



# Think Loughton

News from Loughton Town Council

Autumn 2015 No 70

## New town mayor

This year's town mayor is cllr Judy Jennings, shown here congratulating her deputy cllr Carol Davies at the Annual Council meeting in May 2015. Judy thanked the council members for electing her and said she was looking forward to her year in office. She would endeavour to fulfil all her engagements with enthusiasm and represent the council with integrity and commitment.

During her year, Judy will help raise funds for several local charities including Loughton's Voluntary Care Association and the Lopping Hall Trust.



## Find your past

No. of Entry	NAME OF DECEASED PERSON	Christianity of Deceased Person	Age	Place where death occurred	Date of Death	No. of Entry	NAME OF DECEASED PERSON	Christianity of Deceased Person	Age	Place where death occurred	Date of Death
152	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	153	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
153	Hallam, Charles	Episcopalian	17	St. Peter's Church, Loughton	Nov. 29	154	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
154	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	155	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
155	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	156	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
156	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	157	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
157	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	158	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
158	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	159	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
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167	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	168	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
168	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	169	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28
169	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28	170	Hallam, John	Episcopalian	62	Loughton Hospital, Loughton	Nov. 28

**FINDING** burial records in Loughton Cemetery is now much easier as you can trace your ancestors from the comfort of your own home thanks to the work of the town council.

We have recently completed an exciting project to digitise the burial records for Loughton Cemetery. Funerals have taken place here since 1888. Now all the records can be found using the free online search facility. The entries will be updated regularly.

You can search the registers using just a surname or date and, once you find a relevant document, for those pre-August 2014 you can

view an image of the original entry and print a copy of the burial record.

There's a link on the town council's website or visit [www.townswebarchiving.com/LoughtonSearch](http://www.townswebarchiving.com/LoughtonSearch) to start your search.

The registers also provide a fascinating insight into the social history of the town as the records show the occupation and age of the deceased.

If you don't have internet access at home, visit your local libraries at Traps Hill or in Epping Forest College where free computer access and assistance is available.



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# Contact numbers

## COUNCIL SERVICES

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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
Anti-terrorist hotline	0800 789321

## 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)	01206 764114
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	0345 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	07941 347812

## TRAVEL & TOURISM

Arriva (traveline)	0344 800 4411
First Essex Customer Services	08456 020121
Gatwick Airport	0844 892 0322
Heathrow Airport	0844 335 1801
London Travel Information	
(TfL & London Underground)	0343 222 1234
Luton Airport	01582 405100
National Express	08717 818178
National Rail Enquiries	03457 484950

Stansted Airport	0844 335 1803
Tourist Info Centre (Waltham Abbey)	01992 660336
Traveline (public transport information)	0871 200 2233

## PUBLIC UTILITIES

UK Power Networks	0800 783 8838
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
Royal Voluntary Service	0845 608 0122

## CINEMAS

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

## LOCAL AMENITY REFUSE POINTS

Chigwell IG7 5AA	Luxborough Lane
Waltham Abbey EN9 1JU	Brooker Road
For enquiries and opening time details contact:	
Essex County Council	0845 603 7625
www.essex.gov.uk/recyclingcentres	



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## Clerk's Remarks



**WELCOME** to the autumn edition of Think Loughton.

On Tuesday September 9 Her Majesty the Queen Elizabeth II becomes the longest-reigning monarch in British history. She requested that there be no official celebrations for this but, as the town council makes plans for 2016, if you have ideas on how we can mark her 90th birthday next year please send your

thoughts to us.

We hope you enjoyed this summer's floral displays in the shopping centres. This year the town council increased the number of flower baskets on the lighting columns by including those in Old Station Road to provide a welcome to visitors to the town. We also reduced the associated costs by foregoing the winter basket displays as those only looked their best from March to May each year and so didn't offer good value for money.

We are finalising arrangements for the Christmas lighting displays which this year will see attractive artificial trees mounted on the street lights with mains powered LED bulbs. New this year, the large horse chestnut tree outside Forest Hall will be wrapped with lights and there will be a festive banner in The Broadway above the Brickclamps Path alleyway. We hope to secure

business sponsorship to extend these displays. The provisional dates for Christmas events are Thursday 26 November in the High Road, Friday 27 November in The Broadway and Saturday 28 November for the annual Light up a Life ceremony, in partnership with St Clare Hospice, at Kings Green.

To complement such work by the town council, we encourage businesses to take a more proactive approach by supporting the two town centre partnerships. These have seen their membership decline. Meetings of the partnerships are open to anyone who lives, works, trades or shops in the town centre. The partnerships provide an opportunity to work together and develop promotional initiatives and offer a platform to raise issues, ideas and concerns. For more information contact the town council.

You are invited to join us for the launch of the new community

orchard in the nature reserve in Willingale Road on Thursday 29 October. Community orchards are becoming an increasingly popular way of improving the local environment. They're a place where fruit is grown by and for local people. Led by the experts from Epping Forest Countrycare, volunteers will be on site from 10am to plant apple and pear trees, with the opening ceremony at 2.30pm. The site is also next to the Willingale Road allotments where there are a few vacancies if you'd like to 'grow your own'.

Finally, a reminder to nominate your favourite tree(s) in the town and tell us why they matter to you. Join in this exciting project so together we can protect and enhance what is most valuable about our natural environment in the town. Forms are available from the town council office.

**Enid K Walsh**  
Town Clerk

# Christmas challenges

**CAN YOU** design the town council's official 2015 Christmas card? The competition is open to anyone who lives, works or goes to school in Loughton – whatever your age! There are four different age categories: infant, junior, secondary and adult; and each category winner will be presented with a £25 gift card. The challenge is to create an original, Christmas-themed card. It must be A5 portrait or landscape size, colour or black/white. The format can be a photograph, drawing, picture or illuminated script. The closing date is Wednesday 11 November. Competition rules and entry forms can be downloaded from the council's website

[www.loughton-tc.gov.uk](http://www.loughton-tc.gov.uk)

The second challenge invites all Loughton businesses that decorate their shop windows to be automatically entered into the 2015 Christmas Window Competition. There are three different entry classes: local/independents, multiple/chain stores and charity shops. Each group winner nominates a charity to receive a £100 donation from the town council, and is awarded an engraved cup (to keep for 11 months) and a framed certificate.

