



Think Loughton

News from Loughton Town Council

Autumn 2014 No 66

Loughton heritage open days

THIS IS a once-a-year chance to explore the world on your doorstep, unlocked and completely free of charge!

The town council is again supporting this national scheme which provides a unique opportunity for members of the public to have

a look round buildings of historical interest, some of which are otherwise closed to the public.

The 2014 programme locally includes a chance to view inside the Grade II listed mortuary chapel in Loughton Cemetery on Sunday 14 September between 1pm and 4pm.

In a year when we commemorate the centenary of the outbreak of World War I, visitors may also visit the many graves maintained by the Commonwealth War Graves Commission. Buried here in a family grave is Private Sidney Godley, recipient of the Victoria Cross medal in August 1914 for his bravery to defend the Nimy railway bridge at Mons in Belgium.

On 23 August, as part of the Government's national scheme, a commemorative paving stone was laid in his birth place, East Grinstead, to honour his bravery. The town council also held a ceremony to mark the centenary of his award.

Visitors can also enjoy a tree trail around Loughton Cemetery and, a new innovation this year, will see a classic car display in the adjacent car park of St John's Church.

Lopping Hall at 189 High Road, will be opening its doors to the public on Saturday 13 September from 10.30am to 4pm. Since 1884 the Hall has stood at the very centre of



Loughton and is one of the most important public buildings in the town. Despite fronting the busy High Road it is also, sadly, one of the town's greatest secrets! This day offers the chance to visit the hall, meet some of the regular users, find out about its history and also to discover what recent improvements have been made and what the Trustees hope to achieve in the future. Entry is free and refreshments will be available.

For details of other local openings visit www.loughton-tc.gov.uk or www.heritageopendays.org.uk

New town mayor



Town mayor Sharon Weston congratulates her deputy, councillor Judy Jennings, after their election at the annual council meeting in May.



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Waste Management Hotline	01992 564608
Essex County Council	08457 430430
Adult Social Care	0845 603 7630
Child Social Care	0845 603 7627
Debden Library	020 8508 5869
Education & Schools	0845 603 2200
Loughton Library	020 8502 0181
Registrar of Births, Deaths & Marriages	0845 603 7632

POLICE & FIRE (dial 999 for emergencies)

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

ADVICE, HELP & INFORMATION

Citizens Advice Bureau	0844 257 1909
Citizens Advice Consumer Service	03454 04 05 06
Epping Forest College	020 8508 8311
Family Care Counselling Service	01992 788499
Jobcentre Plus (Loughton)	0345 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	07532 053194
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

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Waltham Abbey EN9 1JU	Brooker Road
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www.essex.gov.uk/recyclingcentres	

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Clerk's Remarks



THANK YOU Loughton! Our summer edition encouraged residents to turn out to watch the Tour de France cycling event and you did, in your thousands. The Epping New Road, from the Wake Arms down past the Robin Hood roundabout and on through Buckhurst Hill, was filled with families enjoying the spectacle, with crowds 3 to 4

deep along the route.

For many families this appeared to be the first time they had ventured through the forest, so I invite you now to visit the High Beach Forest Centre, in Nursery Road, High Beach, where volunteers are on hand to advise you and help you to enjoy the forest. You can pick up a map or leaflet, find out more about the wildlife living in the forest and visit the forest shop. The Centre is operated by the Friends of Epping Forest on behalf of the City of London.

In July, we met with Penny Morgan, the new principal of Epping Forest College. Penny informed us that the governors had approved a new college curriculum and accommodation strategy, which would see "some very pleasing developments on the college land adjacent to the main building".

The principal welcomed the opportunity to engage

in discussions with local residents on putting forward a proposal, which would see the development of a brand new sports centre along with amenities for the local residents. These could include a 3g football pitch, basketball courts, children's play facilities and, depending on size, a review of the original skate park facility. Further information will follow once the college has appointed a project manager and held discussions with the district council.

The college is also to assist in the reopening of the Borders Lane/Rectory Lane footpath, now officially designated as a public right of way and named Lady Mary's Path after Lady Mary Wroth (1587 – 1653), who lived at Loughton Hall.

Thank you for the many positive comments received about the new accessible path that links the Roding Road

entrance to the Roding Valley Recreation Ground with the existing path alongside the river. The completion of this project was made possible by a Community Initiatives Fund grant of £20,000.

After a successful programme of summer events in the town, September sees activities continue with the Heritage Open Days, a new Loughton Art Trail, a free art exhibition at the Murray Hall and a Dog's Trust event on the Roding Valley Recreation Ground to name but a few. Check out the articles in this edition and dates for the diary for more information.

Finally, to those of you who saw snow on Hillyfields in July – no, it wasn't a dream, just John Lewis filming its Christmas advert!

Enid K Walsh
Town Clerk

Early Christmas fun...

as the town council launches its **Christmas Card Competition** and **Christmas Window Competition**.

EVERYONE, who lives, works or goes to school in Loughton, is invited to design the town council's official Christmas card for 2014. There are four different age categories: infant, junior, secondary and adult; and each category winner will be presented with a £25 gift voucher. Let your imagination run free and create an original, Christmas-themed card. It must be A5 portrait or landscape size, colour or black/white. The format can be a photograph, drawing, picture or illuminated script. The closing date is Wednesday 12 November. Competition rules and entry forms can be downloaded from the council's website www.loughton-tc.gov.uk

Any Loughton business that dresses its shop window will be automatically entered into the Christmas Window Competition 2014. There are three different entry classes: local/independents, multiple/chain stores and charity shops. Each group winner nominates a charity of



their choice to receive a £100 donation from the town council, and is awarded an engraved cup (to keep for 11 months) and a framed certificate.

