



Think Loughton

News from Loughton Town Council

Spring 2015 No 68

Special trees project

WE ARE delighted to announce the launch of the "Loughton Special Trees" project to find which trees matter most to the people of our town.

Residents are invited to nominate their favourite local trees – those which have a personal connection for them and to give us the reasons why they matter particularly to you. These can be special trees in public spaces or private gardens and, of course, we won't forget the importance of the owners! We want tree owners to be proud of their trees and we think that to know that your trees are special will make most people proud. We will try to make sure you have extra help and advice if you should ever need it.

This venture follows on from the Loughton Community Tree Strategy and from the Favourite Trees project to find the 50 most special trees for the Epping Forest district as a whole. A visit to the website, **www.favouritetrees.org**, confirms Loughton is well represented!

Chris Neilan, the district council's tree expert explains. "We all want a good place to live. We need our environment to be

one where we, and the people we care about, can be safe, happy and healthy. An attractive environment helps us to live richer lives in a whole variety of ways. A big part of that is having trees and not just anywhere and anyhow, but the right trees in the right places.

Sometimes these trees are just functional - say helping screen off an unattractive view or providing shelter for birds, or other wildlife. Trees can also be special in their own right. This may be because of their great age – Loughton has many trees dating from 1760 or even earlier, which could reasonably be described as living monuments. Other trees are special to us in more personal ways because of their size, how they mark a particular location or frame a view, because of their links to special people or events or, not least, purely for their great beauty."

Join in this exiting project and then together we can protect and enhance what is most valuable about our natural environment in the town. Visit **www.loughton-tc.gov.uk** to submit your nomination.

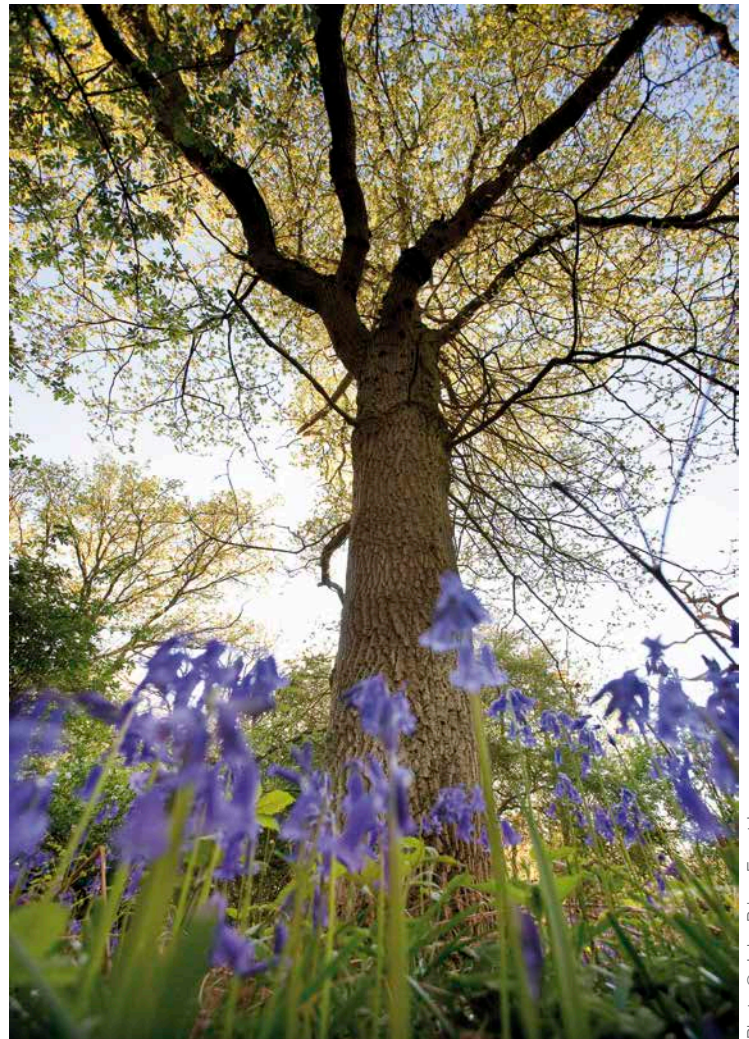


Photo © John Price, Epcot Images



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Contact numbers

COUNCIL SERVICES

Loughton Town Council	020 8508 4200
City of London (Epping Forest)	020 8532 1010
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	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.lypradio.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

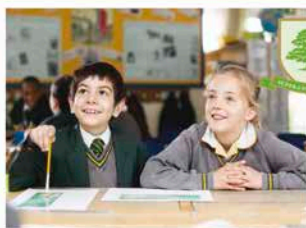
Odeon (South Woodford)	0871 22 44 007
Odeon (Lee Valley)	0871 22 44 007
Cineworld (Harlow)	0871 200 2000

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	



The Oak-Tree Group of Schools



Coopersale Hall School EPPING Open Morning Friday 13 March 9.15am

Boys & Girls 2 1/2 - 11
Flux's Lane, Epping, Essex CM16 7PE
Tel: 01992 577133
www.coopersalehallschool.co.uk