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

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

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



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<b>POLISHED PLASTER</b>  <ul style="list-style-type: none"> <li>• POLISHED PLASTER IN ALL COLOURS &amp; DESIGNS</li> <li>• PLASTER SKIMMING</li> <li>• SAND &amp; CEMENT RENDERING</li> <li>• DAMP PROOFING / TANKING</li> <li>• PEBBLE DASHING</li> </ul>	<b>DRIVEWAY &amp; LANDSCAPE DIVISION</b>  <ul style="list-style-type: none"> <li>• BLOCK PAVING</li> <li>• POOL SURROUND</li> <li>• NATURAL STONE</li> <li>• PATIOS</li> <li>• BRICKWORK</li> <li>• DECKING</li> <li>• FENCING</li> </ul>
<b>JOINERY</b> <small>Just ask, anything made for your individual needs</small>  <ul style="list-style-type: none"> <li>• STAIRCASES</li> <li>• KITCHENS</li> <li>• BEDROOM FURNITURE</li> <li>• BOX-SASH WINDOWS</li> </ul>	<b>WINDOWS &amp; DOORS DIVISION</b>  <b>CONSTRUCTION &amp; CONVERSIONS</b>  <ul style="list-style-type: none"> <li>• NEW BUILDS</li> <li>• EXTENSIONS</li> <li>• LOFT, GARAGE &amp; BASEMENT CONVERSIONS</li> </ul>

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# Loughton Town Council

**Town Mayor:** Cllr Judy Jennings **Deputy Town Mayor:** Cllr Carol Davies **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  
cjlrrjennings@hotmail.co.uk

### FOREST WARD

**Cllr Jill Angold-Stephens** 020 8281 0674  
89 Lower Park Road  
Loughton IG10 4NE  
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**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  
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**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 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  
E Stacey  
Vacancy

### 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  
L Girling  
J Mahoney  
M Owen  
S Weston  
Vacancy

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

### Contacting us

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

### Deadline dates

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**We do not accept unattributed articles for publication.**

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Queen St, Sible Hedingham,  
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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

<b>Sept</b>	7	Planning & Licensing
	9	Recreation
	21	Planning & Licensing
	23	Environment & Heritage
<b>Oct</b>	5	Planning & Licensing
	14	Resources & General Services
	19	Planning & Licensing
	21	Council
<b>Nov</b>	2	Planning & Licensing
	4	Recreation
	16	Planning & Licensing

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

## News round-up

■ **SPECIAL TREES:** There's still time to nominate your favourite tree – one that holds a special memory for you as part of the Loughton Community Tree Strategy scheme. Contact the council or visit [www.loughton-tc.gov.uk/1anomination.pdf](http://www.loughton-tc.gov.uk/1anomination.pdf) for more information.



Photo © Epping Forest District Council

■ **COMMUNITY ORCHARD:** Join us on Thursday 29 October from 10am for the planting day at the Willingale Road nature reserve next to Debden Park High School and help create Loughton's community orchard. This new project in partnership with Epping Forest Countrycare will provide healthy fruit to share as well as a green haven for wildlife.

■ **WEDDING VENUE:** The town's popular Murray Hall is now licensed for naming ceremonies and civil weddings. Centrally located in the heart of Loughton at 106 Borders Lane, this large community hall has recently been refurbished throughout. It can accommodate over 120 people seated and with its own garden is ideal for wedding and naming celebrations.

For more information contact Judy Graham on 020 8508 4200 or view our website at [www.loughton-tc.gov.uk/4ltcmh.htm](http://www.loughton-tc.gov.uk/4ltcmh.htm)



Photo © Pippa Bryce

■ **HARLOW BRASS BAND:** Thank you to the players from this band who entertained the crowds in The Broadway at the LiberTeas event in June to celebrate Magna Carta 800.

This friendly band is always looking for new members. They rehearse weekly on Thursdays from 8-10pm to perform a wide repertoire from traditional brass band music, contemporary pieces to arrangements of pop music in the community. Find out more at [www.harlowbrassband.co.uk](http://www.harlowbrassband.co.uk)



■ **BOB GRIFFITHS:** We are sad to announce that Bob, our well-known football groundsman, died in July 2015 after a long battle with illness. Bob joined the town council in 2011 after spending 38 years working for the Parks Department at Epping Forest District Council. Colleagues and councillors at the town council send sincere condolences to his family.

# Mock council meeting



**STUDENTS** from St John Fisher Catholic Primary School visited Loughton Town Council in June to take part in a mock council meeting as part of their citizenship studies.

Town Mayor, Judy Jennings, welcomed them to the council chamber and called them to order to begin the agenda. The format followed that of a formal council meeting with apologies for absence and declarations of interest.

The students also learnt about the history and responsibilities of the town council and how these varied from those of the district and county councils.

Items discussed included the forthcoming refurbishment of the Traps Hill play area. The young councillors expressed opinions about the type of activities children enjoyed and what sort of new equipment they would like to see installed at the site. Cllr Jennings thanked them for their responses, which would help the council develop more detailed plans for the site.

Further public consultation will follow on the improvements to the Traps Hill play area. A budget of £60,000 has been approved by the council with part of this money to come from grant funding.

## Annual Canvass of Electors 2015



**HOUSEHOLD** enquiry forms were delivered throughout the district in July and a **response is needed by law**, so don't delay. If all the details provided are correct, use the automated service by logging on to the website or ring or text to confirm following the instructions on the form.

You should use the internet to let EFDC know if...