Christmas-themed window displays will be judged on a range of criteria, including overall impression/visual impact, creativity/ideas, artistic merit, inventive use of materials and effort.

Judging by the town mayor and chair and vice chair of the environment and heritage committee commences on Monday 1 December.

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



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Loughton Town Council

Town Mayor: Cllr Sharon Weston **Deputy Town Mayor:** Cllr Judy Jennings **Town Clerk:** Enid K Walsh

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Cllr John Mahoney 020 8502 3192
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94 York Hill
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cllrjennings@hotmail.co.uk

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89 Lower Park Road
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downingtj1@gmail.com

Cllr Sharon Weston 020 8502 0713
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sharon.weston2@btinternet.com

RODING WARD

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ST JOHN'S WARD

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

Cllr Imogen Lawrence 020 8508 4200
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Committee membership

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VC Vice Chairman

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VC I Lawrence
J Angold-Stephens
K Angold Stephens
J Jennings
J Mahoney
H Mann
S Murray
E Stacey

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

Contacting us

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

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Town Council Meetings

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

2014

Sept	8	Planning & Licensing
	10	Recreation
	17	Environment & Heritage
	22	Planning & Licensing
Oct	6	Planning & Licensing
	8	Resources & General Services
	20	Planning & Licensing
	22	Council
Nov	3	Planning & Licensing
	5	Recreation
	17	Planning & Licensing
	19	Environment & Heritage

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

News round-up

■ **FOOTPATH SUCCESS:** The town council is delighted to have secured the dedication of the footpath between Borders Lane and Rectory Lane as a Public Right of Way. The assistance of ECC's footpath officer is being sought to secure the reopening of this route at the earliest opportunity.

The path will be named Lady Mary's Path, after Lady Mary Wroth (1587-1653, the first recognised female author in England), who lived nearby. Funding of £7,500 has been secured from the Local Highways Panel to make good this new highway and install name plates.

■ **REMEMBRANCE SUNDAY** this year is on 9 November with the parade scheduled to leave the Loughton headquarters of the Royal British Legion in Church Hill at 11.50am followed by the service on Kings



Green at 12.15pm. All are invited to attend.

Armistice Day, on 11 November at 11am will be marked by a short ceremony at the town's war memorial.

■ **WINTER SALT AND GRIT** volunteers are invited to help clear snow and spread salt/grit on the road and pavement outside their home to keep access routes open.

Existing volunteers will be contacted directly to arrange their collection of salt/grit supplies for the coming winter. If you live in the hillier parts of the town and would like to help out, contact Debbie Taylor at the town council on 020 8508 4200.

■ FOOTBALL PITCHES

at the Roding Valley Recreation Ground and Willingale Road Playing Field, including junior and mini pitches, are available to hire. The new season starts on 6 to 7 September. Contact Debbie Taylor (as above).



■ **LIGHT UP A LIFE** takes place on Saturday 29 November from 4.30pm. The candlelit procession leaves from Loughton Methodist Church, 260 High Road for the short walk to Kings Green for the ceremony to remember loved ones and switch on the Christmas lights. To sponsor a light in memory of a relative or friend contact St Clare Hospice 01279 773750 www.stclarehospice.org.uk

Loughton Art Trail 2014



FOLLOWING ON from the renowned Loughton Festival held annually in the spring, local artists have established a new event – the Loughton Art Trail – to focus more specifically on the thriving visual arts scene in Loughton while paying homage to the rich heritage of the many famous artists who lived in and around the town.

Running from 6 – 14 September 2014 as part of the Essex Summer of Art project, many of the works on display will feature Epping Forest, which continues to inspire artists as it has for generations. While the focus is Loughton High Road, there will also be art on display in the town's other main shopping parade, The Broadway, and in pubs and other buildings across the town.

There will also be a historical display highlighting the town's artistic heritage. A children's trail, with a quiz and prizes, runs alongside the main trail. www.loughtonartscentre.org.uk/art_trail.html

Return to Brambly Hedge

THE TOWN council is pleased to support the new Loughton Art Trail by mounting an art exhibition in the Murray Hall, Borders Lane on

Saturday and Sunday 6 – 7 September.

The exhibition, open from 1pm – 4pm on both days, will be based on the artwork and popular children's stories about the Mice of Brambly Hedge, by Epping author and artist, Jill Barklem.

The exhibition is designed to appeal to a range of audiences and includes many family friendly interactive elements and models, some specifically for early years (age 2-5). Children will be introduced to many different aspects of the countryside and encouraged to think about their environment. Wilfred Toadflax and Primrose Woodmouse act as guides to help children understand the value of the beautiful Epping landscapes, which have provided an inspiration for the stories.

We are grateful to Tony O'Connor, Curator of the Epping Forest District Museum, for the loan of this exhibition.

For more information visit www.bramblyhedge.co.uk

A Return to Brambly Hedge

Featuring artwork by Jill Barklem



Give your CAB a home

FOR OVER 30 years

Loughton's Citizens Advice Bureau has operated from a building adjoining St Mary's Church in the High Road, with a large number of trained volunteers guided by paid supervisors, providing free and impartial advice to the local community on a wide range of financial, legal and housing problems.

