



Think Loughton

News from Loughton Town Council

Summer 2015 No 69

Summer celebrations

ONCE AGAIN, there's a lot going on in Loughton this summer to entertain the whole family, so if you're having a staycation this year, why not make the most of what the town has to offer. Visit the Dates for the Diary pages for a full calendar of events.

This year's community fun day, organised by Loughton town council in partnership with local churches, will unfold on Jessel Green on Sunday 19 July from 11am – 4pm. There

will be plenty of entertainment for all ages including zorbing and bouncy castles, face painting and, new this year, a display from the Epping Forest Hawk & Owl Sanctuary.

The day includes the "It's A Knockout" tournament, back by popular demand, so start organising your teams for this challenging fun course with various games and heats. The highlight will be the grand finale and prize giving ceremony in the

afternoon. Past winners were in 2014 Jessie's Giants and in 2013 the Flower Boys', a team from the Cottage Loaf pub.

Don't miss out on the fun and frolics to see who the ultimate "It's A Knockout" champions are this year! Contact the town council on 020 8508 4200 to book your place.

Magna Carta 800

WE'RE PROUD to

be supporting the national celebrations of this important event, the 800th anniversary of the sealing of Magna Carta, the document that laid the foundations for the rights and representation that we enjoy today.

Residents are encouraged to take a moment to celebrate, debate and reflect on those rights which we very often take for granted but which people throughout history have campaigned to make happen or fought to preserve.

Suggested LiberTeas events can include a picnic on one of the lovely greens in Loughton, a Sunday lunch, a debate, a street party, an open day and a historical walk. Alternatively, join us on **Sunday 14 June in The Broadway from 3pm – 5pm for a mini Debden Day.**

Harlow Brass Band will provide the entertainment and, following the opening ceremony, there will be a cream tea for our senior citizens and bouncy castles and face painting for the children.



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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	0344 477 0808
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 8502 1950
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

Boys & Girls 2 1/2 - 11
Flux's Lane, Epping,
Essex CM16 7PE

Tel: 01992 577133
www.coopersalehallschool.co.uk



Normanhurst School NORTH CHINGFORD

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

Boys & Girls 2 1/2 - 11
8 Albion Hill
Loughton, Essex IG10 4RA

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

Debden House

Newham London

Debden House is a conference, education and residential facility located in the heart of Epping Forest.

We provide premium facilities for meetings and conferences, team building and training days, functions and residential stays. Debden House also boasts a 50 acre seasonal campsite. To make a booking, please contact our office or visit the Debden House website for more information.

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debdenhouse.com 020 8508 3008

Debden House Centre, Debden Green, Loughton, Essex IG10 2NZ



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020 8508 1325

E-mail: aandjopticians@msn.com

Last few places for September 2015

Call now for details.



For more information visit: www.oaktreeschools.co.uk

@oaktreesch

Clerk's Remarks



WELCOME to the Summer edition of Think Loughton which includes the special insert containing the council's annual report. This provides a transcript of the presentations given at the Annual Town Meeting in March with details of council activities during 2014/15 and some of our

plans for the future. There is also a brief financial report – the unaudited accounts are available to view on our website or by request from the council offices.

This edition also contains articles and listings for the many community activities and events in the town organised by the town council and other local groups. We hope you will keep a note of the dates in your diaries and show your support.

A special welcome to those residents in High Beach who receive Think Loughton because of their IG10 postcode. We know many of you shop in Loughton and use our amenities but did you realise that you actually live within the Waltham Abbey Town Council area? We are happy to help with your queries but alternatively you can contact

your local council directly on 01992 714949.

One of the council's main priorities is the maintenance of our 8 children's play areas. We are about to launch an important consultation on plans to refurbish the Traps Hill play area, located close to Loughton Library. If you and your family use this play area, please take the opportunity to have your say on what type of equipment you would like to see there as we are keen to maximise the play value of this space. Details of the consultation will appear on our website and noticeboards.

Have you read about the Open Orchard project initiated by Loughton Library as part of the Open Book Project? The first fruit trees have been planted outside the library to create a public harvest for

everyone. The town council has also recently agreed to create a community orchard on the open space next to the Willingale Road Allotments. If you would like to be involved in this exciting new project in some way, sponsor a tree or just come along to have a look, we would like to hear from you – please email us or just turn up when we're open.

We also invite residents who would like to be involved in a new Loughton in Bloom scheme to get in touch. The town council already provides the flower baskets in The Broadway, the High Road and, new this year, Old Station Road, but we would like to expand the planting scheme further to enhance the town.

Enid K Walsh
Town Clerk

Quality gold



EFDC chairman, cllr Tony Boyce presented the award certificate to town mayor, cllr Sharon Weston at the district council meeting in April. The Quality Gold Award demonstrates that a council is at the forefront of best practice and achieves excellence in governance, community

leadership and council development. Also present were cllr Peter Davey, chairman of the Essex Accreditation Panel and Jonathan Owen, CEO of NALC to congratulate the council on being one of the first councils in the country to achieve this prestigious award.



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Loughton Town Council

Town Mayor and Deputy Town Mayor to be appointed on 13 May 2015 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

Cllr Leon Girling 020 8418 0076
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
Loughton IG10 4NB
mo4labour@hotmail.co.uk

FAIRMEAD WARD

Cllr Jill Bostock 020 8508 3482
91 Queens Road
Loughton IG10 1RR
jillbostock@hotmail.co.uk

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
cllrijennings@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
Loughton IG10 1SH
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 memberships were finalised at the Annual Council meeting on 13 May 2015 (after Think Loughton went to print). Details of the new Town Mayor, Deputy Town Mayor and the Committees are available on the town council website www.loughton-tc.gov.uk

The views expressed in *Think Loughton* are not necessarily those of Loughton Town Council, and the inclusion of advertisements does not constitute an endorsement by the council of any products or services.

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

Contacting us

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

Deadline dates

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Winter	28 Sept 2015

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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

June	15	Planning & Licensing
	17	Environment & Heritage
	29	Planning & Licensing
July	8	Resources & General Services
	13	Planning & Licensing
	22	Council
	27	Planning & Licensing
	Aug 17	Planning & Licensing
Sept	7	Planning & Licensing

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

News round-up

■ **PLANNING A WEDDING?:** The Murray Hall is now licensed for civil weddings and partnerships and naming ceremonies. Contact Judy Graham on 020 8508 4200 for more details.