- **SOMEONE IS MISSING FROM THE LIST**  
(Remember that 16/17 year olds who are 18 before 30/11/2016 should be on the register so they can vote as soon as they are 18.)
- **SOMEONE ON THE LIST IS NO LONGER AT THE ADDRESS**
- **THERE ARE CHANGES TO A NAME ALREADY ON THE LIST**

If you don't have access to a phone or the internet, sign and date the form and either hand deliver it to the Civic Offices or send the form back in the reply envelope provided.

The more responses they get back the fewer reminders are needed, so you'll be helping the environment and saving the council money.

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## Braeside School

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**www.braesideschool.co.uk**



# Summer of fun

**HUNDREDS** of local residents attended this year's community fun day on Jessel Green run by Loughton Town Council with the support of Epping Forest Community Church and the Red Balloon Family Foundation.

On offer were plenty of activities for all the family; a soft play area for the under 5s, bouncy castles and face painting for the children, zorbing for the more adventurous and, new this year, a display from the Epping Forest Hawk & Owl Sanctuary. There was also a display by the award winning Casablanca Cheerleaders,

who are based at Roding Valley High School. A stall run by the Community Engagement team from Epping Forest District Council provided an opportunity for local residents to find out more about the other activities on offer during the summer holidays.

The annual "It's a Knockout" tournament saw ten teams competing for the winners' trophy. Jessie's Giants regained their title.

John Walsh, licensee of the Cottage Loaf pub in Jessel Drive which had helped sponsor the event, ran a barbeque throughout the day and,

**Jessel Green (top), with the town mayor (left) winners Jessie Giants & (right) Casablanca Cheerleaders.**

when the activities on the green wound down at 4pm, he provided live music to keep the crowd entertained into the summer evening.

One incident marred the fun when thieves stole a charity money box from the Hawk and Owl display stand. We thank the regulars at the Cottage Loaf pub who rallied round and collected £100 for the Sanctuary.

## Magna Carta 800

**CREAM TEAS** and music from the Harlow Brass Band helped Loughton celebrate the 800th anniversary of the sealing of Magna Carta, the document that laid the foundations for the rights and representation that we enjoy today.

The event was organised by Loughton Town Council and the Broadway Town Centre Partnership as part of the national celebrations entitled LiberTeas by the Houses of Parliament.

The festivities in The Broadway in June were officially opened by town mayor Judy Jennings. In her welcoming speech, Judy invited everyone to "reflect on the freedoms

and rights we all enjoy today in this country thanks to Magna Carta."

She also made special mention of local lad Karlisle Bryan as that Sunday would have been his 15th birthday. Sadly, Karlisle died suddenly in October 2014. His parents, Patrick and Lindsey, joined by many of his school friends, were present to celebrate his life.

Town crier Peter Frost helped serve cream teas to some 60 senior citizens in a marquee in The Broadway. Funds for this came from a legacy left by former local councillor, Joan Davis. There was also face painting and a bouncy castle, and a sweets stall run by The Red Balloon Foundation.



# Get fit with Lifewalks

**MAURICE DAY** of Willingale Road Loughton turned 80 this year, and has decided to hang up his red fleece and take it easy, after working and volunteering for Epping Forest District Council's 'walking for health' scheme, Lifewalks, for over ten years.

Karen Murray, the Lifewalks' co-ordinator, said "Maurice will be greatly missed by us all and has been an asset to the scheme. Over the years he has organised many social walks and events and often distributes our diaries to the various GP surgeries in the district."

Lifewalks has a packed diary with over 200

organised walks and several special events covering the local area of Epping Forest District Council; many of the walks start in or near Loughton.

A brisk walk is a great form of exercise and evidence shows that any aerobic activity is good because it strengthens your heart and lungs. Walking at a slightly faster pace several times a week can keep your weight down and help reduce high blood pressure and the chances of developing heart disease, diabetes and Alzheimer's, to name just a few of the many benefits.

For a copy of the Lifewalks diary call 01992 564222 or email [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) and leave your details. A diary and free walk voucher will be posted to you. You can also download a copy of the diary on the council's website [www.eppingforestdc.gov.uk/lifewalks](http://www.eppingforestdc.gov.uk/lifewalks)

Walks begin in the Loughton area on 24 and 28 September, 8 and 15 October and 2 November.

**Picture: Maurice Day, ex-Lifewalks leader and Karen Murray Co-ordinator.**



Photo © Epping Forest District Council

## Epping Forest Centenary Walk

**EVERYONE** is invited to join this annual walk on Sunday 13 September through Epping Forest from south to north. It is based on the Centenary walk established in 1978 to celebrate the 100th anniversary of the passing of the Epping Forest Act. This legislation, promoted by the Corporation of the City of London, restored lost lands to the Forest (it had dwindled to less than half its present size!) and secured its future as a Public Open Space.

Organised by the Friends of Epping Forest, the walk starts at 9am at the junction of Forest Drive and Capel Road, near Manor Park Station and then moves northwards to arrive at Bell Common by 4.30pm. For details on the various departure points for those who want to join the walk later, contact 020 8418 0730 / [www.friendsofeppingforest.org.uk](http://www.friendsofeppingforest.org.uk)

The event is supported by the West Essex Ramblers and the Conservators of Epping Forest.

In the largest consultation the City of London has ever undertaken, they are keen to hear your views on the management of Epping Forest, from litter to events and activities to preserving the 'natural aspect' - and everything in between!

The consultation is internet based and closes on 20 September 2015, so register at <https://consult.cityoflondon.gov.uk/consult.ti/system/register> now to take part. Once you log in, you will need to go to the Epping Forest Management Plan Consultation.