However, the building is old and in a poor state of repair and the church has plans for a new building on the site. While it is hoped that it will be possible for the bureau to have some space in the new building, the CAB will need a temporary home from mid-2015 for about a year until the new building is completed.

The CAB needs premises with disabled access, and ideally there should be space for a reception area, an office for the manager and at least three interview rooms.

If you know of premises in Loughton which might be suitable, please contact Rachel Poulter the district manager at districtmanager@efcab.cabnet.org.uk or Peter Gordon on 020 8508 0300 or peterwgordon@ntlworld.com

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In memory of...

The town council pays tribute to several notable members of the local community who all left their mark on the town during their lives. We send sincere condolences to their families and friends.



JOAN DAVIS, a well-respected former town and district councillor, died after a long illness in July. Described as a "Good Samaritan", one of her last public engagements was to speak at the District Development Control Committee on

behalf of objectors to the proposal to build a seven-storey block on the site of the Sir Winston Churchill pub.

At a minute's silence held in her memory before the July council meeting, members also paid their respects to former councillor Mike Hogan who passed away in September 2013.



DAVE STANNARD, chairman of the Broadway Town Centre Partnership and organiser of Debden Day for many years died on his 70th birthday in May, following a long battle with cancer. A well-known community leader, he had also been a local councillor, preacher and youth worker. Dave, known to some as Mr Debden, is shown here receiving an award from the late Penny Smith, former chairman of the district council.



KATY SHORT, who died in May, was presented with a town council citizenship award in 2010 for her active involvement in Girl Guiding in Loughton despite suffering serious health issues.



Willingale Road Playing Field celebrations

A RAINY day in June greeted guests at the dedication of the town council's Willingale Road Playing Field as a Queen Elizabeth II Field in Trust. The QEII Fields scheme was initiated by the Fields in Trust charity to protect as many outdoor recreation spaces as possible in the UK in celebration of Her Majesty the Queen's Diamond Jubilee in 2012. Hillyfields open space is also protected by this designation.

Town mayor, Sharon Weston, was joined by fellow town councillors including (l to r) David Wixley (chairman of the recreation committee), Sheila Jackman (chairman of Essex Association

of Local Councils), Chris Pond (representing Essex County Council) and the then chairman of Epping Forest District Council, Mary Sartin, for the unveiling of the ceremonial plaque.

Assembled guests also tried out the new outdoor gym equipment, already proving a winner with local residents. The design of the equipment is targeted at age 12 and upwards. Clear instructions are printed on each unit with suggested workouts dependent upon ability. There are also QR (quick response) codes on each unit that can be scanned with a mobile phone to view the equipment in action.

Dog chipping

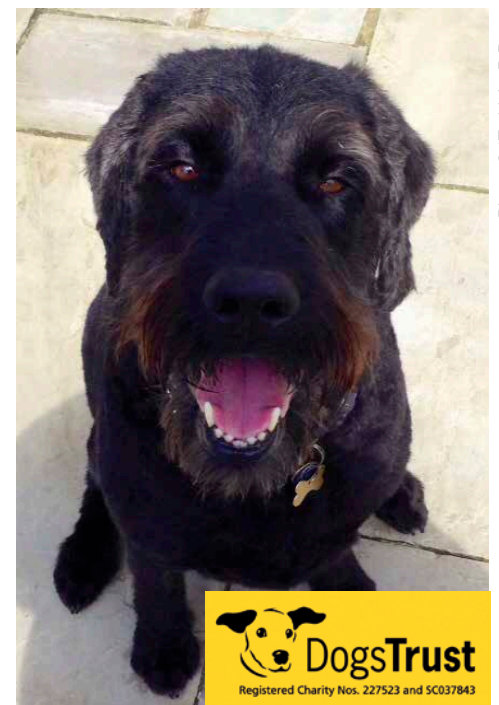
DID YOU know that as from April 6, 2016, it will be compulsory under UK law for all dogs to be micro-chipped?

We are delighted to take advantage of the free micro-chipping service offered by the Dogs Trust charity which, instead of charging dog owners for the service, welcomes donations to the charity.

Come and join us for the free fun event for dogs and their owners on Thursday 11 September 11am – 4pm at the Roding Valley Recreation Ground, near the tennis courts.

In addition to the free micro-chipping service for dogs, and of course weather permitting, the Dogs Trust staff will provide some dog agility activities so that dogs and their owners can enjoy some fun together. They will offer general dog advice to owners plus free neutering vouchers and free health check vouchers, which include vaccinations, flea and worm treatment.

Contact: Loughton Town Council 020 8508 4200 for more information.



Neighbourhood policing update...

by Sergeant Simon Dear, Essex Police



FOLLOWING Inspector Russ Welch's move to pastures new, I have been asked to step into the breach for this article. I am one of the Neighbourhood Policing Team (NPT) sergeants working in the Epping Forest district and am based at Loughton.

I've been a police officer since 1990, working at Saffron Walden, Dunmow, Harlow, Braintree and joined Loughton's NPT in 2010. I have experienced several reforms of the NPT, in its make-up and neighbourhood constables, yet the work we do is very much the same.

Following further reductions in the police budget, we are awaiting the next reform to improve our service to you, which is due to take effect on 1 September 2014 and 1 April 2015. The changes to the NPT haven't yet been confirmed.