■ **THEY'RE BACK:** don't miss out! If you enjoy BMX bikes, sk8 boards or even in-line skates then come along to the monthly two-hour sessions on Mondays 29 June and 20 July from 6pm - 8pm at Roding Valley High School, by the Sports Hall. Your first session is free. Visit www.skateloughton.org/ for more information. We thank Roding Valley High School for its support.

■ **BARK IN THE PARK:** join us for another free fun event for dogs and their owners on Wednesday 26 August from 11am - 3pm at the Roding Valley Recreation Ground, near the tennis courts. The Dogs Trust will be offering free micro-chipping and advice to owners, plus free neutering vouchers and health check vouchers. Weather permitting, there will be dog agility activities and dog training sessions provided by the Forest Dog Training School, who are based at Debden Park Community Centre. Contact the town council 020 8508 4200 for more information.

■ **DOES YOUR** Loughton based community organisation need an injection of cash to help with a project that will benefit local people? If so, the town council may be able to help with some funding. For more information contact Shirley Haynes on 020 8508 4200 or download an application form from our website www.loughton-tc.gov.uk/7fias.pdf



■ **SPECIAL TREES PROJECT:** don't forget to nominate your favourite tree(s) in the town and tell us why they matter to you. Join this exciting project so together we can protect and enhance what is most valuable about our natural environment in the town. Forms are available at www.loughton-tc.gov.uk/4psrel107.pdf

■ **IF YOU** live in a Conservation area, a reminder that before carrying out any works to trees you must contact the Planning Office on 01992 564068 for advice.



Photo © John Price, Epcot Images

Charity fun run

Photos © David Jackman, Everything Epping Forest



OVER 100 PARTICIPANTS took part in this year's 4km event on the Roding Valley Recreation Ground. Donations totalling almost £800 have been made to help Oak View School create a special Life Skills Room. First home was Scott, closely followed by his father, Richard. They also finished first and second in 2014 and we have challenged them to a hat-trick in 2016.

Zoe, from the 2nd Loughton (St John's) Guides provided the refreshments and raised £90 for her trip to the jamboree in California later this year.



Epping Forest Careline

This careline is a section within Epping Forest District Council with many years' experience of managing a community alarm service. It is based in Loughton and the service provided is available 24 hours a day.

The careline is for anyone who wants to feel more secure in their home, knowing that help can be summoned at the press of a button. People use the careline service because they feel vulnerable in some way, for example:

- They are unwell
- They have fallen
- They are injured in some way
- They have experienced an intruder in their property or garden
- They have an on-going illness or have recently been discharged from hospital

So if you are worried about getting help in an emergency, especially if you could not get to the phone, then Epping Forest Careline could be the answer.

By installing an alarm unit, you can easily contact our careline centre 24 hours a day, every day of the year from anywhere in your home. The unit is linked through your telephone line and has a pendant that can be worn around your neck or wrist.

A wide range of sensors are also available, such as smoke detectors, bogus caller buttons and fall detectors. They activate the alarm system automatically and send a call to our Careline Centre. This equipment is known as Telecare.

For more information contact 020 8532 1065 / careline@eppingforestdc.gov.uk



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Senior School Open Day

Saturday 17th October - 10.00am to 2.30pm

Junior School Open Morning

Saturday 17th October - 10.00am to 12.30pm

For all enquiries, to arrange a visit or to discuss your individual requirements please call 020 8504 1133



Braeside School

Buckhurst Hill, Essex IG9 5SD



www.braesideschool.co.uk



BACK FOR a 5th year of fun, the 2015 Love Loughton event is on 11 July with St Mary's Church putting together

another fantastic day for the family.

The event will run from 12 noon until 4pm with entertainment set to include a rodeo bull, teacup ride, bouncy castles, live stage acts and entertainment, local charity stands, stalls and games, plus free cream teas! Local charities and community groups will be involved in Love Loughton, which aims to highlight everything that is good about the town, and bring the community together.

This year there will be a focus on helping us connect more as a community and the new Hope Centre which is expected to be built in 2016.

Revd Malcolm Macdonald says, "Love Loughton is about bringing our town together, having fun together, supporting local charities, being a community and connecting more with one another, plus discovering God's amazing love."

For more information about Love Loughton, visit www.stmarysloughton.com or phone 020 8508 3643.



OUR LOCAL special school, in Whitehills Road, Loughton, IG10 1TS, is holding a Music festival event on Saturday July 18, starting at 12 noon and finishing at 10pm. There will be a variety of music all day from local bands and artists, activities for children, food and a licensed bar as well as many stalls from different groups in the community.

Dianne Ryan, headteacher, also invites any local groups, who would like to raise funds for their particular cause, to have a stall at our event. Contact the school for more information on 020 8508 4293.

Oak View is raising money for a new Life Skills room to enable their young people to have the best start they can in life when they leave school, and to be as independent as possible. They will have the skills they need to be valuable members of the community. The young people have severe and complex needs but have so much to give; each has a unique skill and valuable contribution that they can make to the community.

Come and join them on the 18 July, share in the fun and support a very worthwhile project in your local community.

Tickets available on line at <https://billetto.co.uk/events/oak-views-music-festival>



Citizenship Award

OUR CONGRATULATIONS go to Violet Short, the winner of the 2015 citizenship award for her dedication, inspiration and commitment as a volunteer at the Save the Children Charity shop in Loughton Broadway for more than 20 years.

Violet was nominated by her co-workers who said that she has worked extremely hard and managed this exceptionally well-run charity shop for six days a week, for over 20 years. Importantly, Violet has also been a role model and given tremendous support to the people she takes on through the Probation Service. She helps with their rehabilitation and re-integration into the community after their prison sentences. Many of these people have successfully gone on to obtain full-time jobs

and often write to let her know how well they are getting on. She also takes great pride in the shop's appearance, and has created many attractive and eye-catching window displays over the years.

Sadly, Violet wasn't able to attend the Civic Service to collect her award. In her place, Joyce Shelly, Violet's colleague at the shop accepted the Community Rose Bowl and scroll from Lord Petre, the Lord Lieutenant of Essex. A £250 cheque for the Save the Children Charity Shop was presented to Violet in person afterwards.

Above: Town mayor, Sharon Weston presenting the cheque to Violet with PCSO Louise Coveney and volunteers, Sarah Jane Foster, John Morris and Joyce Shelly.