Normanhurst School NORTH CHINGFORD Open Morning Tuesday 10 March 9.15am

Boys & Girls 2 1/2 - 16
68-74 Station Road, North Chingford, London E4 7BA
Tel: 020 8529 4307
www.normanhurstschool.co.uk



Oaklands School LOUGHTON Open Morning Thursday 12 March 9.15am

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Tel: 020 8508 3517
www.oaklandsschool.co.uk

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March Open Days

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Clerk's Remarks



YOU CANNOT fail to have noticed there is a general election this year. It has been described by the press as the most important general election of our lifetime. So, please remember to register to vote before 20 April. It's easy to do this online at www.gov.uk/register-to-vote but you'll need to provide your date of birth and National Insurance number. If you're likely to be out

of town on 7 May, you can also arrange for a postal vote at this website. The deadline for this is 5pm on 21 April. Alternatively contact Electoral Services at Epping Forest District Council on 01992 564411.

Local elections for Loughton Town Council are not until May 2016. If you're interested in standing as a local councillor and are not sure what the role entails you'll find a comprehensive guide at www.nalc.gov.uk/library/publications/801-good-councillors-guide/file or contact the town council for more information.

Did you know that there are 8 children's play areas spread across Loughton with a wide range of equipment suitable for toddlers through to older children. Adults don't miss out on the fun either; there are 2 outdoor gyms. A map and full details of these facilities are provided on our website or contact us directly for a copy. We take the management of these play areas very seriously

with daily inspections and regular safety checks undertaken. If you experience any problems at these sites please contact us immediately so we can rectify them.

The varied programme of community events in the town continues this year with the charity fun run on Sunday 19 April (see page 5). The popular community fun day on Jessel Green, including the exciting 'We're a Knock Out' tournament, will be on Sunday 19 July. We're also pleased to sponsor the free Play in the Park sessions during the Easter and Summer holidays organised by the 'Community Development team at Epping Forest District Council – (see page 4). Details of the annual Loughton Festival may be found on page 6.

Loughton continues to be a great place to live and work.

Enid K Walsh
Town Clerk

0% Precept increase

WE ARE pleased to announce there will be no increase in the local precept such that the amount of council tax specifically for Loughton this coming year for a Band D property will remain at £49.18. This amounts to less than 95p a week for Band D householders, which continues to provide excellent value for money given the range of services which the town council delivers locally.

Cllr Stephen Pewsey, chairman of the Resources and General Services Committee said, "The town council has not increased its precept for five successive years, and I'm delighted that we'll be able to keep the precept unchanged again in 2015-16. By focusing resources on our public-facing activities and through careful management of reserves, our many responsibilities still come at a bargain price without losing any of the quality of service Loughton residents have come to expect."

Missing war memorial names

THE LOUGHTON War Memorial on Kings Green provides an important focus for commemorating those local residents who paid the ultimate sacrifice for this country during the First and Second World Wars.

In 2002, new plaques were erected in honour of the fallen of

the Second World War, whose names had never been put on the war memorial, and also to add some missing names from the First World War. The town council has now received several new requests for the names of family members not originally included in the plaques to be added. The new names currently under consideration are Warrant Officer Harold James Bassingthwaite (d 1945), Pilot Officer Gerald Frank Russell Cooke (d 1942) and 2nd Lieutenant Harold Johnson Martin (d 1942).

We are currently researching this and invite you to visit our website and check the lists of names included on the current Role of Honour for Loughton.

If anyone knows of others that may have been missed or a reason for any of these new names to not be placed on the war memorial, could you please contact the office on 020 8508 4200 or email contact@loughton-tc.gov.uk





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Loughton Town Council

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

Councillors

ALDERTON WARD

Cllr Philip Abraham 020 8502 2925
1 Lancaster Drive
Loughton IG10 3NQ
philabraham2000@gmail.com

Cllr Ed Stacey 020 8502 2926
24 Russell Road
Buckhurst Hill IG9 5QJ
edward_stacey@hotmail.com

Cllr Tracey Thomas 07930 418615
110 Grosvenor Drive
Loughton IG10 2LE
traceythomas210@gmail.com

BROADWAY WARD

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

Cllr John Mahoney 07909 517145
Flat, Lopping Hall, 189 High Road,
Loughton IG10 4LF
johnnymahoney@uwclub.net

Cllr Margaret Owen 020 8508 6916
15 Lower Park Road
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mo4labour@hotmail.co.uk

FAIRMEAD WARD

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

Cllr Carol Davies 020 8508 4234
13 Colebrook Gardens
Loughton IG10 2HS
carolchristmas@yahoo.com

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

FOREST WARD

Cllr Jill Angold-Stephens 020 8281 0674
89 Lower Park Road
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
1 Avondale Court, Avondale Drive
Loughton IG10 3BT
stephen.w.murray@hotmail.com

Cllr David Wixley 020 8418 9284
2 Copper Beech Court, Goldings Road
Loughton IG10 2QH
david.wixley198@btinternet.com