Keeping you updated on crime figures, I have compared these from June 2013–14 to the same period the previous year, 2012–13 for Loughton/ Debden beats. Burglary is down by 39%, meaning there were 73 less victims of burglary. Theft from motor vehicles is down by 29%, with 98 less vehicles broken into. Theft of a motor vehicle was

up by 14%, so 10 more vehicles were stolen.

Please can I stress the need to be security conscious. If you leave your home, during the day or night, secure all windows and doors. Lighting up your home is also a useful deterrent to burglary. You could leave on some lights if it will be dark before you get home and fit an external security light. Also make sure you remove any personal effects on view within your vehicle to help prevent them being broken into.



REMEMBER THE

safety triangle from Colin Freeman, Essex Watch Liaison Officer on house callers.

- Beware of callers you don't know and don't expect.
- Keep front and back doors locked, even when you are at home.
- If someone knocks at the front door, make sure the back is locked before you go to the front.
- Put the door chain or bar on before you open the door. If you don't have these talk to the visitor through the closed door or a window.
- **Don't be panicked into opening the door, even if the person says it is an emergency or gets angry!**

■ Don't telephone any numbers that the caller gives you and beware of any identification offered. Ask the caller to wait while you phone a relative, friend or neighbour, for help. **Activate Careline, if you have it.** Otherwise call the police on 101, genuine callers will wait or come back later.



A REMINDER that before you put information out on Facebook, Twitter, YouTube and other social media sites, think very carefully about the possible consequences of using this media.

For your own safety and peace of mind never announce where you are going, what you are doing, or when you will be away from home, unless you want everyone to know, and then possibly make yourself, your home and property vulnerable. Don't talk about expensive presents you have bought or received, a would-be thief or burglar may be reading all about it.

Far too often, we also hear about these forms of media, being used by some children and young people as a tool for 'bullying.' In a few extreme cases, this type of anti-social behaviour has led some children and young people to self-harm, or even take their own lives!

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Website : www.debdenparkhighschool.org

Dates for the diary

■ **Until 28 Sep, 2-5.30pm Sundays:** Church of the Holy Innocents, Church Lane, High Beach IG10 4BF. Listen to organ music & enjoy refreshments/ cake. Revd Gill Hopkins 01992 760492 / gill_hopkins@yahoo.co.uk
■ **1 Sep Christmas Card Competition** 2014 Loughton Town Council (see p3)
■ **1 Sep, 6-8pm, 3 Sep, 1-3pm, 1 Oct, 1-3pm & 5 Nov 1-3pm Tours** British Postal Museum Store, Unit 7, Imprinto Park, Lenthall Road, IG10 3UF. Book: 020 7239 2570 www.postalheritage.org.uk



Photo © British Postal Museum & Archive

■ **2 Sep, 8pm Photography as Fine Art** Brian Stater BA MSc Bancroft's Decorative & Fine Arts Society (talks), Bancroft's Preparatory School Hall 020 8531 1140
■ **4 Sep, 10.15am Tin Tabernacles:** the Victorian answer to Ikea. Marianne Zireau £4 incl tea/coffee English-Speaking Union, Murray Hall, 106 Borders Lane 020 8505 9001
■ **5 Sep, 7.30pm Liane Carroll** jazz diva & pianist. National Jazz Archive (NJA) Book: 020 8502 4701 www.nationaljazzarchive.org.uk
■ **6 Sep, 1.30pm John Altman's All-Star Jazz Party** NJA (book as above)
■ **6 Sep Day coach trip to Constable Country:** visits to East Bergholt church, Dedham Vale (with guided walk) £31 (non-members) Herts & Essex Architectural Society (HEARS) 020 8508 2512 / d.stevenson@lse.ac.uk
■ **6-7 Sep Brambly Hedge Art Exhibition,** Murray Hall (see p5)



■ **11 Sep, 11am-4pm Dog micro-chipping** (free) by Dogs Trust at Roding Valley Recreation Ground (see p6)
■ **11-14 Sep, Heritage Open Days** various events in Loughton (see p1)
■ **14 Sep, 10.45am Messy Church & Fun on the Field** St Michael's Church, Roding Road. Explore, learn & worship through crafts, activities, music + BBQ, bouncy castle & games 020 8418 7944
■ **14 Sep, 3.30 pm Three Valleys Male Voice Choir Concert** (part of the Waltham Abbey Holy Cross Benefice weekend celebrations) Free (retiring collection) High Beach Church (see top entry)
■ **20 Sep 7pm Quiz Night** High Beach Village Hall £10 (incl fish/chicken/veggie & chips) BYO drinks Sandra Potter 020 8508 8219
■ **21 Sep 2.30pm & 4pm Walk-in Concert** music to refresh the soul. Free (retiring collection) High Beach Church (see top entry)
■ **21 Sep, 2.30pm Tranquillity Trail** from St Peter-in-the-Forest, Walthamstow. Revd Gill Hopkins High Beach Church (see top entry)
■ **22 Sep, 1.30-3.30pm Very English Jews: the Rothchilds** Irene Jacobsen WEA 10-week course £70 Loughton Bowls Club, Eleven Acre Rise 020 8281 1536 / mrsdpdale@googlemail.com
■ **23 Sep, 10am-12pm Birth to Death in Ancient Egypt** Rosalind Jannsen WEA 10-week course £70 Loughton Bowls Club (as above)



■ **24 Sep, 10am-12pm Boudica's Revolt Against Roman Rule** Richard Till WEA 10-week course £70 Lopping Hall, 189 High Road (as above)
■ **24 Sep, 10am-12pm Autumnal Natural History** Tricia Moxey WEA 10-week course £70 Jack Silley Pavilion, Tidy's Lane, Epping (as above)