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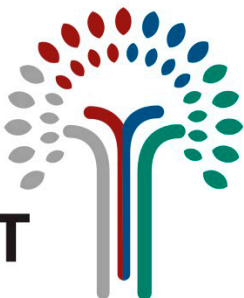
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For further information visit [www.efd6.net](http://www.efd6.net) or  
email: [info@efd6.net](mailto:info@efd6.net)



## 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](mailto:gill_hopkins@yahoo.co.uk)

■ **7 Sept-11 Nov Christmas Card Competition 2015** entries accepted Loughton Town Council (see p3)

■ **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

■ **12 Sept, 10am-4pm Heritage Open Day Lopping Hall** 189 High Road 020 8508 1660

■ **13 Sept, 9am-4.30pm Epping Forest Centenary Walk** various starting points or walk the length S-N (see p7)

■ **14 Sept, 6-8pm Skate Loughton** session Roding Valley High School [www.skateloughton.org](http://www.skateloughton.org)

■ **15 Sept, 1.45-4pm Thames Walk** talk Jennifer & Ed Simpson New Vistas, Loughton Club, 8 Station Road 01992 574552

■ **18 Sept, 7.30pm The Jive Aces & special guests Swing Museum** Chingford Assembly Hall, Station Road E4 7EN £17 National Jazz Archive to book 020 8502 4701 [www.nationaljazzarchive.org.uk/events](http://www.nationaljazzarchive.org.uk/events)



■ **20 Sept, 8.50am Cambridgeshire Fenland coach trip** Denny Abbey, Isleham Priory, Burwell Museum & Windmill (English Heritage) HEARS £31.60 members, £33.60 non-members plus Denny Abbey £4.50, £3.50 conc, £2.50 EH members 020 8508 2512 / [hears12@aol.com](mailto:hears12@aol.com) [www.hears.vpweb.co.uk](http://www.hears.vpweb.co.uk)

■ **20 Sept, 10am Going the Distance** London Bridges Walk 8-mile or 4-mile charity walks Spinal Injuries Association 01908 208541 [www.spinal.co.uk/](http://www.spinal.co.uk/)

■ **20 Sept, 2.30 & 4pm Asaph Wind Ensemble concert** (free) retiring collection Church of the Holy Innocents, High Beach (as before)

■ **21 Sept, 2-4pm Modern Art: the birth of modernism** Caroline Levisse WEA 10-week course £80 Loughton Bowls Club, Eleven Acre Rise 020 8281 1536 / [mrsdpdale@googlemail.com](mailto:mrsdpdale@googlemail.com)

■ **22 Sept, 10am-12pm American history after 1945** Grace Haldane WEA 10-week course £80 Loughton Bowls Club (as above)

■ **23 Sept, 10am-12pm Mediterranean classical world** Ed De Maunsell WEA 10-week course £80 Lopping Hall, 189 High Road (as above)

■ **23 Sept, 10am-12pm Natural history of trees** Tricia Moxey WEA 10-week course £80 Jack Silley Pavilion, 1 Tidy's Lane, Epping CM16 6SP (as above)

■ **24 Sept, 10am-12pm English writing around 1900** Adrian Eckersley WEA 20-week course £180 United Reform Church, Lindsey Street, Epping CM16 6RB (as above)

■ **24 Sept, 7.45pm AGM Essex Handicrafts Association Woodlands Branch** 020 8508 7657

■ **26 Sept, 12.30pm British Blues before the 1960s** talk Lawrence Davies (researcher) £5 National Jazz Archive, Loughton Library, Traps Hill to book 8502 4701

■ **27 Sept Copped Hall 5-mile run** Epping Rotary club in aid of Haven House Children's Hospice Runners £12 unaffiliated, £10 UKA affiliated 020 8506 3637 [www.havenhouse.org.uk/news-events](http://www.havenhouse.org.uk/news-events)

■ **27 Sept, 3pm Concert by Choir 18** Church of the Holy Innocents, High Beach (as before)

■ **28 Sept, 6-8pm Skate Loughton session** Roding Valley High School [www.skateloughton.org](http://www.skateloughton.org)

■ **1 Oct, 10.15am Frederick Gibberd & his garden** talk Carol Murray English-Speaking Union, Murray Hall, 106 Borders Lane £4 inc tea/coffee 020 8505 9001 / 01992 812454

■ **3 Oct, 11.30am-3pm Children's Harvest craft activity day** plus buffet meals & refreshments Church of the Holy Innocents, High Beach (as before)

■ **4 Oct, 10.30am Autumn Walk** starts & finishes at Victoria Tavern, Smarts Lane £10 inc buffet lunch, pay on the day St Clare Hospice 01279 773751

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■ **4 Oct, 10.30am-4.30pm Indoor Art & Craft Fair** free door entry & parking Chigwell Riding Trust for Special Needs, Grange Farm, High Road, Chigwell IG7 6DP 020 8500 6051 [www.chigride.org.uk](http://www.chigride.org.uk)

■ **6 Oct, 1.45-4pm Iran** talk Joan Francies New Vistas (as before)

■ **7 Oct & 4 Nov, 1-3pm** Tours of collection British Postal Museum Store, Unit 7, Imprimo Park, Lenthall Road IG10 3UF £3, £2.50 conc 60+, free u12s (and accompanied) 020 7239 2570 [www.postalheritage.org.uk](http://www.postalheritage.org.uk)

■ **9 Oct Youth Engagement Day** Local Democracy Week workshops & youth debate Epping Forest District Council, Civic Offices, Epping CM16 4BZ 01992 564365 / [dbutler@eppingforestdc.gov.uk](mailto:dbutler@eppingforestdc.gov.uk)

■ **10 Oct, 7.30pm Murder mystery evening** with traditional fish & chips meal Outside the Box Theatre Co, Lopping Hall, 189 High Road 07752 127577

■ **13 Oct, 8pm The Meaning of Goya** talk Bancroft's Decorative & Fine Arts Society (as before)

■ **20 Oct, 1.45-4pm Cary Grant & other celebrities I have met** talk Arnold Grayson New Vistas (as before)

■ **22 Oct, 7.45pm Sweet box** Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **22-24 Oct, 8pm Yes, Prime Minister** comedy by Antony Jay & Jonathan Lynn Theydon Bois Drama Society, TB Village Hall £8.50 01992 812250 [theydondrama.org](http://theydondrama.org)

■ **23 Oct, 8pm History of the Palace of Westminster** talk Chris Pond HEARS, St Michael's Church, Roding Road £2.50 non-members & refreshments