ST JOHN'S WARD

Cllr Stephen Pewsey 020 8508 5582
59 Wroths Path
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stephen-pewsey@fsmail.net

Cllr Caroline Pond 020 8508 2361
Forest Villa, 7 Staples Road
Loughton IG10 1HP
caroline_pond@hotmail.com

Cllr Chris Pond 020 8508 2361
Forest Villa, 7 Staples Road
Loughton IG10 1HP
loughton_ponds@hotmail.com

ST MARY'S WARD

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

Cllr Imogen Lawrence 020 8508 4200
3 Staples Road
Loughton IG10 1HP
imogenlawrence@btinternet.com

Cllr Harvey Mann 020 3605 5956
20 The Heights
Loughton IG10 1RN
councillormann@outlook.com

Committee membership

C Chairman

VC Vice Chairman

RESOURCES & GENERAL SERVICES

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

ENVIRONMENT & HERITAGE

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

PLANNING & LICENSING

C J Angold-Stephens
VC C Davies
P Abraham
J Bostock
M Chalk
T Downing
Vacancy

RECREATION

C D Wixley
VC T Thomas
P Beales
M Chalk
J Girling
J Mahoney
S Murray
M Owen
S Weston

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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.
2015

Mar	2	Planning & Licensing
	11	Recreation
	16	Planning & Licensing
	18	Annual Town Meeting, The Murray Hall, 8pm
	25	Environment & Heritage
	30	Planning & Licensing
Apr	8	Resources & General Services
	13	Planning & Licensing
	22	Council (approval of accounts)
	27	Planning & Licensing
May	11	Planning & Licensing
	13	Annual Council

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

News round-up

■ **ALLOTMENT GARDENING** can be a daunting activity but there's no better experience than picking and eating your first crop of fruit and vegetables. In Loughton, we are lucky to have 3 well-used sites, the Roding Road and Willingale Road allotments and the Loughton Potato Ground. If you are interested in renting a plot there are currently vacancies at all sites, so call the council for more information.



■ **JAPANESE KNOTWEED:** With the growing season starting up in the spring, Japanese knotweed can be a massive problem if it pops up in your garden. It spreads like

wildfire and needs specialist and repeated treatments to eradicate. It is now regarded as such a menace that there are reports of mortgage companies refusing to finance purchases of properties which have it growing in their gardens. For more information visit www.environment-agency.gov.uk

■ **MOTIV8** is an annual youth dance showcase with local dance groups from across the Epping Forest district performing their latest dance pieces.



Presented by Epping Forest District Council in partnership with Epping Forest College Performing Arts, early booking is recommended. Motiv8 takes place on 23 & 24 March at 7.30pm. Tickets cost £7 and £4.50 concessions (under 16s/students/over 60s). Booking line: 01992 564226 (Mon-Fri 10am-4pm) www.eppingforestdc.gov.uk/motiv8



■ **SPONSORED BY** the town council, these popular free Play in the Park sessions are back. Just turn up, there's no need to book. Join play leaders at the Roding Valley Recreation Ground on Tuesdays 31 March and 7 April from 1.30pm to 3.30pm and at Jessel Drive on Thursdays 2 and 9 April from 10am to 12pm. For more information contact EFDC's Community Development Team on 01992 564363.

■ **GUIDED WALK** Sunday 10 May 2015 through Loughton's forest 10.30am – 12.30pm. Join tree enthusiasts, Tricia Moxey and Kevin Mason for a gentle stroll along the hill top to appreciate the landscape of the local area with stunning views across the forest and further afield. Meet opposite the Foresters Arms Pub on Baldwin's Hill, IG10 1SF. Grid Ref: TQ 472 976. Please come suitably dressed for walking in the forest, which may be wet and muddy. For more details contact Tricia Moxey on 01277 364522.



Charity fun run

WANT TO get fitter this spring? Why not join in the town council's 4km fun run around the beautiful Roding Valley Recreation Ground on Sunday 19 April. The event starts at 10.30am and you can go at your own pace! Registration will start at 9.45am for those not pre-booked. Entry fees are for children £5, adults £10 and a family

(1 adult and more than 2 children) £20. Funds raised from this event will go to support the work with disabled children at Oak View School.

Entry forms can be downloaded from www.loughton-tc.gov.uk Otherwise further information is available from Loughton Town Council 020 8508 4200.

LOCAL COUNCIL AWARD SCHEME QUALITY GOLD

THE TOWN council is celebrating its success as one of the first in the country to receive the highest accolade of Quality Gold in the new Local Council Award Scheme.

Officially launched in January 2015, this award replaces the Quality Council scheme, which operated from 2004. There are now three levels; Foundation, Quality and Quality Gold.

To achieve Quality Gold a council needs to demonstrate it is at the forefront of best practice by achieving an excellent standard in community governance, community leadership and performance management.

A visit to the council's website, www.loughton-tc.gov.uk provides access to a wealth of information on the council's work. Operating under a policy of transparency and openness, there are documents showing how it manages the business and finances of the council and details its role in both serving and leading the local Loughton community.

Loughton shares the honour of this award in Essex with Danbury Parish Council and Waltham Abbey Town Council.