FOLLOWING a successful campaign, the path between Borders Lane and Rectory Lane has been dedicated as a public right of way. The new name plates have now been installed and, later this year, spring bulbs will be planted in memory of long term resident, Dennis Jones.

The name chosen by the town council honours Lady Mary Wroth, 1587–1653, former resident of Loughton Hall, who is acclaimed as the first female English novelist. More details of her life and work may be found at www.poetryfoundation.org/bio/mary-wroth



Beware of fraud

by Colin Freeman, Essex Watch Liaison Officer

FRAUDSTERS have set up a bogus website claiming to be the official site of National Savings & Investments (NS&I) and are contacting members of the public, cold calling them and offering the chance to invest in 65+ Bonds (also known as Pensioner Bonds).

Members of the public searching for the official website (for example on search engines) may be directed to the fake one which then asks them to supply contact information. Victims receive a follow up email and/or phone call from the fraudsters requesting evidence of identity documents and bank account details. A common name that appears on the emails sent by the fraudsters is 'Kevin Archer'.

How to avoid being a victim:

- Do not pass personal or banking information to companies that cold call you.
- Use only the legitimate website – www.nsandi.com
- NS&I do not make sales calls to potential customers (cold calls) so do not enter into discussion with cold callers claiming to be NS&I.

If you have been a victim of fraud or suspect a company of fraud contact Action Fraud on

0300 123 2040 or online at www.actionfraud.police.uk

colin.freeman@essex.pnn.police.uk / www.essex.police.uk/my_neighbourhood.aspx
Don't be fooled

Rogue traders are people who call at your door pretending to be qualified tradespeople and offering to do work on your home. They may seem friendly and persuasive but too often they target vulnerable elderly people and carry out poor quality household repairs to roofs and driveways.

They may claim to know your neighbours and have done work for them but often the work they promise to complete didn't need doing in the first place.

Essex Police are working with Essex County Council and Age UK Essex as part of a campaign to warn residents to 'Be Sure at the Door' www.essex.gov.uk/Pages/Be-sure-at-the-door.aspx

Free fridge magnets with advice on how to avoid cold callers are available from your local library and GP surgery.

You decide whether you need any work done to your house, not them.

If you think you've been taken in by a rogue

trader, please let the police know by calling 101, contacting Trading Standards on 08454 04 05 06 or talking to a friend or relative.

Take a look at our advice to make sure you don't fall victim to a rogue trader.

A genuine trader won't:-

- Call without an appointment
- Ask you to go to the bank to withdraw cash or make a money transfer
- Offer to take you to the bank to withdraw cash for payment
- Ask you to pay in full before the work is complete
- Insist that you make a decision about the work they're offering to do on the spot
- Bully or scare you into doing the work

If you need work carried out:-

- Contact a Buy With Confidence accredited trader
- Get a number of quotes
- Get a written estimate detailing exactly what work will be carried out, how much it will cost and what the terms of payment are
- Take your time to make sure you're happy with what you're undertaking – ask a trusted friend/relative for advice or ring the Buy with Confidence number 08454 04 05 06.

EPPING FOREST COLLEGE



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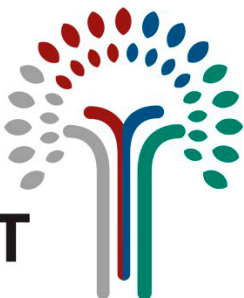
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For further information visit www.efd6.net or
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Dates for the diary

■ **Until 27 Sept, 2-5.30pm Sunday** afternoons in Epping Forest enjoy tea/coffee & cake Church of the Holy Innocents, High Beach Revd Gill Hopkins 01992 760492 / gill_hopkins@yahoo.co.uk

■ **9 Jun, 7.30pm Essex Police Challenge & PCC Nick Alston** Epping Forest College, Borders Lane Questions to EssexPoliceChallenge@essex.pnn.police.uk / 01245 291600

■ **13 Jun, 10am Bell striking competition** St John's Church, Church Lane 020 8532 0060 / loughtonchurch.org.uk/

■ **14 Jun, 3pm Bell ringing** Commemorate 800th anniversary of the Magna Carta St John's Church (as before)

■ **18-20 Jun, 8pm Ghosts** by Henrik Ibsen (translated by Stephen Unwin) directed by Andrew Rogers £10 Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road 07552 736110 www.lads.org.uk

■ **19-22 Jun Flower Festival & Children's flower arranging competition** Licensed event, food & drink St John's Church (as before)

■ **20 Jun, 1pm Army Guild of bell ringers** St John's Church (as before)

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

■ **21 Jun, 2.30 & 4pm Walk-in concerts** (free) retiring collection & selling puddings for Father's Day Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **25 Jun, 7.45pm Australian cross-stitch** Essex Handicrafts Association Woodlands Branch 020 8508 7657



■ **29 Jun, 6-8pm Skate Loughton session** Roding Valley High School www.skateloughton.org (see p4)

■ **2 Jul, 10.15am The Tidal Thames** its folklore & traditions Mark Lewis English-Speaking Union, Murray Hall, 106 Borders Lane £4 incl tea/coffee 020 8505 9001

■ **5 Jul, 3pm Woodford Ladies Choir** (free) retiring collection Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **11 Jul, 12-4pm Love Loughton fun day** St Mary's Church, 201 High Road 020 8508 3643 www.stmarysloughton.com (see p6)

■ **11 Jul, 7pm Chingford Ladies Choir** £10 (& on the door) incl refreshments Church of the Holy Innocents, High Beach 07572 111387 / jane.begley@irwinmitchell.com

■ **12 Jul, 2pm Storytelling** Stephen Fellowes Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **14 Jul, 8pm I do like to be beside the seaside!** The British coastline Bancroft's Decorative & Fine Arts Society, Prep School Hall, Bancroft's School, Woodford Green 020 8599 6281

■ **18 Jul, 12-10pm Charity music festival** plus stalls Oak View School 020 8508 4293 (see p6)

■ **18 Jul, 7pm Davenant Community Choir** £10 (& on the door) inc refreshments Church of the Holy Innocents, High Beach 07572 111387 / jane.begley@irwinmitchell.com

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

■ **19 Jul, 11am-4pm Jessel Green community day & It's A Knockout!** Zorbing, bouncy castles & EF Hawk & Owl Sanctuary display Loughton Town Council (see p1)

■ **19 Jul, 2.30 & 4pm Walk-in concerts** (free) retiring collection Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **20 Jul, 6-8pm Skate Loughton session** Roding Valley High School www.skateloughton.org (see p4)

■ **22 Jul, 10.30am-12pm Teddy bears picnic** Jessel Green, Jessel Drive Sunrise Children's Centre 020 8502 5799

■ **23 Jul, 7.45pm Dream catchers** Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **27 Jul, 10.30am-12pm Jazzmatazz** 8+ yrs Epping Forest College Dance Studio, Borders Lane £6.50, £5 conc EF Arts 01992 564226 (Mon-Fri 10am-4pm)



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Annual Report 2015

This has been another busy year for the Town Council with many new projects completed and our existing services and facilities maintained and enhanced. However, I will leave the committee chairmen to provide you with more details of the council's work.