■ **25 Oct Pumpkin Plod** fun themed sponsored walk for children & families Haven House Children's Hospice 020 8506 3637 (as before)

■ **29 Oct Community orchard project** Loughton Town Council event (see p4)

■ **29-31 Oct, 8pm Anne Boleyn** by Howard Brenton directed by Jean Cooper Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road 07552 736110 [www.lads.org.uk](http://www.lads.org.uk)

■ **31 Oct, 4-9pm Festival of Light & BBQ** (free) Family fun & games with stories for children Church of the Holy Innocents, High Beach (as before)

■ **3 Nov, 1.45-4pm Life in Victorian Buckhurst Hill & Woodford** talk Lynn Haseldine-Jones New Vistas (as before)

■ **5 Nov, 10.15am Lee Valley Park** talk Amy Lewis English-Speaking Union, Murray Hall, 106 Borders Lane (as before)

■ **7 Nov, 6-9pm Fireworks display & bonfire plus BBQ & refreshments** St John's Church, Church Lane (no parking on site) £6, £3 children, £15 family ticket (2 adults/2 children) on the door/in advance Parish Office 020 8532 0060 / [admin@loughtonchurch.org.uk](mailto:admin@loughtonchurch.org.uk)



■ **8 Nov, 10.30am-12.30pm Forest Walk from the Stubbles to the fields** led by Verderer Jo Thomas. Meet at the Stubbles car park, off Nursery Road, near junction with Connaught Avenue

■ **10 Nov, 7.30pm AGM & Capturing the spirit of antiquity:** the remodelling of Kenwood talk Robert Adam Bancroft's Decorative & Fine Arts Society (as before)

■ **14 Nov, 11am-3pm Autumn Fayre** St John's Church, Church Lane Stalls: bottle tombola, china & glass, books, toys, children's craft activities, handmade cards, jewellery, cakes, jams, preserves & raffle Lunches from 12 noon, refreshments & licensed 020 8532 0060

■ **17 Nov, 1.45-4pm Grange Farm:** then & now talk Rob Draper New Vistas (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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## Are you a nosy neighbour?

### LOUGHTON

Neighbourhood Watch is a group of community minded neighbours who work together to keep an eye on one another's property and agree to phone the police if anything suspicious occurs.



Many people do this naturally, but there are additional benefits if you belong to a neighbourhood watch group. It has been found that members of watch groups are more likely to phone the police if they see anything suspicious, which is why the police are so much in favour of neighbourhood watch. Other benefits include being provided with up to date information about local criminal activity; elderly and vulnerable neighbours are more likely to be supported, and if your group decides to organise occasional social events, neighbours will soon become friends.

Surprisingly, given the many benefits of neighbourhood watch, there are still roads in Loughton without a watch group. All it takes is one neighbour to talk to a few more, and a group will be formed. Let the Watch committee know about your group and they will provide you with the resources you need, including door stickers and street signs. Sign up to the new Essex Police messaging service and you will hear if there are any burglaries in your immediate area. You can also join a Facebook page called EF NHW Notices that will provide you with the latest news and security tips, often directly from Essex Police.



You can find out more about setting up a Neighbourhood Watch where you live by visiting <http://loughtonnhw.vpweb.co.uk/> or by phoning 01992 561530 or 020 8508 2512.

## Volunteering guide

EFYC will distribute a 1000 'A young person's guide to volunteering' and travel card wallets to all year 9 pupils in Epping Forest district schools next term.

The guide provides useful phone numbers on where to volunteer and provides TOP TIPS to help young people think about volunteering.

The guides were funded by Epping Forest District Council, the Police and Crime Commissioner for Essex, Jack Petchey and Think Big O2.

For further information contact Di Butler of Epping Forest District Council on 01992 564365.

# Lest we forget



AS PART of its ongoing work to mark the important anniversaries of the two world wars, the town council has installed a new memorial planter by the entrance to the public car park in The Drive. This commemorates the falling of the first WWII bomb on the London Civic Defence Area on 26 July 1940 and the resulting fatalities.

Town Mayor, Judy Jennings, assisted by Father John Harvey from St Edmunds of Canterbury, led a special dedication ceremony on Sunday 26 July 2015, to mark the 75th anniversary of this incident.

Amongst the guests braving the rain were Cllr Elizabeth Webster, chairman of EFDC, Cllr Anthony Hedley, Chairman of the Essex Fire Authority, other local councillors and the MP for Epping Forest, Mrs Eleanor Laing. Also present were the great granddaughter of Jane Page and a relative of James Roberts, an auxiliary fireman, who both died in the attack. Several

local residents who attended the ceremony remembered hearing the bomb explode. We were also joined by a fire crew from Loughton Fire Station.

Cllr Chris Pond recounted the story of that fateful evening, when the Luftwaffe apparently targeted the Thames Haven Oil Refinery, some 20 miles away. It is thought that one of the aircraft could have become disorientated and jettisoned a bomb, which exploded in the nearby allotments now the site of the Loughton Health Centre.

With the modest memorial in The Drive, we commemorate the resilience of the civilian population during WWII and the often ignored important contribution of the Fire Service.

We thank the Parks Department of Epping Forest District Council who supported this project by providing the most fitting red, white and blue floral display.

# The future of Loughton

WE KNOW that safeguarding the green spaces of our town is a top priority for our residents. This was confirmed by the large volume of evidence submitted by you to support the town council's applications for five such spaces in the Debden estate to be protected as village greens.

At the time of writing, Essex County Council has yet to make a final decision on these applications but, in view of recent case law, we are not optimistic that this will be successful. However, the information gathered will strengthen our work to ensure that the impact of any plans for new development in the town will be minimised.

As Epping Forest District Council prepares the new Local Plan, your involvement will be paramount. The completion of the draft plan for consultation has been delayed but it is important for EFDC to get it right first time as many plans around the country have failed at the examination stage through poor preparation.

Locally, the town council has successfully designated the whole town as a 'neighbourhood area'. This means we can start the long process of preparing a neighbourhood plan, which will help our residents ensure that they get the right types of development for this community.

