



Think Loughton

News from Loughton Town Council

Winter 2015/2016 No 71

Celebrate the season

FOLLOWING last year's successful pilot, the town council has invested in a 3-year Christmas lighting scheme using reusable trees on the lamp columns in The Broadway and the High Road, each with 200 LED bulbs powered from the mains. The display will also extend into Old Station Road and, new this year, thanks to a donation from Higgins Construction, the large horse chestnut tree outside Forest Hall will be lit with 3,000 bulbs.

We also hope local businesses and shops will lend their support to help brighten the shopping centres by decorating their windows. Judging of the displays will take place during the first week in December with silver cups and £100 charity cheques awarded to the winners of each shop category (charity, independent and national chains).

Here are details of some of the festive events in the town this year:

❄ **Thursday 26 November** – this year the festivities will start with a short carol concert in St Mary's Church at 4pm attended by the town mayor, and then a celebration of the lights with mince pies and mulled wine outside the church.

❄ **Friday 27 November** – the celebrations move to The Broadway starting at 4pm with live music and a visit from Santa who will help the town mayor, Judy Jennings, switch on the lights. The decorations here include a specially lit festive message above the arcade at Brickclamps Path. After completing his duties in The Broadway, we hope Santa will take a carriage ride around the estate stopping at the Cottage Loaf pub for more live music.

❄ **Saturday 28 November** – the poignant annual Light up a Life event, organised by the

town council in partnership with St Clare Hospice, will be held on Kings Green. Gather in the foyer of the Loughton Methodist Church, 260 High Road from 4.30pm for the procession to Kings Green and the lighting of the tree lights at 4.45pm. This is followed by hot drinks and mince pies back at LMC, provided by Morrisons. To sponsor a light in memory of a relative or friend visit www.stclarehospice.org.uk or call 01279 773700.

❄ **Sunday 29 November** – The St Clare Hospice Loughton Santa Run starts at 12 noon from 76 The Broadway. 020 8508 6070 / 07718 257704.

❄ **Wednesday 9 December** – the lighting of the Hanukkah menorah at 6.30pm on Standard Green, by the junction of the High Road and High Beech Road, organised by Chabad Lubavitch of Buckhurst Hill.



Photos © St Clare Hospice



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Contact numbers

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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: Births, ceremonies & deaths	01992 572788/9

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	116 123
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
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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
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Essex County Council	0845 603 7625
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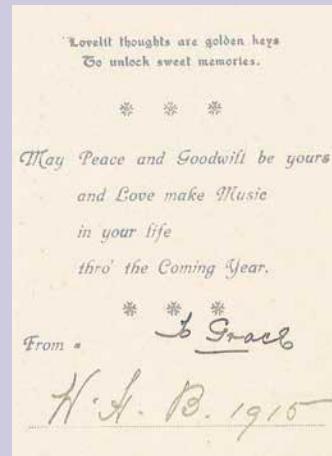
Clerk's Remarks



AS PART of its work to mark the important anniversaries of the two world wars, the town council has held a number of events in the town. The next will be a special ceremony on 24 November at 11am when we will be dedicating a new plaque for the memorial on Kings Green with the names of four fallen servicemen who lost

their lives in World War II. A full report of the event will follow in the Spring.

Throughout the wars Christmas celebrations, although somewhat muted, continued and so I thought it appropriate to include this picture of an original Christmas card sent to my grandmother in 1915. The verse inside reads



I am pleased to confirm that once again the town council has received a clear audit for its 2014-15 annual accounts and governance statement. These may be viewed on the website at www.loughton-tc.gov.uk/7ac1415a.pdf or on request to the council offices.

Are you familiar with the drinking fountain on the corner of Loughton High Road and Station Road? It has been a prominent landmark in the town since the 1870s, although the original brick structure was replaced with the wooden canopy after it was knocked down by a bus in 1934. Repairs have been carried out to the canopy as one of the oak corner posts had rotted badly at the base probably owing to the salt and water spray splashed up from the pavement and the road. We will soon be switching the water supply off for the winter but it will be turned on come the spring to provide free and clean

refreshment.

A big thank you to all who took part in the consultation during the October half term holiday to help us choose new equipment for the Traps Hill play area. The next stage will be a formal tender process and the final designs will be on display early next year with the work scheduled for April 2016.

Anti-social behaviour takes many forms but a new problem has arisen with unauthorised metal detecting on the Willingale Road Playing Field. Anyone wishing to use a metal detector must always seek the written permission of the land owner before undertaking this activity. The town council is unlikely to give permission for this practice on its land for safety reasons.