Accreditation is through a form of peer review. The Essex judging panel includes representatives from the Essex Association of Local Councils, Essex County Council, the Rural Community Council for Essex and the Society of Local Council Clerks.

More information on the scheme may be found at www.nalc.gov.uk/news/entry/132-local-council-award-schemelaunched



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Annual town meeting

LOUGHTON'S residents and business representatives are invited to this year's Annual Town Meeting, which takes place at our large community hall, the Murray Hall at 106 Borders Lane, on Wednesday 18 March at 8pm.

This is an opportunity to hear about the council's activities over the past year and its future plans. Doors open at 7.30pm providing time for you to view displays by local organisations. The official meeting commences with the town mayor's presentation followed by summaries from the committee chairmen and a question and answer session.

We have invited the Chief Constable of Essex, Stephen Cavanagh as guest speaker to give a short presentation on how Essex Police will deal with the challenges ahead and answer your questions.

After the meeting you will have the opportunity to speak to your councillors over light refreshments.



FREE MICRO-CHIPPING is being offered by the Dogs Trust charity which, instead of charging dog owners for the service, welcomes donations to the charity.

From 6 April 2016 it will be compulsory under UK law for all dogs to be micro-chipped. Come and join us for the free fun event for dogs and their owners on Tuesday 24 March from 11am – 3pm at the Roding Valley Recreation Ground, near the tennis courts.

In addition, and of course weather permitting, the Dogs Trust staff will provide some dog agility activities, 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.

MUSIC @ LMC

Loughton Youth Music Festival

THE FESTIVAL is non-competitive and is open to all young musicians who are taking their A-level music examinations at a school or college during 2014/15. It gives selected applicants the opportunity to play one or more of their examination set pieces before a paying audience. Loughton Youth Music Festival takes place on Saturday 21 March 2015. This is the 11th year the festival is being hosted by the Loughton Methodist Church. For information please contact the event organiser, Eugene van Niekerk on 07597 985240 or vanniekerkeugene@gmail.com



Loughton Festival 2015

THIS POPULAR annual event will be back again this May with something for all ages.

The festival begins on 2 May with an organ recital played by some of London's top recitalists from the City of London and Eastern Society of Organists, an organisation for those passionate about the organ and its music. It closes with a football tournament on 30 May.

In the intervening weeks there will be music, art events, walks, talks, an event for toddlers, a band concert for young people, and the ever popular drop-in at the Postal Museum store. The festival will also mark the 70th anniversary of Victory in Europe Day with a prom concert, and you can learn about the First World War and the British Empire with David Stevenson, his second study day for the festival.

The walks are always popular and they have been organised to suit different abilities, with the annual all-day Epping Forest walk,

a London riverside walk led by a qualified London guide, and a walk especially for people with limited mobility in Epping Forest, led by local photographer John Price. Don't forget to bring your camera on these days out!

Also new this year will be a Neighbourhood Safety Day with talks about how to stay safe and a session on emergency first aid.

Loughton Festival is organised and run entirely by volunteers, and more are needed to help the events run smoothly. If you would like to join the team, make tea at one event or donate some cakes, phone 020 8508 2512 or email info@loughtonfestival.org.uk Programmes will be available from Loughton Library in April or visit www.loughtonfestival.org (see also Dates for the diary pages 8 – 9).

The 2015 Festival charity events will raise money for Epping Forest ReUSE, the Amanda Byatt charity and the Chigwell Disabled Group.



THE TOWN council is proud to be taking part in this international event by raising the special Commonwealth flag at 10am on 9 March 2015 outside its Buckingham Court offices.

This unique initiative, now in its second year, will see over 650 other Commonwealth Flags raised in 38 Commonwealth countries. It has caught the imagination of thousands of participants around the world, enabling people of all ages in their local communities to become involved and join with others worldwide in associating themselves with widespread public expression of commitment to the Commonwealth, appreciation of the values it stands for, and opportunities offered to its citizens.

The Commonwealth is a voluntary association of 53 independent and equal sovereign states. It is home to 2.2 billion citizens, of which over 60% are under the age of 30. The Commonwealth includes some

of the world's largest, smallest, richest and poorest countries, spanning six regions. Thirty-one of its members are small states, many of them island nations.

His Excellency Kamalesh Sharma, Secretary-General of the Commonwealth said:

"Fly a Flag for the Commonwealth is a most imaginative way for people in local communities - wherever they live, learn or work - to join together with others throughout the Commonwealth in a spirit of respect and understanding to celebrate the variety of unmatched diversity of our global family. I welcome and commend it."

"All our citizens, particularly the young, can express appreciation for the Commonwealth and the values it stands for, as set out in the Commonwealth Charter, and the rich opportunities it offers for mutual support towards more inclusive social and more equitable economic progress."

Margaret Walker & Joan Littlewood honoured

LOUGHTON'S East 15 Acting School based at Hatfields, off Rectory Lane, was founded in 1961 by Margaret Walker (1922 – 2013). It grew from the work of Joan Littlewood's famed Theatre Workshop, based at the Theatre Royal, Stratford, with its postal district of E15.