The first stage will be to develop a 'vision' for Loughton. This will relate to a wide range of planning and regeneration matters – social, economic and environmental. These will then be translated into detailed policies, guidance and proposals.

This is a big commitment for the town council and we need your help. If you have an interest in forward planning for the town and particularly if you have specialist knowledge please get in touch with us at the council offices. Alternatively, if you have ideas or thoughts on what the key issues are for Loughton let us know in writing, either by email or on paper. We look forward to hearing from you.



Photo © Epping Forest District Council

# EFYC

## Epping Forest Youth Council

**CONGRATULATIONS** to our young councillors for winning the 2015 Jack Petchey Achievement Awards and thanks to the Jack Petchey Foundation now in its 15th year for its support of young people.

For more details of this local charity and its valuable work visit [jackpetcheyfoundation.org.uk](http://jackpetcheyfoundation.org.uk)  
**Above picture: Youth councillors Leonora Troshupa, Evie Foster and Matthew Tinker.**



# Sense & sensibility

by Colin Freeman, Essex Watch Liaison Officer

**MANY ESTATES** and built up areas were constructed long before the popularity of motor vehicles caused the parking chaos and congestion which many of us witness or experience on a daily basis.

We all appreciate and realise the importance of motor vehicles in our daily lives, but, how many of us actually stop to think about ensuring that sufficient room is left on roadways to allow for the safe passage of emergency vehicles when they are called to deal with what could be life threatening situations. Sometimes there is barely room for a car to get through between parked vehicles, which means that an ambulance or fire appliance would have no chance!

When considering where to park, here is a reminder of some of the basic legally enforceable rules: DO NOT stop or park:-

- near a school entrance
- anywhere you would prevent access for emergency services
- at or near a bus or tram stop or

taxi rank

- on the approach to a level crossing/tramway crossing
- opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space. (Yellow lines are often painted at junctions but do not always stretch to 10 metres, however, this does not automatically exempt you from complying with this rule).
- near the brow of a hill or hump bridge
- opposite a traffic island or (if this would cause an obstruction) another parked vehicle
- where you would force other traffic to enter a tram lane
- where the kerb has been lowered to help wheelchair users and powered mobility vehicles
- in front of an entrance to a property
- on a bend
- where you would obstruct cyclists' use of cycle facilities except when forced to do so by stationary traffic.

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# Regular activities

Amendments to: [vivienne.messenger@loughton-tc.gov.uk](mailto:vivienne.messenger@loughton-tc.gov.uk)

## ALLOTMENTS

**Loughton Potato Ground**, Baldwins Hill. [www.loughtonpotatoground.com](http://www.loughtonpotatoground.com)  
**Roding Road Allotment & Leisure Gardens Association**, Roding Road. [www.rodinroadallotments.co.uk/](http://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](mailto: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](http://www.ruthdronsfield.co.uk)  
**Created Crafts**, Trinity Church, Mannock Drive. 2nd Thursdays, 7.45pm Pam 020 8508 7657  
**Essex Handicrafts Association**, Woodlands Branch, Trinity Church, Mannock Drive. 4th Thursdays, 7.45pm. Pam 020 8508 7657  
**Loughton Arts Centre**, 187B High Road (by Lopping Hall). Monday-Saturday 10am-4pm. Local artists & photographers work. 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](mailto: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](http://www.nafas.org.uk/flower_clubs.html)

## COUNSELLING

**Family Care Counselling Service**, Epping Forest Branch, 5A Greenyard, Waltham Abbey EN9 1RD. 01992 788499 / [familycarelou@aol.com](mailto:familycarelou@aol.com)  
**Loughton Bereavement Service**. Free counselling service. John 020 8508 6333  
**Samaritans**. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 08457 909090 / [jo@samaritans.org](mailto:jo@samaritans.org) / txt 07725 909090

## EDUCATION

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

## FAITH

**Kingsley Spiritualist Church**, Kingsley Hall, Kingsley Road. 1st & 3rd Fridays, 7.30pm  
**St Michael's Church**, Roding Road. Causeway Prospects Service for adults with learning difficulties & their families/friends/carers. 1st Sundays, 3.30pm. 020 8418 7944  
**Toddler Church**, Loughton Methodist Church, 260 High Road. (0-5 plus fellowship). Tuesdays (term time), 10am. 020 8508 1834  
**FOOD**  
**Farmers Market**, Centric Parade, High Road. 1st Sundays, 9am-2pm. David Linnell 020 8508 2932  
**Loughton Foodbank** Wednesdays, 10.45-11.45am St Mary's Church, 201 High Road & Saturdays, 2-4pm Restore Centre, 68 The Broadway. 07402 032313 [www.loughton.foodbank.org.uk](http://www.loughton.foodbank.org.uk)  
**GENERAL INTEREST**  
**Bell ringing**, St John the Baptist Church, Church Lane. Tuesdays, 8-9pm (in tower). No experience necessary. David Southgate 020 8508 7530 / [davidsouthgate@talktalk.net](mailto:davidsouthgate@talktalk.net)  
**Belly dancing**, Loughton Club, 8 Station Road. Wednesdays 7-9.30pm. Sonya Collins 07759 076443 / [soniyabellydancer@btinternet.com](mailto:soniyabellydancer@btinternet.com)  
**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](mailto:efcv2@yahoo.co.uk) [www.efcv.co.uk](http://www.efcv.co.uk)  
**Epping Forest Countrycare**, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203 [www.eppingforestdc.gov.uk/index.php/out-and-about/countryside](http://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. Ranger Michael Poole 07881 815994  
**Film Loughton**. Film screenings locally. [www.filmoughton.btck.co.uk](http://www.filmoughton.btck.co.uk)  
**Forest Musical Theatre Company** St Michael's Church, Roding Road. Tuesdays & Wednesdays (rehearsals). [sally@forestmusical.co.uk](mailto: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](http://www.hears.vpweb.co.uk)  
**Hornby Railway Collectors Association**, St John's Church Scout Hall, Church Lane. Alternate 1st Thursdays 5-10pm. £2. David Southgate 020 8508 7530 / [davidsouthgate@talktalk.net](mailto:davidsouthgate@talktalk.net)  
**Loughton Amateur Dramatic Society**, Lopping Hall, High Road. Martin Howarth 020 8508 8644 [www.lads.org.uk](http://www.lads.org.uk)  
**Loughton Astronomical Society**, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thursdays 8-10pm. Brian Morton 01992 815804 [www.las-astro.org.uk](http://www.las-astro.org.uk)  
**Loughton Bowling Club Bridge Section**, Eleven Acre Rise. Thursday afternoons. 020 8502 0237  
**Loughton Bridge Club**, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). [keiththompson3@btinternet.com](mailto:keiththompson3@btinternet.com) [www.bridgewebs.com/loughton/](http://www.bridgewebs.com/loughton/)  
**Loughton Calligraphy Club**, Wesley Hall, Loughton Methodist Church, 260 High Road. Saturdays, 10am-12 noon. Val Pearce 020 8508 1494  
**Loughton Camera Club**, Lopping Hall, High Road. Wednesdays, 8-10pm. 01992 575505 [www.loughtoncameraclub.org.uk/](http://www.loughtoncameraclub.org.uk/)  
**Loughton Camera Club/Welcome.html**