One key achievement this year has been the prestigious award of Quality Gold status in the new Local Council Award Scheme. We were one of the first councils in the country to receive this award. This accreditation confirms that we meet the standards expected by the sector and have in place conditions for continued improvement.

It is with sadness that I report the loss of several community stalwarts in the past 12 months – former councillors, Joan Davis, Rob Sheen and Bob Wilmot and the long serving chairman of the Broadway Town Centre Partnership, Dave Stannard. We pay tribute to their work for Loughton and send our condolences to their families.

In May 2014, I was honoured to be elected your town mayor. This role has enabled me to meet many of the town's residents and make new friends. With the assistance of my deputy mayor, cllr Judy Jennings and past town mayor, Jill Angold-Stephens, we have attended over fifty events around the town.

These have included some poignant occasions – the Annual Remembrance Service last November at which I led the tributes by laying the first poppy wreath on behalf of the town. Earlier in the year we were involved in the centenary commemorations of World War I and held a special service in Loughton Cemetery to mark the award of a Victoria Cross to Private Sidney Godley, who is buried there.

I particularly enjoyed the annual Civic Service held recently at the Loughton Methodist Church – my chosen theme was 'Community – Working in Harmony'. It provided a wonderful opportunity to thank all the local organisations, clubs and charities, whose work helps make Loughton such a lovely town to live and work in. We were delighted that Lord Petre, the Lord Lieutenant of Essex was in attendance to present the annual Citizenship Award to Violet Short, who has worked as a volunteer at the Save the Children's charity shop in the Broadway for over 20 years. Dianne Ryan, Headteacher of Oak View School, Loughton talked to us about their work with our special children. Oak View School is one of my chosen charities and our collection was dedicated to support them to establish a life skills rooms to further enable the children to live more independently.

During my term as Mayor I have met so many amazing organisations and individuals and I'm sure you all know of countless others who serve our community. This has been an uplifting year, marked by many memorable events. Some of you will have enjoyed the Tour de France cycle race as it sped through Epping Forest; Remembrance Day and our many town and community celebrations; the Christmas events and turning on the Lights at St Mary's Church, wonderful carriage rides with Santa Claus; the Christmas Window Competition; a Light up the Life Service for St Clare Hospice and the Lighting of the Menorah on the green opposite Marks and Spencer, where I was honoured to light the first candle and share in this important Jewish festival. I had a wonderful time at Oak View School's summer concert and danced with teachers, mums and volunteers. I was enchanted by their Christmas Peter Pan performance and it was a joy to see the children enjoy themselves so much. I would also like to praise the work of the Street Pastors, who valiantly keep people in the streets of Loughton safe every Friday during the evening and early hours; the Voluntary Care Group; the Loughton Food Bank who I am sad to say have been kept busy this year and of course the Citizens Advice Bureau who help so many people as well as all those organisations whom I have not yet had the privilege to meet but many of you hold dear.

I attended memorable performances at the E15 Acting School and at the Lopping Hall, and enjoyed listening to the Roding Players. I have also visited Chigwell Riding Trust and the amazing Haven House; attended 'It's a Knockout' fun and games; presented certificates at WOW Partnership Conferences and gave a 100th birthday card from Her Majesty the Queen to a resident at one of Loughton's residential homes.

You will have noticed that we have been flying the Union Jack on the designated days outside our offices at Buckingham Court for the past 7 years. This year, a new innovation, we were invited to fly the special flag to mark Commonwealth Day as part of the international celebrations. I was honoured to read out the Commonwealth Affirmation and a special message of congratulations from Her Majesty the Queen. The Affirmation confirmed our commitment to upholding the values set out in the Commonwealth Charter, "to serve one another in a spirit of respect and understanding, and to advancing development, democracy and cooperation locally, nationally, and internationally".

Councillors stand for a 4-year term and so the council has one more year to continue its work before the next town elections in 2016. If any of you are interested in standing as a councillor please contact us to find out more about how you can serve the community.

I end my report by expressing my thanks to my fellow councillors for their hard work representing the people of Loughton and for their support to me. I also thank the officers and staff for their work which ensures the plans of the Council are put into action.

Cllr Sharon Weston
Town Mayor



Loughton Town Council

1 Buckingham Court
Rectory Lane
Loughton
Essex IG10 2QZ

Tel **020 8508 4200**

Fax **020 8508 4400**

contact@loughton-tc.gov.uk

Town Clerk **Enid K Walsh**

Resources & General Services

Cllr Stephen Pewsey

The Resources & General Services Committee is the town council's finance committee and the committee which oversees standards and the quality of our public service. As Town Councillors, we are unpaid volunteers, but it is still our duty to deliver the highest quality services for the best possible value in a way that is transparent and open.

This Committee scrutinises every penny that is spent, because it is your money, so we want to make sure that every penny is not wasted but well spent. Because of this approach, we have been able to maintain our precept or local rate unchanged for the past six years. For a Band D property, this means you are still paying less than £1 a week for our first-class services; the playgrounds our children enjoy, the open spaces we walk our dogs on, the tennis courts and outdoor gyms, our allotments, the events we hold in the Murray Hall, right down to our bus shelters, street nameplates and grit bins.

We are very proud that Loughton is a low-tax town, far lower than all the surrounding towns, and that is good for local businesses and good for local families.

Our financial focus for 2015-16 has been to continue improving

the services we deliver to the families and businesses of Loughton. We are putting more money into improvements to our playgrounds and playing fields. We know these are difficult times for traders, so we will be creating a new post of Town and Community Development Officer, to work with residents, community groups and businesses to advise and support, and grow events like Debden Day and Love Loughton, as well as creating new events so that both The Broadway and the High Road are still family-friendly places with a wide retail range that attracts local shoppers and visitors.