Finally on behalf of the town councillors and staff I send season's greetings and wish you all a peaceful new year.

Enid K Walsh
Town Clerk

Loughton's unsung heroes

OUR CITIZENSHIP AWARD

scheme gives recognition to those individuals undertaking extraordinary things in our local community. Nominations are now invited for the 2016 awards.

We are looking to celebrate those special people in our town who go the extra mile for their fellow citizens. This may be through long service for a voluntary organisation or local charity, good neighbourliness, running a campaign to improve community facilities or cohesion, or by an act of courage or bravery.

Any Loughton resident or a Loughton employer, educational institution, group or society may submit a nomination but please do not let the nominee know at this stage. The closing date for nominations is 31 January 2016. There are three categories:

A) Acts of courage or bravery in the year in question that have resulted, for instance, in the prevention of a serious crime or the rescue of individuals from danger.

B) Voluntary Service

- (i) For people aged 25 or over
- (ii) For people under 25 years of age

For each category, winners will be presented with an illuminated scroll and a cheque for £250 made payable to their favourite local charity. The overall winner receives the silver trophy.

We would particularly like to encourage nominations in the under 25 years of age category as it is important to celebrate the endeavours of Loughton's young people. There may be a child that struggles with ill health to lead a normal life; one who cares for a sick parent or perhaps helps out at a local charity or club. If you know one, then please submit your nomination.

For more information contact the town council or download a nomination form from the website at www.loughton-tc.gov.uk/710csaw.pdf

The awards will be presented at the Annual Civic Service on 28 February 2016 at the Loughton Methodist Church.



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Loughton Town Council

Town Mayor: Cllr Judy Jennings **Deputy Town Mayor:** Cllr Carol Davies **Town Clerk:** Enid K Walsh

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VC Vice Chairman

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VC I Lawrence
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K Angold Stephens
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J Mahoney
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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

Edition	Copy deadline
Spring	11 Jan 2016
Summer	18 Apr 2016

Next issue covers Mar to Jun 2016.

We do not accept unattributed articles for publication.

Think Loughton is published by **Loughton Town Council**
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Printed by
Micropress Printers Ltd
Fountain Way, Reydon Business
Park, Reydon, Suffolk IP18 6DH
T 01502 725800 **F** 01502 725855
E rob@micropress.co.uk
W www.micropress.co.uk

Advertising sales are managed by
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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

Month	Day	Agenda
Nov	16	Planning & Licensing
	18	Environment & Heritage
	30	Planning & Licensing
Dec	9	Resources & General Services
	14	Planning & Licensing
	16	Council

2016

Month	Day	Agenda
Jan	11	Planning & Licensing
	13	Resources & General Services (Budgets) (7pm), Recreation
	25	Planning & Licensing
	27	Council (7pm), Environment & Heritage
Feb	8	Planning & Licensing
	10	Resources & General Services
	17	Council
	22	Planning & Licensing

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

News round-up

■ **BOB CLARKE** is the council's newly appointed football groundsman and will be working at the Roding Valley Recreation Ground each weekend during the football season. Bob has lived in Loughton for 40 years, and with his keen interest in football is looking forward to his new role.



BritishRedCross

■ **THE LOCAL** mobility aids depot, providing short-term loans of wheelchairs and other equipment, has moved to Forest House, 186 Forest Road, Loughton IG10 1EG. Contact them on 020 8508 2162 on Mondays, Wednesdays, Thursdays and Fridays between 10am – 12.30pm. Outside these hours call 01279 428569 between 10am – 5pm Monday to Friday. For general Red Cross information and enquiries phone the Beds, Herts and Essex area office on 01992 586609 or visit www.redcross.org.uk



■ **THIS LEADING** charity, has launched a new free phone number. Call 116 123 for support, 24 hours a day, 365 days a year. This will enable more people who may be feeling suicidal, struggling to cope or even worried about someone else, access to this vital service. The change is thanks to support from the Big Lottery Fund and Vodafone, including the co-operation of other major telecommunications companies. www.samaritans.org

■ **FOREST MUSICAL**, a Loughton based group who rehearse at St Michael's Church, Roding Road, IG10 3EJ on Tuesday and Wednesday evenings 8-10pm, will be performing "9 to 5 The Musical" at the Kenneth More Theatre from 21 - 23 April and "Legally Blonde" from 20 - 22 October 2016. They are looking for new members to join from December 2015 for these productions. For more information visit www.forestmusical.co.uk or email sally@forestmusical.co.uk

■ **CHRISTMAS & NEW YEAR OPENING TIMES:** The town council offices will close on Thursday 24 December at 12 noon, reopening as normal on Tuesday 29 until Thursday 31 December and close on Friday 1 January 2016. The offices will then reopen as normal from 9am on Monday 4 January 2016.

