major mainline stations with the central London sorting office at Mount Pleasant. More information on this local museum may be found at

[www.postalheritage.org.uk/page/museum](http://www.postalheritage.org.uk/page/museum)

The EFDS club meets every second Tuesday of the month at Roding Valley High School, Brook Road entrance (Dining Room), from 7.30pm. New members and beginners are always welcome. If you're interested in joining contact Keith on 020 8505 5620 or email [irenekeith@hotmail.com](mailto:irenekeith@hotmail.com) or [rodwin@talk21.com](mailto:rodwin@talk21.com)



# Winning Christmas cards

**OVER 260** budding artists entered this annual competition to design our official Christmas card. Patsy Stow, the junior category winner and a pupil at Alderton Junior School, was chosen as the overall winner by the judges, Cllr Jill Angold-Stephens, the town mayor and Cllr Sharon Weston, the deputy town mayor.

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

## INFANT

**Winner: Keira Marie**

Joint Runners-up: Harriet Draper & Joshua Perry

## JUNIOR

**Overall Winner: Patsy Stow**

Runner-up: Holly Cole & Tyler-Blue Kirby-Arif

## SECONDARY

**Winner: Abbie Juniper**

Runner-up: James Merry

## ADULT

**Winner: April Wilson**

Runner-up: Shiralee Hoy

Each winner was presented with a £25 gift token and a certificate by the town mayor at the December council meeting. Each runner-up was awarded a certificate (by post).

We thank the following schools which supported the competition with multiple entries:

Alderton Infant and Junior Schools, Hereward Primary School, Oaklands School, Oak View School and White Bridge Junior School.



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



# 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 / ftds1@aol.com

## ARTS & CRAFTS

**Creative Art Classes** LifeWorks Centre, Loughton Methodist Church, 260 High Road. £10. Tuesdays & Thursdays. 07944 589998 [www.ruthdronsfield.co.uk](http://www.ruthdronsfield.co.uk)  
**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)  
**Shoebbox crafters** Thursdays 1-3pm & alternate Thurs 6-8pm. Loughton Methodist Church, 260 High Road. 020 8508 9983  
**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/txt](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. Volunteer 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, Loughton Library, Traps Hill. Thursdays (term time) 12.45-2.45pm. Peter Relph 020 8508 6313  
**Friends of Light & Healing**, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266  
**HEARS - Herts & Essex Architectural Research Society**, St Michael's Church, Roding Road. £2.50 non-members. 4th Fridays, 8pm. David Stevenson 020 8508 2512 [www.hears.vpweb.co.uk](http://www.hears.vpweb.co.uk)  
 See Dates for the diary.  
**Hornby Railway Collectors Association**, St John's Church Scout Hall, Church Lane. Alternate 1st Thursdays 5-10pm. £2. David Southgate 020 8508 7530 / [davidsouthgate@talktalk.net](mailto:davidsouthgate@talktalk.net)  
**Loughton Amateur Dramatic Society**, Lopping Hall, High Road. Andrew Rogers 0208 508 9635 [www.lads.org.uk](http://www.lads.org.uk)  
 See Dates for the diary.  
**Loughton Astronomical Society**, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thursdays 8-10pm. Brian Morton 01992 815804 [www.las-astro.org.uk](http://www.las-astro.org.uk)  
**Loughton Bowling Club Bridge Section**, Eleven Acre Rise. Thursday afternoons. 020 8502 0237  
**Loughton Bridge Club**, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). [keiththompson3@btinternet.com](mailto:keiththompson3@btinternet.com) [www.bridgewebs.com/loughton/](http://www.bridgewebs.com/loughton/)  
**Loughton Calligraphy Club**, Wesley Hall, Loughton Methodist Church, 260 High Road. Saturdays, 10am-12 noon. Val Pearce 020 8508 1494  
**Loughton Camera Club**, Lopping Hall, High Road. Wednesdays, 8-10pm. 07713 130434 / 01992 575505 [www.loughtoncameraclub.org.uk/](http://www.loughtoncameraclub.org.uk/)  
**Loughton Camera Club/Welcome.html**  
**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://www.loughtonhistoricalsociety.org)  
**Loughton & Epping Forest Amateur Radio Society**, All Saints House, Romford Road, Chigwell Row, IG7 4QD. Alternate Fridays, 7.45pm. 020 8502 1645 [www.lefars.org.uk](http://www.lefars.org.uk)  
**Loughton Film Society**. Film screenings locally. [www.filmiloughton.co.uk](http://www.filmiloughton.co.uk)  
**Loughton & Roding Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