We also recognise the vital role that the voluntary sector plays in town life, and we have also made additional money available for grants to local groups such as the scouts, Loughton Youth Project, Loughton Voluntary Care and Citizens Advice Bureau and the many other Loughton organisations which make such a difference to so many people in our town.

Finally, on your behalf, I would like to thank my fellow Committee members, especially my Deputy Chairman Imogen Lawrence, and the Town Council officers, especially the Town Clerk, Enid Walsh, and her Deputy, Shirley Haynes, for all their work and support throughout the past year.

Recreation

Cllr David Wixley

The Committee has held five meetings this year covering a broad range of issues and activities.

In June a special event at the Willingale Road Playing Field saw the official opening of a new outdoor gym and the celebration of the field's protected status as a Queen Elizabeth II Playing Field.

On the Roding Valley Recreation Ground the changing rooms have benefitted from work to upgrade the electrics and plumbing as well as legionella protection measures. The Council works in conjunction with Epping Forest District Council and the Environment Agency to monitor the condition of the lake, river bank and the Charlie Moules Bridge. The traveller incursion in August caused concerns but the travellers left voluntarily on their third day of occupation avoiding the Council legal costs to evict them although repairs to a gate incurred some expense.

The Recreation Ground is the venue for the Town Mayor's Annual Charity Fun Run and we have also held free micro-chipping sessions there provided by the Dogs Trust charity.

In July a film crew hired the Hillyfields Open Space to produce a Christmas TV advert for the John Lewis Partnership. A fee of £500 +VAT was received in accordance with the Council's scheme of charges.

I would like to thank EFDC's Countrycare team and its volunteers for planting two hedgerows, one at the Recreation Ground and another on the Hillyfields Open Space which will enhance these two attractive areas. There have also been two volunteer days at the Willingale Road Nature Reserve where there are plans for a Community Orchard.

A Tree Safety Management Policy has been endorsed by both the Recreation and Environment & Heritage Committees.

No major refurbishment of the Council's eight playgrounds has been necessary this year, just routine maintenance. However, all the playgrounds and the two outdoor gyms receive regular inspections to ensure they meet RoSPA safety standards. Plans for the refurbishment of the Traps Hill playground are progressing. A new leaflet is being produced providing details of the Council's playgrounds and outdoor gyms; this information is also on the Council's website.

The Committee has been happy to support a number of community events such as the Play in the Park days held on the Roding Valley Recreation Ground and Jessel Green which is also the venue for the Community Day which includes "It's a Knock Out". This year's Community Day has received a grant of £400 from Active Essex.

"Santa Comes to Town" was another popular event and the Committee is grateful to sponsors and supporters of this pre-Christmas parade in which Cllrs Girling and Thomas transformed themselves into Father Christmas and Mrs Father Christmas.

The Skate Loughton club has provided a number of skateboarding/BMX sessions for young people with the Committee sanctioning financial support for the hiring of ramps.

Both Kingsley and Murray Halls are popular venues for private functions and regular hirers.

I regret to report that a break-in at the Kingsley Hall resulted in repairs costing £948. New flooring was required in the Murray Hall with engineered oak replacing the original solid beech. The foyer carpet has also been renewed and the kitchen worktops are to be upgraded so that the hall is ready for its licensing as a civil wedding venue.

The Committee's remit includes public safety and we were disappointed that a reduction in Essex Police's resources means that we will no longer receive presentations from the police at our meetings. We did, however, receive a presentation from the Loughton Youth Centre manager and learnt about its activities and future aspirations.

Finally, I thank my fellow committee members and officers for their contributions and support throughout the year.



Environment & Heritage

Cllr Chris Pond

As usual, there have been many themes to the Committee's work this year, of which we might single out the following for special mention. We continue to be grateful for the dedicated work done by officers.

Footpaths - we were pleased to note the dedication of the Loughton Hall footpath as a public highway. The Committee decided to name it "Lady Mary's Path" after Mary Wroth, who lived at Loughton Hall in Jacobean times, the first recognised female novelist in England, and a feminist icon. The Services Manager was successful in getting Community Payback to assist in clearance of the area. There was a move led by residents to make the path by the former Royal Oak Public House a public byway, which the Committee supported.

Christmas Lights - the High Road Town Centre Partnership unilaterally withdrew with virtually no notice from the longstanding arrangement where they ordered and erected the festive lighting. The Town Clerk acted swiftly



to meet this emergency, and lights were provided on real Christmas trees. Steps will be taken in 2015 to enhance the intensity of the lighting.

Village Green registration - the Supreme Court judgment, R (Barkas) v North Yorkshire County Council, was noted, which might preclude registration of the greens under village green legislation. It was hoped to progress protection of the greens either through the Local or Neighbourhood planning processes.

Allotments - the major event of the year was the winding-up of the Debden Horticultural and Allotments Society, managers of the Willingale Road site. The Committee held an emergency meeting in August to consider rules for the direct management by the Council of the site. Discussions with the Roding Road managers commenced, with a view to informing the Council how to proceed when the management appointment ended on 31 December 2015. A working party was appointed to progress matters further. Beekeeping on allotment sites was authorised, subject to new rules.

World War I centenary - a special event was held on the centenary of the award of the Victoria Cross to Sidney Godley at his graveside in Loughton Cemetery. The parchment WWI memorial at St Mary's church was taken into council care, and cleaned by the Essex Record Office. New criteria were agreed for addition of names to the King's Green memorial.

Trees - the Committee submitted a list of woodland areas not already protected by Tree Preservation Orders to the District Council for assessment. An action plan to the Tree Strategy was drawn up, and application made for biophilic city status for Loughton. The Loughton's Special Trees project was launched in March 2015, with nominations for favourite trees being sought via Think Loughton.

Heritage plaques - the plaque to Joan Littlewood and Margaret Walker was installed in January. Funding and the necessary permissions were obtained to erect a panorama on York Hill Green, in conjunction with the Hills Amenity Society.



Planning & Licensing

Cllr Jill Angold-Stephens

I somewhat bravely and with great trepidation took over the chairmanship of this Committee from Cllr Chris Pond after the annual council meeting. I knew that he would be a hard act to follow but, as he had been elected to the District Council, he needed to cut his commitments elsewhere. I am most grateful to him for all I had learned whilst he was chairman. I am sure I still fall short of his encyclopaedic knowledge of Loughton but I believe that I bring different skills to the chairmanship.