Allotment awards ceremony

TO HELP celebrate the wonderful amenity of 3 allotment sites in the town, the town council holds an annual 'Best Allotment' competition.

This year's professional judge was Karen Kenny, president of the National Society of Allotment & Leisure Gardeners. Karen had previously judged the inaugural competition in 2009 and was very pleased to see how the sites had improved. She praised everyone for their efforts and was impressed with the many new plot-holders who had shown much enthusiasm in creating good plots within such a short time.

At the awards ceremony, held in September at the Willingale Road site, town mayor Judy Jennings congratulated all the allotment tenants on their hard work in cultivating their plots.

The winner of the 2015 Best Allotment in Loughton was Rosie Partridge from the Loughton Potato Ground. Rosie, a previous winner in 2009 and 2014, received the large silver cup and a £25 gardening voucher. Karen commented that "Rosie's plot was delightful, well planned and bursting with good quality produce that attracted pollinators and other insect life; an altogether excellent example of allotment growing".

The runner up was Teresa Witham, from the Willingale Road site, who was presented with a silver salver and certificate. The judge's comment was "an attractive fun plot with many ingenious plant holders".

Winner of the Best Newcomer Award for



The town mayor with winners Rosie Partridge, Carol Wilkins and Teresa Witham

those with less than two years' experience was Carol Wilkins from the Roding Road site. Carol who had held her plot only since July 2014 received the commemorate shield and a certificate. The judge's comment was "a really excellent first year with a good variety of produce and use of companion planting".

The town mayor also presented certificates

to the highly commended and commended plot holders and thanked the volunteers at the Willingale Road site who assist the town council by carrying out the grass cutting and cleaning of the communal areas.

There are still a few vacancies at all of the sites, so if you are interested in taking on a plot contact the town council for more information.

Debden House

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Financial assistance – can we help you?

LOCAL GROUPS, organisations and charities are invited to apply to the town council for financial assistance for the period April 2016 – March 2017. The closing date for completed applications is 31 December 2015.

In this current financial year, we have awarded over £35,000 in grants. £8,000 of this has supported the vital work of the local Citizens Advice Bureau with the remainder helping many local groups improve or maintain their services to the local community. These include the Chigwell & District Physically Disabled Support Group, the Epping Forest Branch of Cruse Bereavement Care, Loughton Beavers, Cubs and Scouts, Loughton Festival, Loughton Film Society, Loughton Neighbourhood Watch, Loughton Voluntary Care Association, Loughton Youth Project, New Vistas, Noah's Ark Toddler Group, Samaritans of Redbridge, Spark and the Alzheimer's Society Loughton Memory Café.

We support both capital projects and running costs. An application form can be downloaded from www.loughton-tc.gov.uk/7fias.pdf or contact Shirley Haynes at the council offices for more information.

The University of the Third Age - it's never too late to learn!

by Terry Carter

THE UNIVERSITY OF THE THIRD AGE (U3A) is a national and international self-help organisation, founded in France in 1982. Through branches worldwide, it provides educational and social opportunities for retired and semi-retired people. There are no assessments or examinations - its ethos is learning, or sharing activities, purely for pleasure. Members have commented, "The U3A provided me with an anchor in the bleak time after retirement," and "U3A gave me a chance to expand my interests and learning".

At the heart of all branches, are their individual groups. These may include, for example: art, architecture, languages, music, history, life sciences, mathematics, first aid, philosophy, computing, crafts, photography, theatre, food and wine appreciation.

Epping Forest U3A (EFU3A) established 25 years ago, has 750 members, many from Loughton itself. It offers most of the above interests. Groups meet in members' homes, or in Theydon Bois Village Hall, where high-quality speakers give monthly talks. Members also receive an interesting and diverse monthly newsletter. While welcoming all new members, our branch is particularly looking for potential group leaders with a background in architecture or history.

Visit www.efu3a.org.uk for more information.

theWI INSPIRING WOMEN

1915

FOR 100 YEARS

2015

THE WOMEN'S INSTITUTE (WI) was originally formed in 1915 to revitalise rural communities and encourage women to become more involved in producing food during the First World War. Since then the organisation's aims have broadened and the WI is now the largest voluntary women's organisation in the UK.