Chigwell Victory Hall

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■ **25 Sep, 10am-12pm Late Victorian Writings** Adrian Eckersley WEA 23-week course £150 United Reformed Church, Lindsey Street, Epping (as above)

■ **25 Sep, 7.45pm AGM & talk** Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **2 Oct, 10.15am Bob Johnson's Wildlife photography** locally & globally £4 incl tea/coffee English-Speaking Union, Murray Hall, 106 Borders Lane 020 8505 9001

■ **4 Oct, 11.30am-3pm Harvest Activity Day** WW1 theme. See & learn about ferrets, plus crafts for children (make corn dollies, pressed flower bookmarks, key rings). Selection of meals/desserts £1.50-£5 High Beach Church (see top entry p8)

■ **5 Oct, 10.30am-4pm Indoor Art & Craft Fair** from local artists/crafters (free entry & parking) Chigwell Riding Trust for Special Needs, Grange Farm, High Road, Chigwell IG7 6DP 020 8500 6051 www.chigride.org.uk/

■ **11 Oct, 7pm Fru Chilvers & friends concert** to commemorate WW1 £10 (incl light refreshments glass of wine/soft drink) (in advance/on the door) High Beach Church Jane Begley 07572 111387

■ **14 Oct, 8pm Eric Ravilious & the Lure of the Everyday** Jo Walton BA Bancroft's Decorative and Fine Arts Society (talks), Bancroft's Preparatory School Hall 020 8531 1140

■ **16-18 Oct, Magical Musicals** Forest Musical Theatre Co, Lopping Hall, 189 High Road £13, concs £11 (60+/u16s) Book: 01279 851897 / www.ticketsource.co.uk/forestmusical/ alison@forestmusical.co.uk

■ **23 Oct, 7.45pm Blackwork** Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **23-25 Oct, 8pm Dick Barton: The Tango of Terror** by Phil Wilmott Theydon Bois Drama Society, Village Hall, Coppice Row £8 01992 812250 <http://theydondrama.org>

■ **24 Oct, 7.30pm The Great British Jazz Band** Digby Fairweather, trombonist Pete Strange & original members NJA Book: 020 8502 4701 www.nationaljazzarchive.org.uk

■ **25 Oct, 1.30pm Jazz Goes to the Movies 1930s to Noughties** Val Wiseman & Digby Fairweather's Half Dozen NJA (book as above)

■ **30-31 Oct, & 1 Nov, 8pm These Shining Lives** by Melanie Marnich, directed by Karen Rogers Loughton Amateur Dramatic Society, Lopping Hall, High Road £10 07552 736110 www.lads.org.uk

■ **31 Oct, 4pm All Hallows Eve celebrations:** a festival of light Lantern procession, apple juicing, BBQ, storytelling & more. High Beach Church (see top entry p8)

■ **6 Nov, 10.15am Shakespeare's Globe** Colin Street (Blue Badge London guide) £4 incl tea/coffee English-Speaking Union, Murray Hall, 106 Borders Lane 020 8505 9001

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



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

■ **11 Nov, 7.30pm AGM & British & German Artists of the 1914-18 War** Clare Ford-Willie BA.(Hons) Bancroft's Decorative and Fine Arts Society (talks), Bancroft's Preparatory School Hall 020 8531 1140

■ **12 Nov, 5pm Christmas Card Competition 2014** Closing date for entries to design Loughton Town Council's official Christmas card.

■ **15 Nov, 7.30pm 100 Years of Poppies** to commemorate WW1 with Theydon Bois Primary School choir Chigwell Choir, Chigwell School Drama Centre, High Road, IG7 6QQ £12, £10 concs, £5 u16s (in advance/on the door) 07958 763213 / www.wegotickets.com/event/279553 www.chigwellchoir.org

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 the relevant organiser

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IN 2013 Essex County Council signed a contract with BT to improve broadband coverage across greater Essex. It is part of a national government-led programme to improve broadband connectivity across the UK, Superfast Britain, which the Department for Culture Media and Sport (DCMS) is coordinating through a team called Broadband Delivery UK (BDUK).

BDUK, Essex County Council and BT are jointly investing £24.6m into the Superfast Essex programme. As part of the programme, the BDUK contract uses public subsidy to complement and accelerate the broadband offering by commercial operators. The aim is to improve broadband coverage so that around 87 per cent of Essex has access to fibre broadband by the end of 2016.

The new website is now live, check it out at www.superfastessex.org

New features include:

- Postcode checker – find out the latest for your area
- A video about the fibre broadband rollout programme
- A comprehensive section answering Frequently Asked Questions
- More information on the benefits of faster broadband at home and work

There is also an overview coverage map, events list and background information about the programme, as well as links to the Make the Connection Survey where you can also sign up to have these programme updates emailed to you.



Essex County
Fire & Rescue Service

Home fire safety visit

ESSEX COUNTY Fire and Rescue Service recommend that each floor of your home has a working smoke alarm fitted. These should be tested on a weekly basis and the batteries replaced at regular intervals.

Divisional Officer Neil Fenwick says: "Smoke alarms are proven life savers. They give vital warning at the first sign of fire giving everyone time to get safely out before calling us in.

"There is no excuse for any home not having a smoke alarm. Essex County Fire and Rescue Service provide home fire safety visits completely free of charge. A technician will come to your home, carry out a full home fire safety inspection and fit smoke alarms where they are needed."