We meet every fortnight on a Monday evening and have considered some 315 planning applications as well as having a number of pre-planning presentations for larger proposed developments. These presentations are very useful as they allow us to meet informally with the developers and their architects, see the paper plans full size and pose questions. We can then go and look at the site in our own time before the formal application comes before us for our consideration. This is a great help. Another of our regular tasks is to refer possible breaches of planning consent to the District Council's enforcement team for their consideration. We deal with this by keeping our eyes on developments and through the feedback we get from you, our Loughton residents and business people; please keep telling us of possible breaches and we will always follow them up.

The continued slow progress of the Local Plan has caused concern but one must bear in mind that most of the plans that have been submitted for other districts around the country have been rejected so Epping Forest is not really lagging behind if they are able to get it right first time through the experience of others. The Town Council

has also submitted an application to have a Neighbourhood Plan to sit alongside the Local Plan in due course. This should enable us to have more control over what is built or rebuilt in Loughton. Our concerns are always what will benefit the residents of Loughton and we take a robust attitude towards anything that we feel is not appropriate including those builds that could be considered 'garden grabbing' or on the green belt.

The number of those attending our meetings has increased considerably this year mainly due to the number of contentious applications that have come before us. As well as those who attend to speak either for or against an application there are often a number who come to support them. There was a time in the autumn when it was usual for me to have to extend our meetings for as much as 30 minutes at the 9.30pm cut-off time in order to complete the agenda; this is quite a consideration.

In the main the applications to which we have objected have gone on to be refused permission by the District Council, which shows that we are judging correctly what is acceptable for our town.

All the plans are now provided only electronically and this has meant that we needed to change our way of working. I am particularly grateful to the Planning Committee Clerk, Vivienne Messenger, who prepares the electronic presentations so that the meeting flows smoothly and to Cllr Philip Abraham who operates the laptop computer so well and patiently when we go back and forth over plans in order to reach a measured decision on whether or not to object. I would also like to thank my colleagues on the Committee who have been so diligent in their consideration of all the applications.

Attendance at meetings during the municipal year 2014/15

Committee/ Councillor	Council 7 meetings	Planning & Licensing 24 meetings	Recreation 5 meetings	Environment & Heritage 6 meetings	Resources & General Services 6 meetings
P Abraham	7	23*	1		
J Angold-Stephens	6	17*			3*
K Angold-Stephens	6				2*
P Beales	6	2	3*	4*	2
J Bostock	5	23*			
M Chalk	5	21*	4*		1
C Davies	4	21*		4*	
T Downing	4	14*		4*	1
L Girling	5		3*		
J Jennings	7			4*	5*
I Lawrence	6	6		4*	6*
J Mahoney	3		5*		5*
H Mann	3				1*
S Murray	6		5*	1	5*
M Owen	7	1	3*	6*	
S Pewsey	5	7**	3	5*	6*
C C Pond	7			6*	3
C P Pond	7			6*	1
E Stacey	1				2*
T Thomas	4		3*		
S Weston	6				
D Wixley	7	4	5*	6	6

* a member of that committee **a member until 7 September 2014

Financial Report

	2013/14	2014/15**
Band D precept figure per household	49.18	49.18
Income		
Precept	574,600	581,700
Local Council Tax Support grant	69,526	58,358
Interest	15,426	9,703
Operating income	162,334	182,796
Total receipts	821,886	832,557
Running Costs		
Resources & General Services	150,667	154,683
Environment & Heritage	135,060	140,207
Recreation	480,583	533,848
Planning & Licensing	27,000	27,000
Total payments	793,310	855,738
Summary		
Balance c/forward	456,569	462,180
Add receipts	821,886	832,557
Less payments	793,310	855,738
Transfer to reserves	22,965	-52,661
Balance c/forward	462,180	386,338
Total net assets represented by:		
General fund	462,180	386,338
Earmarked reserves	485,115	537,776
Overall balances	947,295	924,114

**Unaudited. For a detailed copy of the accounts please contact the council.

Members’ Allowances 2014/15

The Parish Basic Allowance for 2014/15 is £108 p.a.			
Councillor	Parish Basic Allowance	Travel & Subsistence	Total
	£	£	£
P Abraham	108.00		108.00
J Angold-Stephens	108.00		108.00
K Angold-Stephens	108.00		108.00
P Beales	108.00		108.00
J Bostock	108.00		108.00
M Chalk	108.00		108.00
C Davies	108.00		108.00
T Downing	108.00		108.00
L Girling	108.00		108.00
J Jennings	108.00		108.00
J Mahoney	108.00		108.00
H Mann	108.00		108.00
M Owen	108.00		108.00
C C Pond	108.00		108.00
C P Pond	108.00	12.48	120.48
T Thomas	108.00		108.00
S Weston	108.00		108.00
D Wixley	108.00	103.95	211.95

The following councillors have renounced their right to claim the allowance: I Lawrence, S Murray, S Pewsey, E Stacey

Councillors list, by ward, during the year 2014/15

Alderton Ward Cllr Philip Abraham Cllr Ed Stacey Cllr Tracey Thomas	Roding Ward Cllr Ken Angold-Stephens Cllr Margaret Chalk Cllr Stephen Murray Cllr David Wixley
Broadway Ward Cllr Leon Girling Cllr John Mahoney Cllr Margaret Owen	St John’s Ward Cllr Stephen Pewsey Cllr Caroline Pond Cllr Chris Pond
Fairmead Ward Cllr Jill Bostock Cllr Carol Davies Cllr Judy Jennings	St Mary’s Ward Cllr Philip Beales Cllr Imogen Lawrence Cllr Harvey Mann

Forest Ward
Cllr Jill Angold-Stephens
Cllr Trevor Downing
Cllr Sharon Weston

Contact details for the councillors appear on page 4 of Think Loughton or can be viewed at **www.loughton-tc.gov.uk**

■ **30 Jul, 11.30am & 2.30pm** Little Red Riding Hood & friends 4+ yrs (must be with an adult) £6 Loughton Library 1st Floor, Traps Hill EF Arts 01992 564226 (Mon–Fri 10am–4pm)
 ■ **31 Jul, 11.30am & 2.30pm** Old MacDonald's Farm & the Three Pigs Plus 4+ yrs (must be with an adult) £2 Zinc Arts, Great Stony, High Street, Ongar, CM5 0AD EF Arts 01992 564226 (Mon–Fri 10am–4pm)