Tales of East 15 and its alumni successes over the last 50 years are legendary. The school now offers some eleven undergraduate and postgraduate programmes under the guidance of the director Leon Rubin, and has taken its place on the global stage, boasting students and staff from some 25 countries.

Joan Littlewood, (1914-2002), is having the centenary of her birth celebrated across the country this year with special performances of her work, and a 1st class postage stamp being just some of the many ways in which she and her legacy are being remembered.

Margaret Walker was the member of Theatre Workshop that Joan tasked with establishing an acting school to promote the study of the, then, revolutionary techniques employed by the company. Margaret was not only key to establishing East 15 but, for almost the entire



time she ran the school, also lived there.

Theatre Workshop broke new ground, re-interpreting the classics for a modern age, commissioning new plays from socially committed writers, and creating an ensemble capable of inventing new work, such as the now legendary *Oh! What a Lovely War*.

The blue plaque was unveiled in January by town mayor, Sharon Weston, together with Philip Hedley CBE, Joan Littlewood's



assistant at the Theatre Royal Stratford East and a member of the first graduate year of students from East 15.

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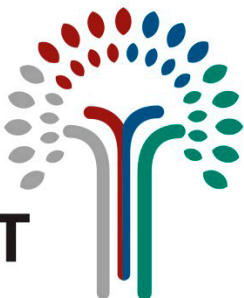
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This brand new Sixth Form consortium, will be enrolling its first cohort of students in September 2015. Partner schools Debden Park High School, Epping St Johns, King Harold Academy and Roding Valley High School, have come together to provide the highest standards of Post 16 Education, offering a wide range of A Level subjects. This new Consortium will demonstrate an exciting, innovative and forward thinking approach to teaching and learning inspiring all students to achieve their future ambitions.

For further information visit www.efd6.net or
email: info@efd6.net



Dates for the diary

■ **3 Mar, 1.45-4pm Anglia: the Four Seasons** Dudley Chignall New Vistas, Loughton Club, 8 Station Road 01992 574552

■ **4 Mar & 1 Apr 1-3pm, 6 May 10am-12pm & 1-3pm Tours of collection** British Postal Museum Store, Unit 7, Imprint Park, Lenthall Road, IG10 3UF £3, £2.50 conc 60+, free u12s (& accompanied) www.postalheritage.org.uk / 020 7239 2570

■ **5 Mar, 10.15am Help for Heroes** charity Sue Clack English-Speaking Union, Murray Hall, 106 Borders Lane £4 incl tea/coffee 020 8505 9001

■ **10 Mar, 7.30pm Bancroft's School musical presentation & 8pm History of the Harp** Bancroft's Decorative & Fine Arts Society (talks), Bancroft's Preparatory School Hall, Woodford Green 020 8599 6281

■ **12-14 Mar, 8pm The Ladykillers** Graham Linehan Theydon Bois Drama Society, TB Village Hall £8.50 01992 812250 <http://theydondrama.org>

■ **14-27 Mar Four Artists One Exhibition** local artists Loughton Arts Centre, 187B High Road 07770 454088 / sjroutledge@hotmail.co.uk

■ **17 Mar, 1.45-4pm Conservation in Paradise** Tricia Moxey New Vistas, Loughton Club, 8 Station Road (as before)

■ **20 Mar, 8pm Medieval Carpenters' Marks** Bill Hardy HEARS, St Michael's Church, Roding Road £2.50 non-members 020 8508 2512

■ **21 Mar, 10am-4pm The Quiet Day** Revd Mark Oakley, Canon Chancellor St Paul's Cathedral poetry talks & discussion St John's Church, Church Lane 020 8508 2948

■ **21 Mar Loughton Youth Music Festival** (see p6)

■ **21 Mar, 2.30pm Jennifer Nadel: Pretty Thing** talk on her latest book. Loughton Library, Traps Hill. For all Essex Book Festival events in March www.essexbookfestival.org.uk

■ **21 Mar, 7.30pm Roding Players Orchestra** St Mary's Church, 201 High Road £7.50, £6 conc 020 8505 4329 www.rodingplayers.co.uk/

■ **22 Mar, 10.45am Messy Church** craft activities/songs (all ages) St Michael & All Angels Church, Roding Road 020 8418 7944

■ **23 & 24 Mar, 7.30pm Motiv8 2015 annual youth dance showcase** Epping Forest College (see p4)

■ **24 Mar, 11am-3pm Dog micro-chipping** (free) Roding Valley Recreation Ground (see p6)

■ **26 Mar, 7.45pm Easter cards** Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **26-28 Mar, 8pm Beyond Reasonable Doubt** Jeffrey Archer Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road £10 07552 736110 www.lads.org.uk

■ **28 Mar, 11am-12.30pm Children's Easter Messy Church** Holy Innocents Church, High Beach, IG10 4BF

Rev'd Gill Hopkins 01992 760492 / gill_hopkins@yahoo.co.uk

■ **31 Mar & 7 April, 1.30-3.30pm Play in the Park** (free) Roding Valley Recreation Ground (see p4)