As one of the oldest surviving WI's our Loughton Branch will be celebrating its own centenary next year in 2016. Their meetings are held at 2.15pm at the Royal British Legion Hall, 118 Church Hill, on the first Wednesday of every month except January when it is on the second Wednesday. Members enjoy a broad selection of speakers and entertainers each month, as well as a wide range of activities such as a Christmas party, musical afternoons, lunches, coffee mornings and a strawberry tea. They also arrange several trips out to craft fairs, gardens, music halls and other places of interest.

Barbara Cook, the branch secretary writes, "Although we are now a rather small institute we are still reasonably active and very sociable. We celebrated the WI's centenary this year in June with tea and a special cake cut by two of our members; these two ladies, both in their early 90s, joined the Loughton WI in the early 1980s and we are proud to say are our longest serving members. Although, by comparison with other institutes, ours was a very low-key celebration, it was thoroughly enjoyed by all. We look forward now to our own centenary celebrations.

Visitors will always receive a very warm welcome - so why not join us and bring a friend."

Town art competition

LOUGHTON ARTS CENTRE, located in the High Road next to Lopping Hall, is planning a special exhibition of young local artists work from 8 January till 5 February next year. They are inviting Roding Valley, Debden Park, Davenant and Oakwood schools to submit the work of their students to be hung for one week for each school.

Each week judges will nominate a first and second prize for what they consider the best pictures. The town mayor will be presenting these prizes, along with a certificate, at a special event to take place at 7.30pm in the

Many of you will have followed the Great British Menu series on BBC2 which celebrated the work of the WI through food. So we are delighted to have received permission to reproduce one of its classic recipes here for you to try.



Photos © The Women's Institute

After Christmas Cakes

(Ideal for using up leftover chocolate and nuts after Christmas)

225g self-raising flour
A pinch of salt
100g margarine
75g granulated sugar
50g plain or milk chocolate, fairly finely chopped
25g Brazil nuts, chopped
1 egg
1 tbsp milk
1/2 tsp vanilla flavouring

Method

1. Heat the oven to 200C/gas mark 6.
2. Lightly grease a baking tray. Sieve the flour and salt; rub in the margarine until the mixture resembles fine breadcrumbs. Stir in the sugar, chocolate and Brazil nuts. Beat the egg lightly; combine with almost all the milk and add the vanilla flavouring. Mix thoroughly with the dry ingredients to form a very stiff mixture which will just bind together. Add the extra milk if necessary.
3. Shape into 10-12 rough mounds on the prepared baking tray. Bake for about 12-15 minutes or until firm to the touch. Place on a cooling rack.



evening of 4 February 2016.

The Arts Centre, opened in 2011, aims to increase the profile of the visual arts in Loughton by providing a permanent exhibition space and an information centre for the arts within the area.

All exhibitions are free and change once a fortnight. The centre, which is open from Monday to Saturday 10am to 4pm, is staffed by friendly and helpful volunteers. They will be happy to discuss any aspect of the exhibition with you and deal with any other queries you may have.

New honey bee apiary



IN AUGUST, town mayor Judy Jennings was delighted to officially open the new apiary at the Roding Road Allotments. This large site, owned by the town council, is managed by the Roding Road Allotments and Leisure Gardens Association (RRALGA).

Dave Mallindine, a member of the Epping Forest Beekeepers Association, had been given permission by the RRALGA to take over an overgrown wooded area of the site for the apiary. Following extensive clearance work and tree pruning, it is now a small fenced nature reserve providing a habitat for local wildlife and an ideal location for the new hives.

At the official opening, Dave gave an informative talk on the life of the bees and the hives, and how they are managed from the introduction of a new swarm through to the harvesting of the honey. Dave has also studied microscopy to learn

more about bee anatomy. He is now able to identify the source of the nectar from which their honey is derived and certain bee diseases and parasites which can threaten their survival.

Those present at the opening were able to taste some of the first collections of honey from the hives and declared it delicious.

Cllr Jennings described her visit to the new apiary as fascinating and great fun as she had to dress up in the protective suit. She also congratulated the RRALGA committee on their work and said how pleasing it was to see so many of the allotment plots in full production.