To arrange a free home fire safety visit, call 0845 601 2495 or email webmaster@essex-fire.gov.uk or follow the Home Fire Safety link on our website, www.essex-fire.gov.uk



How we all register to vote is changing from June 2014

The new method of registration is called Individual Electoral Registration (IER)

The change means that:

- people will be able to register online
- individuals will need to register themselves rather than one person registering everyone in their household
- anyone wanting to register will have their identity verified before being added to the register to help prevent fraud

Most people who are already registered will

be automatically transferred to the new register but some people will need to re-register. Anyone moving house will need to register under the new system.

Letters and forms have been sent out in July and August so look out for them – they will explain if you need to do anything.

To register on-line visit www.gov.uk/register-to-vote

The big screen thrives in Loughton

by David Johnson, Film Loughton



DURING 2011, Loughton Town Council was instrumental in helping to bring into being a voluntary group now known as "Film Loughton". Film had been missing from Loughton for nearly 50 years, following the demise of the old Loughton Century cinema, but there was a determination on the part of both the town council and local people to emulate the achievements of community cinema in other towns, in order to bring the big screen back to our community. Our first film, screened at Epping Forest College on 8 May 2011 was "The King's Speech" which not surprisingly attracted a bumper audience of over 70. Despite this initial success, it was clear that we needed to find venues more suited to our financial constraints and better embedded in the local community.

We are now settled into a pattern of one screening per month, Lopping Hall being used for Saturday evening dates and Loughton Club for Sunday evenings. The selection of films is really decided by our audiences, who vote on film trailers shown prior to each screening. The tendency is towards showing those films that you really wanted to see, but enjoyed only brief runs at the nearest cinemas. Recently, these have included "Philomena", which attracted 87

people, our best audience to date and the cult French comedy "Micmacs".

The equipment we use is of high quality, with a large screen and good sound. We aim to provide a more social, club atmosphere, with tables for drinks and sweets and both of our venues are licensed.

Membership costs only £10 per annum and entitles members to cheaper entrance and to periodic newsletters as well as the opportunity to join the committee running "Film Loughton". We have made a point of developing our links with the community via screenings in cooperation with Epping Arts, which included a children's matinee of the Disney version of "Alice in Wonderland" complete with several town councillors dressed as characters from the film and a "sing along" screening of "Grease" in conjunction with Loughton Operatic Society. We aim to continue and broaden our cooperation with community groups.

Hitchcock starring Anthony Hopkins is on 13 September at 7.30pm and Loughton Operatic Society joins us for a "Mama Mia Sing Along", 27 September at 7pm, both at Lopping Hall.

Details of forthcoming screenings are published on our website www.filmloughton.btck.co.uk



Loughton Voluntary Care

THIS REGISTERED charity, has been helping older residents of

Loughton since the 1960s.

LVC is seeking new volunteers and asks, "Could you..."

- ✓ Drive a client to a medical appointment?
- ✓ Give an arm if needed?
- ✓ Wait and drive the client home?

You could join our team as a driver (mileage allowance and expenses paid)

- ✓ Visit a client regularly?
- ✓ Listen to their story?
- ✓ Be a friend?

You could join our team as a visitor.

Telephone 020 8508 6114 between 10–2 and 2–4 weekdays and ask about volunteering in Loughton.

It's A Knockout! ...take 2



ON 12 JULY at Jessel Green, teams came to compete in "It's a Knockout! 2014". The games were combined with Epping Forest Community Church's Roll Down, Bounce Up event to ensure the Saturday was a real community fun day.

Despite setting up amidst grey skies and light drizzle, the clouds cleared to leave a perfect summer's day with white clouds, blue

sky and sunshine.

The nine teams participating were: The Bootcamp Group, The Cheetahs, The Flowerboys, Tegate Tigers, Allsorts, The Von Traps Hill Family, The EFYC 8, The Good The Bad and The Uglies and Jessie's Giants.

The games featured navigating a bouncy obstacle dressed as a telly tubby, a foam pit,

buckets of water and the final game which involved lots of running around dressed as a penguin!

Four teams competed in the final and the It's a Knockout! 2014 tournament winners were Jessie's Giants, a last minute entry two days before the competition. Runners-up were the Tegate Tigers and The Flowerboys.

Town mayor, Sharon Weston, presented the medals and trophies to the runners-up and winning team. Cllr Weston also awarded a Best Team Name, which went to The Von Traps Hill Family from a local GP's practice, and a Best Team Uniform which went to Jessie's Giants. The winners of these categories received medals and a bottle of bubbly, donated by Sainsbury's Debden store.

Special thanks go to officers from Loughton Fire Station, who filled the pools with water. Without this it would not have been half so much fun, or half so wet!

The general consensus was that much fun was had by all. Same time, same place, next year?

Allotments

THE WILLINGALE Road Allotments are now under the management of Loughton Town Council. There are a few vacant plots, so if you're interested in growing your own fruit and veg call 020 8508 4200 for more details.