■ **2 & 9 Apr, 10am-12pm Play in the Park** (free) Jessel Drive (see p4)

■ **2 Apr, 10.15am Turkey** Sylvia Keith English-Speaking Union, Murray Hall, 106 Borders Lane £4 incl tea/coffee 020 8505 9001

■ **6 Apr, 10am Easter Egg Treasure Hunt** (all ages) LifeWorks, Loughton Methodist, 260 High Road. £12 team 020 8502 3071



■ **14 Apr, 1.45-4pm Wish you were here** Alan Hardy New Vistas, Loughton Club, 8 Station Road (as before)

■ **15 Apr, 10am-12pm Summer Natural History** Tricia Moxey WEA 6-week course £42 Jack Silley Pavilion, Tidy's Lane, Epping 020 8281 1536 / mrsdpdale@googlemail.com

■ **17 Apr, 8pm Malt Industry Buildings in Herts & Essex** Helen Gibson HEARS, St Michael's Church, Roding Road. £2.50 non-members 020 8508 2512

■ **18 Apr, 10.15am Service of Remembrance & Wreath Laying** The Royal Society of St George 020 3225 5011 www.royalsocietyofstgeorge.com

■ **19 Apr, 10.30am 4 km Charity fun run** at your own pace! Loughton Town Council (see p5)

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■ **21 Apr, 10am-12pm** Choral Works that Changed the Musical World Emeritus Prof Chris Green WEA 6-week course £42 Loughton Bowls Club, Eleven Acre Rise 020 8281 1536 (as before)

■ **23 Apr, 7.45pm** Quilling Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **28 Apr, 1.45-4pm** Grange Farm: then & now Bob Draper New Vistas, Loughton Club, 8 Station Road (as before)

■ **2 May, 7.30pm** CLESO Organ Recital Loughton Festival St John's, Church Lane info@loughtonfestival.org.uk / 020 8508 2512

■ **3 May-27 Sept, 2-5.30pm** Sunday afternoons in Epping Forest enjoy cake & tea/coffee Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **5 May, 11am-12.30pm** Coffee morning in association with Ashbrook Court. Holy Innocents Church, High Beach Revd Gill Hopkins (as before)

■ **5 May, 1.45-4pm** Making sense of the weather Ian Curry New Vistas, Loughton Club, 8 Station Road (as before)

■ **8 May, 10.30am-3pm** Creative Expressions Community Day (free) Art exhibition, stalls & live performances Loughton Festival Lifeworks & Chigwell Disabled Group, Loughton Methodist Church, 260 High Road (as before)

■ **9 May, 10am-4pm** (drop-in), 4-5pm (talk) The Post Office went to war Loughton Festival British Postal Museum Store IG10 3UF 020 7239 2570

■ **9 May, 7pm** Prom in the Forest concert: 70th anniversary of Victory in Europe Day Loughton Festival Holy Innocents Church, High Beach £10 incl light refreshments/wine/soft drink 07510 195877

■ **10 May, 11am** Beating the Bounds walk Boundary of the parish of High Beach Holy Innocents Church Revd Gill Hopkins (as before)

■ **10 May, 10.30am-12.30pm** Loughton's Forest guided walk Tricia Moxey & Kevin Mason. Meet opp Foresters Arms Pub, Baldwin's Hill, IG10 1SF & wear suitable attire 01277 364522

■ **12 May, 8pm** Art & the Napoleonic Wars Bicentenary of Battle of Waterloo 1815 Bancroft's Decorative & Fine Arts Society (talks), Bancroft's Preparatory School Hall, Woodford Green 020 8599 6281

■ **13-16 May, 7.45pm** Gilbert & Sullivan The Mikado Loughton Operatic Society, Lopping Hall, 189 High Road £12 & Saturday matinee, 2.30pm £8 www.los.ticketsource.co.uk / 020 8505 2033

■ **15 May** Great British Fish & Chip Supper Make the batter matter & raise awareness Spinal Injuries Association 0845 071 4350 / fundraising@siafishandchips.co.uk



■ **16 May, 10am-4.30pm** 1st World War & the British Empire study day Loughton Festival £15, £12 conc (on the door) Lopping Hall, 189 High Road. David Stevenson, LSE Prof of History (as before)

■ **16 May, 11.30am-3pm** Christian Aid Activity Day Africa theme: crafts for children & BBQ Holy Innocents Church Revd Gill Hopkins (as before)

■ **16 May, 7.30pm** Young Band Concert Loughton Festival St Mary's Church, Loughton High Road (as before)

■ **17 May, 3pm** Celebrity football match Leyton Orient FC Haven House Children's Hospice charity event 020 8506 3639

■ **19 May, 1.45-4pm** AGM (short) & Animal Magic Maggie Radcliffe New Vistas, Loughton Club, 8 Station Road (as before)

■ **22 May, 8pm** AGM & summer visits HEARS, St Michael's Church, Roding Road. £2.50 non-members 020 8508 2512

■ **28 May, 7.45pm** Braid Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **28 May, 10.30am** Creative Expressions Nature Walk Loughton Festival (all abilities & disabilities) John Price Meet by Kings Oak, High Beach car park Chigwell Disabled Group

■ **30 May, 10.30am** Charity football match Loughton Festival Debden Sports Club, Chigwell Lane (as before)

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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(Left to right) volunteer Neal Gregory, Town Mayor Sharon Weston and Jo Leal (manager).