■ **1 Aug, 12.30pm** George Chisholm Gentleman of jazz Bob Sinfield £5 National Jazz Archive, Loughton Library 020 8502 4701

www.nationaljazzarchive.org.uk

■ **3–6 Aug, 10.30am–12pm & 1.30–3pm** How to...Paint! 7+ yrs artist Helen Morse Palmer £6 Willingale Room, Lopping Hall, 189 High Road EF Arts (as before)

■ **4, 11, 18 & 25 Aug, 1.30–3.30pm** Play in the Park Roding Valley Recreation Ground Just turn up EFDC Community Development Team 01992 564363

■ **6, 13, 20 & 27 Aug, 10am–12pm** Play in the Park Jessel Green, Jessel Drive EFDC Comm Dev Team (as above)

■ **6 Aug, 10.15am** Land of Queen Zenobia Journey through ancient Syria & Lebanon Joan Francis English-Speaking Union, Murray Hall, 106 Borders Lane £4 incl tea/coffee 020 8505 9001

■ **9 Aug, 2pm** Organ music Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **11 Aug, 11.30am & 2.30pm** My Pet Monster & Me 3–7 yrs £6 Blunderbus Theatre Company, Epping Hall, St John's Road CM16 5JU EF Arts (as before)

■ **12 Aug, 12 – 2pm** Teddy bears picnic St Michael & All Angels Church, Roding Road 020 8418 7944

■ **13 Aug, 1–3.30pm** Big Top Bonanza 3+ yrs £6.50 Chigwell Hall Metropolitan Police Club (large marquee), High Street IG7 6BD EF Arts (as before)

■ **15 Aug, 1.30–6.15pm** Trial by Jury, by You! workshop, 7pm performance (all abilities) Church of the Holy Innocents, High Beach £15 (in advance) 07510 195877
 www.meridianopera.co.uk

■ **16 Aug, 2.30pm & 4pm** Walk-in concerts (free) retiring collection Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **18 Aug, 10.30–11.30am** Dogs Don't Do Ballet 4–6 yrs £3 Limes Centre (main hall), Limes Avenue, Chigwell IG7 5LP EF Arts (as before)

■ **19 Aug, 10.30am–12pm**

Teddy bears picnic

Jessel Green, Jessel Drive Sunrise Children's Centre 020 8502 5799

■ **20 & 27 Aug, 1–2pm** 4–6 yrs & **2.30–4pm** 7–9 yrs Hip Hop Grooves £6, £5 conc 4–6 yrs, £7.50, £6 conc 7–9 yrs Epping Sports Centre (main sports hall), 25 Hemnall Street EF Arts (as before)

■ **21 Aug, 2–4pm** Junk Percussion 9–12 yrs £8.50, £7 conc Roding Valley Hall, Station Way, Buckhurst Hill IG9 6LN EF Arts 01992 564226 (Mon–Fri 10am–4pm)

■ **24 Aug, 10am–12.30pm** Messy Monday activities for parents & children St Michael & All Angels Church, Roding Road 020 8418 7944.

■ **25 Aug, 11.30am & 2.30pm** Flyaway Katie 2–7 yrs (must be with an adult) £6 Theydon Bois Village Hall, Coppice Row CM16 7ER EF Arts (as before)

■ **26 Aug, 11am–3pm** Dogs Trust event Free microchipping & activities Roding Valley Recreation Ground tennis courts, Roding Road (see p4)

■ **26 Aug, 10.30am–12pm** How to...Draw! 7+ yrs artist Helen Morse Palmer £6 Loughton Library, Traps Hill EF Arts (as before)

■ **26 Aug, 1.30–3pm** How to...Colour In 7+ yrs (as above)

■ **8 Sept, 8pm** Love, Power & Scandal A royal jewel for every occasion Bancroft's Decorative & Fine Arts Society, Prep School Hall, Bancroft's School, Woodford Green 020 8599 6281

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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Friends of Epping Forest

DID YOU know that our wonderful free local amenity, Epping Forest covers around 6,000 acres – that's over 3,300 football pitches – and stretches from Manor Park to just north of Epping.

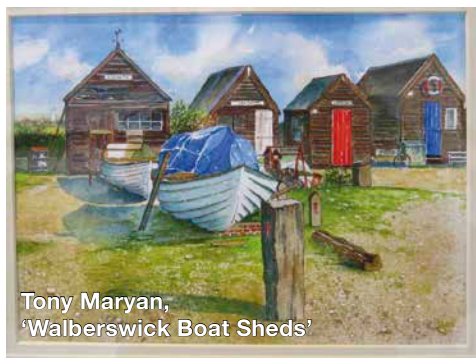
Formed over 40 years ago, the 'Friends' are a group of dedicated local people who represent the varied interests of all who appreciate and enjoy Epping Forest. They help run the High Beach Forest Centre on behalf of the City of London and hold a programme of guided walks including the annual Epping Forest Centenary Walk. The Centre is open during the summer on Thursdays, Fridays, Saturdays, Sundays and Bank Holidays, from 10am – 4pm. They welcome new volunteers

Currently, they are seeking to encourage groups with learning, sensory or mobility difficulties to visit them at the Epping Forest Visitor Centre on Thursday and Friday mornings between 10.30am and 1pm. There, visitors can watch a short video about Epping Forest, speak with the information staff and explore the easy access trail. Then perhaps have a picnic or have lunch at one of the nearby facilities. The Centre has a toilet for people with disabilities. To book phone 020 8418 0730 or email the visitorcentre@friendsofeppingforest.org.uk

Loughton Art Centre

HAVE YOU visited the gallery, next door to the Lopping Hall? Local artists are encouraged to exhibit at the LAC and the result is a wealth of colourful and imaginative works of art. Whatever your taste, there's a good chance that you'll find it at the gallery, whether it is landscape, portrait, still life, abstract, impressionist or sculpture.

LAC is a non-profit making part of the Lopping Hall complex, staffed by volunteer stewards which we always welcome. If you are interested in art and can give as little as 3 hours a week then contact the manager on dianejrhodes@gmail.com



Tony Maryan,
'Walberswick Boat Sheds'

EFYC Epping Forest Youth Council



CONGRATULATIONS

to Matthew Tinker, a member of the Epping Forest Youth Council and the Young Essex Assembly, who has been voted by his peers into the United Kingdom Youth Parliament. Matthew is 14 and attends Roding Valley High School.