**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://www.loughtonhistoricalsociety.org)  
**Loughton & Epping Forest Amateur Radio Society**, All Saints House, Romford Road, Chigwell Row, IG7 4QD. Alternate Fridays, 7.45pm. 020 8502 1645 [www.lefars.org.uk](http://www.lefars.org.uk)  
**Loughton Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Wednesdays, 7.30pm. 020 8508 3546 [www.freewebs.com/kengroce/](http://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](mailto:admin@adasuk.org.uk) [www.adasuk.org](http://www.adasuk.org)  
**Breathe Easy (British Lung Foundation)**, Tony Carr 01992 573387  
**Lifewalks** EFDC walking for health scheme various locations Mon, Tues, Thurs 10am & Sat, Sun 10.30am. Karen Murray 01992 564222 / [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)  
**Loughton Memory Café (Alzheimer's Society)**, Church Hall, Loughton Methodist Church, 260 High Road. 1st & 3rd Mondays, 10am-12pm 01279 427522 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
**Loughton Stroke Club**, Loughton Baptist Church, 90 High Road. 2nd & 4th Tuesdays, 2pm. 020 8508 1100  
**ProActive (W Essex Prostate Cancer men's self-help group)** St Margaret's Hospital, The Plain Epping CM16 6TN. Friday monthly 1-3pm. John Woods 07747 374692 [www.proactive.me.uk](http://www.proactive.me.uk)

## LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

**2324 (Chigwell) Squadron, Air Training Corps**, Buckhurst Hill. Mondays & Thursdays evenings (13-17 yrs). 020 8505 3353 [www.2324squadron.org.uk](http://www.2324squadron.org.uk)  
**7th Epping Forest Scout Group**, St Edmund's Church, Traps Hill. Tuesdays: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thursdays: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181  
**16th Epping Forest Beavers** Trinity Church Hall, Mannock Drive. Mondays: Beavers (6-8 yrs) 5.45-7pm. Fridays: Cubs (8-10 yrs) 6.30-8pm Linda Brede 020 8508 4867 / [lulu.brede@ntlworld.com](mailto:lulu.brede@ntlworld.com)  
**30th Loughton Scout Group**, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts 10-14 yrs. Paul Snowden GSL 020 8508 4336 / [info@30thloughton.co.uk](mailto:info@30thloughton.co.uk)  
**41st Epping Forest Scout Group**, Lopping Hall, 189 High Road. Mondays 5.45-9pm, Thursdays & Fridays, 6-9pm Beavers, Cubs, Scouts & Explorers girls/boys (6-18) 020 8923 2378 / [agsl41@gmail.com](mailto:agsl41@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](mailto:stedmundsplaygroup@gmail.com)  
**Cheeky cherubs stay & play** Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / [cheekycherubsstayandplay@aol.com](mailto:cheekycherubsstayandplay@aol.com)

**Epping Forest Community Theatre** Lifeworks Centre, (behind) Loughton Methodist Church, 260 High Road. Mondays (term time) £5 per week. Rising Stars 3.30-4.30pm (yrs R-2) Loughton Children's Theatre 4.30-6.30pm (school yrs 3-6) Loughton Youth Theatre 7-9pm (school yrs 7-11) UpStage Theatre Company Thursdays 7-9pm (16+) Epping Youth Theatre, The Box, St John's Road, Epping Tuesdays 5.30-7.30pm (school yrs 3-6) [www.redballoonfamily.co.uk/efct.htm](http://www.redballoonfamily.co.uk/efct.htm)  
**Duke of Edinburgh's Award**, Loughton Youth Centre, 106 Borders Lane Tuesdays 6.30-8.30pm (term time) (14½-19 yrs) 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)  
**Girlguiding Loughton South**. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. [www.loughtonsouth.webspace.virginmedia.com](http://www.loughtonsouth.webspace.virginmedia.com)  
**ignite (children's & youth activities)** St Mary's Church, 201 High Road 020 8508 3643 [www.stmarysloughton.com](http://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 Delivery Site**, Torrington Drive. Fun, educational & daily varied sessions for children (0-5) & 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/](http://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](mailto:vicky.young@essex.gov.uk)  
**Rainbows, Beavers, Brownies, Cubs & Scouts groups**, St Michael's Church, Roding Road. 020 8418 7944  
**Reindeer Explorer Scouts**, St Edmund's Church, Traps Hill. Girls/boys (13½-18 yrs). Fridays. Dave Martin 07889 189261  
**Russian drama studio**, Kingsley Hall, Kingsley Road. Wednesdays & Thursdays 4.30-6.30pm. Anastasia 07528 567844 [www.petrushka-studio.co.uk](http://www.petrushka-studio.co.uk)  
**Sunrise Children's Centre**, Alderton Hall Lane. Fun, educational & daily varied sessions for children (0-5) & 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](mailto:vicky.young@essex.gov.uk)  
**MUSIC**  
**Loughton Acoustic Club**, The Gardeners Arms, York Hill. 2nd Tuesdays, 7.30pm. £3 [theclub@thephrstudio.co.uk](http://theclub@thephrstudio.co.uk)  
**Loughton Folk Club**, 8 Station Road. Live acoustic music. Thursdays, 8pm. Jim 07762 146623 / [loughtonfolkclub@googlemail.com](mailto:loughtonfolkclub@googlemail.com)  
**Roding Players** Orchestra rehearsals, Roding Valley High School, Alderton Hill. No audition. Mondays, 7.30-9.30pm. Miles Harwood 020 8505 4329 [www.rodinplayers.co.uk/](http://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/](http://www.southwestessexchoir.org.uk/)