(Left to right) owner Emma Robinson, Town Mayor Sharon Weston, Katie Lush (window designer & staff member) and Kelly Shears (manager).



(Left to right) Jade Fleming (staff), Shannon Kelly (assistant manager), Town Mayor Sharon Weston and Will Harman (staff).

LAST CHRISTMAS, over 100 local businesses decorated their windows and joined in the town's seasonal celebrations in this year's Christmas Window Competition.

The judges – town mayor, Sharon Weston, and cllrs Chris and Caroline Pond, chairman and vice-chairman of the Environment and Heritage Committee – certainly had a challenging time as 15 shops were short-listed for the prizes and commendations.

The judges commented that "Christmas trees of various colours and sizes were very popular this year! The High Road saw the largest increase in entries, possibly because of the efforts of the Town Centre Partnership

in stimulating interest. It was obvious that shopkeepers all over the town had exercised their ingenuity and artistic judgement with real enthusiasm. Thanks to all concerned – you have made Loughton a really festive place this year."

The winners were as follows:

Local / Independent Winner: I AM SO... FLY, 192 High Road, IG10 1DN

Runners-up: GEMS, 233 High Road, IG10 1AD and TONY'S, 61 The Broadway, IG10 3SP
Highly commended: HYPE, 190 High Road, IG10 1DN and LOTTIE LOU, 5A Forest Road, IG10 1DR

Multiple / chain store Winner: ZEE & CO LTD, 221-225 High Road, IG10 1BB

Runner-up: SATORI, 8 Forest Road, IG10 1DX
Charity Winner: ST CLARE HOSPICE, 271 High Road, IG10 1AH

The charities nominated by the winners to receive a £100 cheque from the town council were:

- Breast Cancer Care – national charity.
- Local charity Wallace Kennels – an Essex based dog rescue centre that helps find a home for unwanted, abandoned and strays in the county.
- Local charity St Clare Hospice.

Each winner also received an engraved cup to keep for eleven months (which is awarded again the following year) and a framed certificate.



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1. To foster the love of England and to strengthen England and the Commonwealth by spreading the knowledge of English history, traditions and ideals.
2. To keep fresh the memory of those, in all walks of life, who have served England or the Commonwealth in the past in order to inspire leadership in the future.
3. To combat all activities likely to

undermine the strength of England or the Commonwealth.

4. To further English interests everywhere to ensure that St George's Day is properly celebrated and to provide focal points the world over where English men and woman may gather together.

For more information contact The Royal Society of St George, Enterprise House, 10 Church Hill, Loughton IG10 1LA, 020 3225 5011, www.royalsocietyofstgeorge.com

Winning Christmas cards



INFANT

Winner: Keira Marie

Runner-up: Zoobia Saleem

JUNIOR

Winner: Daniela Lapadula

Runner-up: Catherine Goh

SECONDARY SCHOOL

Overall Winner: Patricia Stow

Runner-up: Lottie Clemens

ADULT

Winner: Elisa Sosa

Runner-up: Anna Jones

Special commendation: Narin Kumbarji

Each winner was presented with a £25 gift token and a certificate by Town Mayor Sharon Weston at last December's Council meeting. Runners-up were awarded a certificate.

We congratulate all the winners and give a special thank you to everyone who entered, especially all the local schools for their support in promoting the competition.

THREE HUNDRED budding artists entered the town council's annual competition this year to design our official Christmas card. Patricia Stow, the secondary school category winner and a pupil at Roding Valley High School, was chosen as the overall winner by the judges – Cllr Sharon Weston, the town mayor and Cllr Jill Angold-Stephens, former town mayor.

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



Standing (left to right) – Elisa Sosa, Cllr Sharon Weston and Patricia Stow
Seated (left to right) – Keira Marie and Daniela Lapadula

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Regular activities

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ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Road.
www.rodingroadallotments.co.uk/
Willingale Road Allotments, Loughton
Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Agility Club (for dogs),
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(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
<http://www.loughtonartscentre.org/>
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.
<http://www.loughtonartscentre.org/>
Thursday Art Group, Loughton Baptist
Church, 92 High Road. Thursdays,
1.30pm £3 (incl tea & biscuits) 020 8502
1379 / theorimes5@hotmail.co.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 /
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Loughton Bereavement Service. Free
counselling service. John 020 8508 6333
Samaritans. Free, confidential emotional
support for the distressed & despairing
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909090 / jo@samaritans.org / txt 07725
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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 / mrsdpdale@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 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
Calligraphy for beginners (adults) 07956
544262
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/countryside
Epping Forest & District Stamp Club,
Roding Valley High School, Alderton Hill.
2nd Tuesdays, 7.30pm. 020 8505 5620
Essex Wildlife Trust Work Parties,
Roding Valley Nature Reserve.
Wednesdays, 10am-4pm. Warden
Patrick Bailly 020 8508 1593
Film Loughton. Film screenings locally.
www.filmoughton.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 Relph 020 8508 6313
Friends of Light & Healing, Kingsley
Hall, Kingsley Road. An evening of
clairvoyance. Alternate Thursdays,
7.30 for 8pm. 020 8508 3266
**HEARS - Herts & Essex Architectural
Research Society**, St Michael's Church,
Roding Road. £2.50 non-members.
4th Fridays, 8pm. David Stevenson 020
8508 2512 www.hears.vpweb.co.uk
See Dates for the diary.
Hornby Railway Collectors Association,
St John's Church Scout Hall, Church
Lane. Alternate 1st Thursdays 5-10pm.
£2. David Southgate 020 8508 7530 /
davidsouthgate@talktalk.net
Loughton Amateur Dramatic Society,
Lopping Hall, High Road. 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