He writes "over the next two years, during my term of office, I would like to tackle two important issues for young people: stress and volunteering.

Stress can result from many different issues, for example exam stress – young people do need to revise for tests, but they also do need a social life to be a full and rounded person. To help address this, I would like to make performing arts clubs more accessible in our local area and help provide designated spaces

for teenagers to meet safely with their friends.

Volunteering is an important issue for me; I would like to encourage more young people to be involved in voluntary work. At EFYC, we have launched new volunteering tube map guides; this has made it easier for young people to become volunteers. But, volunteers under the age of 16 can be at a disadvantage because of issues with employers' insurance. As an MYP, I would like to talk to MPs to make it easier for young people to get involved with the community by asking companies and organisations to accept young volunteers.

As a member of UKYP for the Epping Forest district, I would like to represent the views and opinions of young people from Epping Forest, Essex and the whole of the United Kingdom. To be given an opportunity to represent my peers at a national level of youth democracy is a real privilege."

Congratulations also go to the Epping Forest Youth Council which received the 2014/15 High Sheriff's Award for their work to address community safety and crime prevention. EFYC received an award of £1,000 to help raise awareness of the impact of bullying amongst young people. The Bullying Awareness project produced and distributed 1,200 wristband memory sticks promoting Bullying Awareness websites.



Eight friends charity climb



EIGHT GUYS from the Loughton area are set this September to embark on the Three Peaks Challenge – a frantic dash around the UK, conquering the summits of Ben Nevis in Scotland, Scafell Pike in the Lake District and Mount Snowdon in Wales all within a 24-hour timeframe.

So why on earth would these guys take on this gruelling challenge?

10 years ago, they lost a wonderful friend to the crippling disease that is Cystic Fibrosis. Sam, just 17, was a bright, charismatic, courageous lad who wanted to be like every other lad of his age. Running around, playing football, clubbing, having a girlfriend etc, but there was just one problem - Sam had CF. For

years Sam was limited by the activities in which he was able to partake but rarely complained.

Sam's brother, Perry commented "We're just 8 mates raising money in Sam's honour, to fund crucial research and hopefully provide families dealing with CF with a glimmer of hope".

The team will be holding various fund raising events in the hope of hitting their £20,000 goal. If you would like to take the time to help their cause, please use the link below to add to their growing fundraising pot.

"With the help of Loughton residents, we hope to hit our goal and make a substantial donation to the charity so close to our hearts." uk.virginmoneygiving.com/team/ssa10

Monster map coming to Epping Forest



An extract from the enormous map of Epping Forest showing part of Chigwell and Buckhurst Hill.

THE ESSEX Record Office is bringing the largest map in its collection to Loughton Library on 4 July 2015 in partnership with Loughton Library, Loughton District Historical Society, and the Conservators of Epping Forest.

This 1882 map showing Epping Forest, was made to reflect the final arbitration award under which land that had been illegally enclosed had to be thrown back into the Forest.

The map measures 30' long by 13' wide, and this will be the first time it has been completely unrolled for public display. The day will be a

great opportunity to see this wonderful map in all its glory.

There will also be displays of other maps and images of historic Loughton, and two short talks from the Loughton District Historical Society:

11.30am – Richard Morris, The Epping Forest Arbitration 1878-1882 and the Production of the Arbitrator's Map, July 1882.

12 noon – Chris Pond, The Excursionists' Forest – A Cockney Paradise.

Open from 10.30am – 3pm, entry is free with a suggested £2 donation.

Are you aware of VAEF's services?

VOLUNTARY ACTION EPPING FOREST, operational since 1993, provides a number of services to benefit local residents.

- Home safety advice including minor repairs and improvements free of charge to reduce falls in the home;
- Carers support – advice, information and support to informal and unpaid carers in Epping Forest aged 65+;
- Gardening – providing gardeners and volunteers to maintain, free of charge, the gardens of people who cannot do so themselves;
- Befriending – support and friendship to older people living on their own or in isolation in Epping Forest; and
- Supported volunteering: Do you know someone with a learning disability who would like to volunteer? The VAEF's Learning Disability Officer can help by providing a one to one service for people who want to volunteer.

For more information contact 01992 564178 / admin@vaeef.org.uk www.vaeef.org.uk

VOLUNTARY ACTION EPPING FOREST

HOME SAFETY



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Est. 1989

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To find out how we can help you,
call: **0808 180 1016** or
visit: www.helpinghands.co.uk



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07503 140389

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Loughton branch **020 8508 0947**

www.pmwgermancarspecialists.co.uk

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020 8508 4200



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Abbeyfield Loughton Society Limited
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121 High Road, Loughton



We have vacancies at Rider House.

The home is for persons aged fifty-five and over seeking care with independence.

Nursing care is not provided but can be arranged with outside agencies.

For more details please contact our chairman
on 020 8500 3045, or visit our website:

www.abbeyfieldloughton.org

Regular activities

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

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.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
<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 / theormes5@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 /
familycarelou@aol.com
Loughton Bereavement Service. Free
counselling service. John 020 8508 6333
Samaritans. Free, confidential emotional
support for the distressed & despairing
available 24/7. 020 8553 9900 / 08457
909090 / jo@samaritans.org / txt 07725
909090

EDUCATION

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

FAITH

Kingsley Spiritualist Church, Kingsley
Hall, Kingsley Road. 1st & 3rd Fridays,
7.30pm
St Michael's Church, Roding Road.
Causeway Prospects Service for adults
with learning difficulties & their families/
friends/carers. 1st Sundays, 3.30pm.
020 8418 7944
Toddler Church, Loughton Methodist
Church, 260 High Road. (0-5 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/countrycare
Epping Forest & District Stamp Club,
Roding Valley High School, Alderton Hill.
2nd Tuesdays, 7.30pm. 020 8505 5620
Essex Wildlife Trust Work Parties,
Roding Valley Nature Reserve.
Wednesdays, 10am-4pm. Warden
Patrick Bailly 020 8508 1593
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.rodinplayers.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, Mondays 10am-5:30pm, Tuesdays-Fridays 10-3:30pm & Saturday 10-12:30pm)

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 8502 1950
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. 07825 769707 <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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