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Regular activities

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

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.wordpress.com/

Roding Road Allotment & Leisure Gardens Association, Roding Road.
www.rodinroadallotments.co.uk/
Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Agility Club (for dogs), Sunnyside Stables, Epping Green. Mondays & Wednesdays, 7.30-9pm (indoors). Mrs Widlake 020 8508 5254
Forest Dog Training School Club, Debden Park Community Centre. Tuesdays, 6.30-7.30pm. 020 8508 3468 / fdts1@aol.com

ARTS & CRAFTS

Creative Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Road. £10. Tuesdays & Thursdays. 07944 589998 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. 07532 053194 www.loughtonartscentre.org.uk
Shoobox 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
Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Road, E11. 3rd Mondays, 6.45pm for 7.30pm. Visitors £4 www.nafas.org.uk/flower_clubs.html

COUNSELLING

Family Care Counselling Service, Epping Forest Branch, 5A Greenyard, Waltham Abbey EN9 1RD. 01992 788499 / familycarelou@aol.com

Loughton Bereavement Service. Free counselling service. John 020 8508 6333
Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 08457 909090 / jo@samaritans.org/txt/07725909090

EDUCATION

Music Lessons, Loughton Music Academy, High Road. 020 8502 2992 www.loughtonmusicacademy.co.uk
WEA (Workers' Educational Association) Loughton & Epping Branch. Mrs Pat Dale 020 8281 1536 / mrspdale@googlemail.com www.wea-essex.org.uk

FAITH

Kingsley Spiritualist Church, Kingsley Hall, Kingsley Road. 1st & 3rd Fridays, 7.30pm

St Michael's Church, Roding Road. Causeway Prospects Service for adults with learning difficulties & their families/friends/carers. 1st Sundays, 3.30pm. 020 8418 7944

Toddler Church, Loughton Methodist Church, 260 High Road. (0-5 yrs old plus fellowship). Tuesdays (term time), 10am. 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

GENERAL INTEREST

Bell ringing, St John the Baptist Church, Church Lane. Tuesdays, 8-9pm (in tower). No experience necessary. David Southgate 020 8508 7530 / davidsouthgate@talktalk.net
Belly dancing, Loughton Club, 8 Station Road. Wednesdays 7-9.30pm. Sonya Collins 07759 076443 / soniyabellydancer@btinternet.com

Epping Forest Conservation Volunteers, The Warren, Epping New Road. 1st, 3rd & 4th Sundays. Kevin Mason 8529 9273 / efcv2@yahoo.co.uk www.efcv.co.uk
Epping Forest Countrycare, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203 www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare

Epping Forest & District Stamp Club, Roding Valley High School, Alderton Hill. 2nd Tuesdays, 7.30pm. 020 8505 5620
Essex Wildlife Trust Work Parties, Roding Valley Nature Reserve. Wednesdays, 10am-4pm. Warden Patrick Bailey 020 8508 1593
Film Loughton. Film screenings locally. www.filmloughton.btck.co.uk

Forest Musical Theatre Company St Michael's Church, Roding Road. Tuesdays & Wednesdays (rehearsals). sally@forestmusical.co.uk
Forest Creative Writers, Jazz Archive Library, Loughton Library, Traps Hill. Thursdays (term time) 12.45-2.45pm. Peter Relf 020 8508 6313

Friends of Light & Healing, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266

HEARS - Herts & Essex Architectural Research Society, St Michael's Church, Roding Road. £2.50 non-members. 4th Fridays, 8pm. David Stevenson 020 8508 2512 www.hears.vpweb.co.uk See Dates for the diary.

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

Loughton Amateur Dramatic Society, Lopping Hall, High Road. Martin Howarth 020 8508 8644 www.lads.org.uk See Dates for the diary.

Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thursdays 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk
Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thursday afternoons. 020 8502 0237

Loughton Bridge Club, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). keiththompson3@btinternet.com www.bridgewebs.com/loughton/
Loughton Calligraphy Club, Wesley Hall, Loughton Methodist Church, 260 High Road. Saturdays, 10am-12 noon. Val Pearce 020 8508 1494

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

Loughton Camera Club/Welcome.html www.loughtoncameraclub.org.uk/

Loughton & District Historical Society, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm www.loughtonhistoricalsociety.org
Loughton & Epping Forest Amateur Radio Society, All Saints House, Romford Road, Chigwell Row, IG7 4QD. Alternate Fridays, 7.45pm. 020 8502 1645 www.lefars.org.uk

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

HEALTH

ADAS (W Essex Alcohol & Drugs Service - by appt) Rectory Lane Health Centre 01279 641347 / admin@adasuk.org.uk www.adasuk.org

Breathe Easy (British Lung Foundation), Tony Carr 01992 573387
Loughton Memory Café (Alzheimer's Society), Church Hall, Loughton Methodist Church, 260 High Road. 1st & 3rd Mondays, 10am-12pm 01279 427522 www.alzheimers.org.uk

Loughton Stroke Club, Loughton Baptist Church, 90 High Road. 2nd & 4th Tuesdays, 2pm. 020 8508 1100
ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN. Friday monthly 1-3pm. John Woods 07747 374692 www.proactive.me.uk
Walks - Life Walks. EFDC health scheme. Karen Williams 01992 564222 / kwilliams@eppingforestdc.gov.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mondays & Thursdays evenings (13-17 yrs). 020 8505 3353 www.2324squadron.org.uk
7th Epping Forest Scout Group, St Edmund's Church, Traps Hill. Tuesdays: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thursdays: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181

16th Epping Forest Beavers 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
30th Loughton Scout Group, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts 10-14 yrs. Paul Snowden GSL 020 8508 4336 / info@30thloughton.co.uk

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

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

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

Baby & Toddler Group St Edmund's Parish Hall, Traps Hill. Thursdays 9.30-11.30am (term time) 07770 891912 / stedmundsplaygroup@gmail.com