#### SOCIAL

**The Buffaloes**, Loughton Club, 8 Station Road. A charitable brotherhood - members (18+). Tuesdays & Thursdays, 8.30pm. [mldja.worsfold@yahoo.co.uk](mailto:mldja.worsfold@yahoo.co.uk)  
[www.loughtonclub.blogspot.com](http://www.loughtonclub.blogspot.com)  
**Civil Service Retirement Fellowship**, Loughton Library (Jazz Room), Traps Hill. 3rd Monday, 2pm.  
Mrs E Vale 020 8508 2459  
**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/](http://www.probusloughton.org.uk/)  
**Over 50s Club**, Oakwood Hill Estate Hall. Daily programme of activities. 020 8508 5743  
**Rotary Club of Loughton, Buckhurst Hill & Chigwell** The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays 6.15pm  
[www.loughtonrotary.org.uk](http://www.loughtonrotary.org.uk)  
**Royal British Legion Loughton Branch**, 118 Church Hill. Mondays & Thursdays, 8pm (bingo). Tuesdays, 1-4pm line dancing. Every 2nd & 4th Wednesday evenings (fun quiz night & prizes). Saturday evenings. 1st & 4th Sunday lunchtimes (jazz group) 020 8508 5044 [www.britishlegion.org.uk](http://www.britishlegion.org.uk)  
**Tea Club - Senior Citizens**, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944

**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 / [ferrari@eppingforestdc.gov.uk](mailto:ferrari@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](http://chig.org.uk)  
**Colebrook Royals FC**, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 07825 769707 [www.colebrookroyals.co.uk](http://www.colebrookroyals.co.uk)  
**Clubbercise** Murray Hall, 106 Borders Lane. Easy dance workout routines Wednesdays 7.30-9.30pm Lisa 07877 010158  
**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](mailto:efsc@hotmail.co.uk) [www.efsportability.com](http://www.efsportability.com)  
**Insanity Fitness Class**, Murray Hall, 106 Borders Lane. Tuesdays 7-9pm 07904 190047 / [mandykarimloo@sky.com](mailto:mandykarimloo@sky.com)  
**Jumping Jens**, St Michael's Church, Jubilee Hall, Roding Road. £4. Tuesdays & Thursdays, 8-9pm. 07866 127522

**Karate Club** Trinity Church, Mannock Drive. Wednesdays, 6.30-7.30pm 020 8508 7657

**Katy Little School of Dance**, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / [www.katylittleschoolofdance.co.uk](http://www.katylittleschoolofdance.co.uk)  
**Keep Fit**, Lincoln Hall, 125 High Road. All ages. £5. Tuesdays & Thursdays, 10.30-11.30am. 020 8470 0807  
**Loughton Athletic Club**, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. 07958 903842 [www.loughtonac.org.uk](http://www.loughtonac.org.uk)  
**Loughton Fencing Club**, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). Wednesdays, 7.30-9pm. 01992 522462  
[www.loughtonfencingclub.co.uk/](http://www.loughtonfencingclub.co.uk/)  
**Loughton Football Club**, Avondale Close. 8-18 yrs + senior team. Sundays (youth teams), Saturdays (seniors) & weekday evenings (training). Keith Campen 020 8508 4757  
[www.loughtonfc.com](http://www.loughtonfc.com)  
**Loughton Karate Club**, Loughton Club, Station Road. All ages (from 5+) & all levels welcome. Sundays 4-5.30pm. Stephen O'Brien 07758 341584  
**Loughton Mountaineering Club**, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 8.30pm. [www.loughtonmc.org](http://www.loughtonmc.org)  
**Loughton Rugby Football Club**, Hornbeam Road, Buckhurst Hill. Wednesdays (training), 7.15pm. Duncan Kaye 07969 638349  
[www.pitchero.com/clubs/loughton](http://www.pitchero.com/clubs/loughton)  
**Loughton Swimming Club** Mondays, 7pm. Beryl Dearn 020 8559 1557  
**Loughton Wado-Kai Karate Club**, Roding Valley High School Drama Hut, Alderton Hill. All ages. Wednesdays 7pm. 07971 672542 [www.loughtonwadokai.co.uk](http://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](http://www.oldbucks.co.uk)  
**Roding Valley Angling Club**. New members welcome. Darren 07716 061273 / [roding.valley.angling.club@gmail.com](mailto:roding.valley.angling.club@gmail.com)  
**Walk - West Essex Ramblers** (sorry no dogs). Saturdays, Sundays, Wednesdays & Thursdays. 020 8502 1628 [www.westsexramblers.org.uk](http://www.westsexramblers.org.uk)  
**Yoga** Kingsley Hall, Kingsey Road. Wednesdays 7-8pm £7 [yogaplanet@live.com](http://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

#### 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. 1st & 3rd Tuesdays 1.45pm. 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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# Autumn Walk

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10:30am for 11am start

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A hot buffet will be available  
after the walk (first come first  
served)



For more info please  
call Peter on 020 8502 2169  
or 07885 493924



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