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 Chess Club, Loughton
Bowling Club, Eleven Acre Rise.
Wednesdays, 7.30pm. 020 8508 3546
www.freewebs.com/kengroce/
Loughton Women's Institute, Royal
British Legion, 118 Church Hill. 1st
Wednesdays, 2.15pm (except 2nd
Wednesday in January) Elna Green 020
8508 4514

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,
Lopping Hall, 189 High Road. Mondays
5.45-9pm, Thursdays & Fridays, 6-9pm
Beavers, Cubs, Scouts & Explorers
girls/boys (6-18) 020 8923 2378 /
ags41@gmail.com
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 /
cheekycherubsstayandplay@aol.com

Epping Forest Community Theatre
4 groups: Loughton Children's Theatre
(LCT) & Loughton Youth Theatre (LYT)
LCT: Musical Theatre (Y3-6), Grosvenor
Hall, Grosvenor Drive. Mondays
4.30pm. LYT: Backstage Crew (Y5-11)
various venues. Mondays 4.30pm.
LCT: Rising Stars (YR-2), LifeWorks
Centre, Loughton Methodist Church,
260 High Road. Tuesdays 4pm. LYT:
Musical Theatre (Y 7-11), Grosvenor Hall,
Grosvenor Drive. Wednesdays 4.30pm
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, 201 High Road 020
8508 3643 www.stmarysloughton.com
Tots Time (0-4) Mondays 9.30-11am.
Forge (Y7-13) Wednesdays 3.30-
5.30pm. Shine! Toddler church (0-4)
Thursdays 9.45-10.45am. After Hours
(Y9+) Fridays 8-10pm
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. 24-hour
online community radio station. Free
afterschool / evening café weekdays.
Nick Robinson www.lypradio.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
Youth Club, Loughton Youth Centre, 106
Borders Lane. Thursdays 7-9pm (term
time) (13-19 yrs). Free activities. 01279
404401 / vicky.young@essex.gov.uk

MUSIC

Loughton Acoustic Club, The
Gardeners Arms, York Hill. 2nd
Tuesdays, 7.30pm. £3
theclub@thephrstudio.co.uk
Loughton Folk Club, 8 Station Road.
Live acoustic music. Thursdays, 8pm.
Jim 07762 146623 / loughtonfolkclub@googlemail.com
Roding Players Orchestra rehearsals,
Roding Valley High School, Alderton Hill.
No audition. Mondays, 7.30-9.30pm.
Miles Harwood 020 8505 4329
www.rodingplayers.co.uk/

13 ▶ **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
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 & Chigwell The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays 6.15pm www.loughtonrotary.org.uk
Royal British Legion Loughton Branch, 118 Church Hill. Mondays & Thursdays, 8pm (bingo). Tuesdays, 1-4pm line dancing. Every 2nd & 4th Wednesday evenings (fun quiz night & prizes). Saturday evenings. 1st & 4th Sunday lunchtimes (jazz group) 020 8508 5044 www.britishlegion.org.uk
Tea Club - Senior Citizens, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944

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
Loughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Wednesdays 7pm. 07971 672542 www.loughtonwadokai.co.uk
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 Kingsley Hall, Kingsley Road. Wednesdays 7-8pm £7 yogaplanet@live.com
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

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 8599 6281
English-Speaking Union, Murray Hall, 106 Borders Lane. 1st Thursdays, 10.15am for 10.45am. £4 incl tea/coffee. 020 8505 9001
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, £3 non-members. Refreshments & NT information. 020 8508 9541 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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our residents is paramount. This wonderful new building has allowed us to set a new standard in residential living and care. A visit to Woodland Grove will give you the opportunity to find out more about our philosophy, our care plan, our staff, and the facilities we offer. We would love to show you round and talk to you about your requirements.

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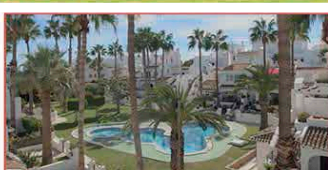
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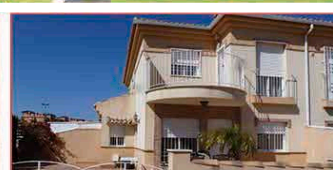
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