Cheeky cherubs stay & play Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / cheekycherubstayandplay@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 020 3086 8186
Duke of Edinburgh's Award, Loughton Youth Centre, 106 Borders Lane Tuesdays 6.30-8.30pm (term time) (14½-19 yrs) 01279 404401 / vicky.young@essex.gov.uk

Girlguiding Loughton South. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. www.loughtonsouth.webspace.virginmedia.com
ignite (children's & youth activities) St Mary's Church 020 8508 3643
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/
Noah's Ark Toddler Group, Oakwood Hill Estate Community Hall. (U5s). Tuesdays & Thursdays (term time) 10-11.30am. £1 (per family) Catherine Wait 07582 119932

Onwards and Upwards, Loughton Youth Centre, 106 Borders Lane. Tuesdays 4-6pm, 14-19 & not in work or training? Support, free internet, tea & toast. 01279 404401 / vicky.young@essex.gov.uk

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

Russian drama studio, Kingsley Hall, Kingsley Road. Wednesdays & Thursdays 4.30-6.30pm. Anastasia 07528 567844 www.petrushka-studio.co.uk

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

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

Youth Club, Loughton Youth Centre, 106 Borders Lane. Thursdays 7-9pm (term time) (13-19 yrs). Free activities. 01279 404401 / vicky.young@essex.gov.uk

MUSIC

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

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

Roding Players Orchestra rehearsals, Roding Valley High School, Alderton Hill. No audition. Mondays, 7.30-9.30pm. Miles Harwood 020 8505 4329 www.rodinplayers.co.uk/

South West Essex Choir, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/

SOCIAL

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

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

13  **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

Forest Probus 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 Probus Club, Gilwell Park, Chingford. 4th Tuesdays (lunch). Secretary Derek Allen 020 8504 3074 www.probusloughton.org.uk/

Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8508 5743

Rotary Club of Loughton & Buckhurst Hill, The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays 6.15pm except last Thursdays 12pm www.loughtonrotary.org.uk

Royal British Legion Loughton Branch, 118 Church Hill. Mondays & Thursdays, 8pm (bingo). Tuesdays, 1-4pm line dancing. Every 2nd & 4th Wednesday evenings (fun quiz night & prizes). Saturday evenings. 1st & 4th Sunday lunchtimes (jazz group) 020 8508 5044 www.britishlegion.org.uk

Tea Club - Senior Citizens, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944

The Royal Naval Association, Royal British Legion, 118 Church Hill. Social evening, music & dancing. 3rd Wednesdays, 8pm. 020 8508 5044

Wesley's Café, Loughton Methodist Church, 260 High Road (unsupervised toddler play area). Weekdays, 10am-4pm. Saturdays, 10am-12.30pm (Tuesdays - term time, 11am)

SPORT

All-ability Trampoline Club (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-7.45pm. Loughton Flyers Trampoline Club & EFDC. Fabrizio Ferrari 01992 564567 / fferrari@eppingforestdc.gov.uk

Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mondays, 8-10pm. Age 30+. Suzanne 07940 313691 / Chris 07713 004996

Avenue Lawn Tennis Club, 18 The Avenue - friendly family club. 020 8508 9440

Chigwell & Epping Forest Orienteering Club. Monthly local event & non-local events every weekend. Helen 020 8502 1629 chig.org.uk

Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 020 8418 9166 <http://colebrook.intheteam.com/>

Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Road. Saturdays 10am-2pm (term time) efsc@hotmail.co.uk www.efsportability.com

Insanity Fitness Class, Murray Hall, 106 Borders Lane. Tuesdays 7-9pm 07904 190047 / 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

Keep Fit, Lincoln Hall, 125 High Road. All ages. £5. Tuesdays & Thursdays, 10.30-11.30am. 020 8470 0807

Loughton Athletic Club, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. 07958 903842 www.loughtonac.org.uk

Loughton Fencing Club, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). Wednesdays, 7.30-9pm. 01992 522462 www.loughtonfencingclub.co.uk/

Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Sundays (youth teams), Saturdays (seniors) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com

Loughton Karate Club, Loughton Club, Station Road. All ages (from 5+) & all levels welcome. Sundays 4-5.30pm. Stephen O'Brien 07758 341584

Loughton Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 8.30pm. www.loughtonmc.org

Loughton Rugby Football Club, Hornbeam Road, Buckhurst Hill. Wednesdays (training), 7.15pm. Duncan Kaye 07969 638349 www.pitchero.com/clubs/loughton

Loughton Swimming Club 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

Roding Valley Angling Club. New members welcome. Darren 07716 061273 / roding.valley.angling.club@gmail.com

Walk - West Essex Ramblers (sorry no dogs). Saturdays, Sundays, Wednesdays & Thursdays. 020 8502 1628 www.westessexramblers.org.uk

Yoga - Loughton Bowling Club, Eleven Acre Rise. (Age 50+) For all abilities & medical conditions. Monday, Wednesday & Friday mornings. EFDC Sports Dev 01992 564561

Yoga classes Kingsley Hall, Kingsley Road. Intermediate & beginners Mondays 7pm Lorraine 07903 944767 www.yogalorraine.co.uk

Yoga-Tonics, Loughton Club, 8 Station Road. Tuesdays 10-11.30am. 07932 575 439 www.yogatonics.webeden.co.uk

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

Loughton Women's Institute, Lincoln Hall, High Road. 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, Woodford Green Centre. £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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