## HEALTH

**ADAS (W Essex Alcohol & Drugs Service - by appt)** Rectory Lane Health Centre 01279 614347 / [admin@adasuk.org.uk](mailto:admin@adasuk.org.uk) [www.adasuk.org](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)  
**Weight Watchers**, Roding Valley High School, Alderton Hill (Tuesdays, 6.30pm). Jodie Eric's 07958 417998 / [j.eric@sksky.com](mailto:j.eric@sksky.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  
**Baby & Toddler Group** St Edmund's Parish Hall, Traps Hill. Thursdays 9.30-11.30am (term time) 07970 900843  
**Cheeky cherubs stay & play** Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / [cheekycherubsstayandplay@aol.com](mailto:cheekycherubsstayandplay@aol.com)  
**Epping Forest Community Theatre** 4 groups: Loughton Children's Theatre (LCT) & Loughton Youth Theatre (LYT) LCT: Musical Theatre, Grosvenor Hall, Grosvenor Drive. Mondays 4.30pm (school yrs 3-6). LYT: Backstage Crew, various venues. Mondays 4.30pm (school yrs 5-11) LCT: Rising Stars, LifeWorks Centre, Loughton Methodist Church, 260 High Road. Tuesdays 4pm (school yrs R-2). LYT: Musical Theatre, Grosvenor Hall. Grosvenor Drive. Wednesdays 4.30pm (school yrs 7-11) [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)  
**Girlguiding Loughton South**. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. [www.loughtonsouth.webspace.virginmedia.com](http://www.loughtonsouth.webspace.virginmedia.com)

**ignite** (children's & youth activities) St Mary's Church 020 8508 3643  
**Little Angels Baby & Toddler group**, St Michael's Church, Roding Road. Tuesdays 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/)  
**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  
**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 9.30-11am (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. [mlidja.worsfold@yahoo.co.uk](mailto:mlidja.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**, Royal British Legion Loughton Branch, 118 Church Hill. Wednesdays, 2-4pm. £1.50 (incl tea & biscuits). Margaret 020 8504 0998

**13** ▶ **Forest Probud Club**, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker. Michael Housley 020 8529 6500  
**Friday Market**, St Michael's Church, Roding Road. Fridays, 10am-12 noon  
**Loughton Probud 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 6.15pm except last Thursdays 12pm [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**  
**Aerobics & Circuit Training**, Murray Hall, 106 Borders Lane. Thursdays 7-9pm 07743 739408 [motivational-fitness@hotmail.co.uk](mailto:motivational-fitness@hotmail.co.uk)

**All-ability Trampolining Club** (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-7.45pm. Loughton Flyers Trampolining Club & EFDC. Fabrizio Ferrari 01992 564567 / [fferrari@eppingforestdc.gov.uk](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)  
**Insanity Fitness Class**, Murray Hall, 106 Borders Lane. Mondays 7-9pm 07904 190047 / [mandykarimloo@sky.com](mailto:mandykarimloo@sky.com)  
**Jumping Jens**, St Michael's Church, Jubilee Hall, Roding Road. £4. Tuesdays & Thursdays, 8-9pm. 07866 127522  
**Karate Club** Trinity Church, Mannock Drive. Wednesdays, 6.30-7.30pm 020 8508 7657  
**Katy Little School of Dance**, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / [www.katylittleschoolofdance.co.uk](http://www.katylittleschoolofdance.co.uk)  
**Keep Fit**, Lincoln Hall, 125 High Road. All ages. £5. Tuesdays & Thursdays, 10.30-11.30am. 020 8470 0807  
**Loughton Athletic Club**, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. 07958 903842 [www.loughtonac.org.uk](http://www.loughtonac.org.uk)

**Loughton Fencing Club**, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). Wednesdays, 7.30-9pm. 01992 522462 [www.loughtonfencingclub.co.uk/](http://www.loughtonfencingclub.co.uk/)  
**Loughton Football Club**, Avondale Close. 8-18 yrs + senior team. Sundays (youth teams), Saturdays (seniors) & weekday evenings (training). Keith Campen 020 8508 4757 [www.loughtonfc.com](http://www.loughtonfc.com)  
**Loughton Karate Club**, Loughton Club, Station Road. All ages (from 5+) & all levels welcome. Sundays 4-5.30pm. Stephen O'Brien 07758 341584  
**Loughton 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** Mondays, 7pm. 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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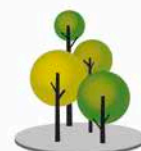
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