Also present for the opening were representatives from the town council and RRALGA together with Eric Beaumont, chairman of the Epping Forest Beekeepers Association and its secretary Robin Harman.

www.eppingforestbeekeepers.co.uk

www.rodingroadallotments.co.uk

Cllr Jennings with Dave Mallindine learning about the hives and honey production

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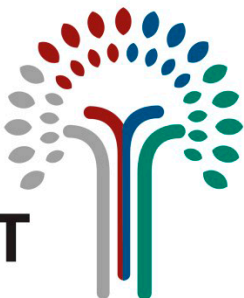
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email: info@efd6.net



Dates for the diary

■ Until 21 Nov Festival of Ideas

Loughton Library, Traps Hill
www.openbookproject.co



■ 17 Nov, 1.45-4pm Grange Farm:

then & now talk Rob Draper New Vistas, Loughton Club, 8 Station Road 01992 574552

■ 26 Nov, 4pm Carol concert & light

up Loughton event St Mary's Church, 201 High Road with mince pies & mulled wine outside the church 020 8508 3643

■ 26 Nov, 7.45pm Cards Essex

Handicrafts Association Woodlands Branch 020 8508 7657

■ 26-28 Nov, 7.30pm & Sat 1pm & 5.30pm

Songs from the movies Forest Musical Theatre Co, Lopping Hall, 189 High Road inc hits from Breakfast at Tiffany's, Stand By Me, Back to the Future, Moulin Rouge, Bridget Jones's Diary, Reservoir Dogs & children's choir £10, £8 conc www.forestmusical.co.uk

■ 27 Nov, 4pm The Broadway

Christmas light switch-on & Father Christmas' Santa sleigh ride The Broadway Town Centre Partnership & Loughton Town Council 020 8508 4200

■ 27 Nov, 8pm The Tudor housing

revolution John Walker non-members free HEARS (see p13)

■ 28 Nov, 11am-2pm Christmas

Fayre St Mary's Church, 201 High Road Free family festivities 020 8508 3643

■ 28 Nov, 11.30am-3pm Children's

Advent craft activity day: angel theme Church of the Holy Innocents, High Beach Revd Gill Hopkins 01992 760492 / gill_hopkins@yahoo.co.uk

■ 28 Nov, 4.30pm Light up a Life

Loughton Methodist Church, 260 High Road. To support a light in memory of a relative/friend St Clare Hospice 01279 773750

■ 30 Nov, 7.30pm Christmas craft fayre opening Loughton Arts Centre, 187B High Road by Lopping Hall 07532 053194

■ 1 Dec, 1.45-4pm Beatrix Potter & the Lake District talk by photographer Dudley Chignall New Vistas (see p14)

■ 1 Dec, 8pm Will the Real

Santa Claus please stand up? Transformation of St Nicholas from Byzantium to Bari & beyond talk by Dr Janet Robson Bancroft's Decorative & Fine Arts Society, Bancroft's Prep School Hall 020 8599 6281

■ 3 Dec, 10.15am Yorkshire & memories of "All Creatures Great & Small" talk by photographer Dudley Chignall English-Speaking Union, Murray Hall (see p 14)

■ 6 Dec, 2pm Woodford Ladies Choir

free concert & seasonal refreshments Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ 9 Dec, 6.30pm Hanukkah menorah

lighting Standard Green, junction High Road/High Beech Road organised by Chabad Lubavitch of Buckhurst Hill

■ 10 Dec, 2.30pm talk (tbc) National Trust Woodford Green Centre, All Saints, Inmans Row IG8 0NH (see p14)

■ 12 Dec, 7pm Davenant Community

Choir concert Hot chocolate (on arrival), mulled wine/soft drink & Christmas cake/yule log/mince pies (interval) £10 on the door/in advance Church of the Holy Innocents, High Beach 07572 111387 / jane.begley@irwinmitchell.com

■ 12 Dec, 7.30pm Roding Players

Orchestra Christmas concert St Mary's Church, 201 High Road £7.50, £6 conc 020 8505 4329 www.rodingplayers.co.uk/

■ 13 Dec, 2pm Chingford

Ladies Choir concert & seasonal refreshments Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ 15 Dec, 7.30pm

Ultrasound Choir concert in aid of Haven House & seasonal refreshments Church of the Holy Innocents, High Beach Tickets lisa_tsindides@hotmail.com



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■ **16 Dec, 7-9pm** Informal carol singing Dickensian theme Hot chocolate (on arrival), mulled wine/soft drinks & Christmas cake/yule log/mince pies Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **16 Dec, 8pm** Joy to the World Christmas concert Chigwell Choir St Mary's Church, High Road, Chigwell £8 (on the door) adults, school children: free inc mulled wine & mince pies Proceeds to Vitalise charity 01992 812038 www.chigwellchoir.org

■ **23 Dec, 8pm** Carol singing: The Owl PH, Lippitts Hill Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **4 Jan, 1.30-3.30pm** 20th century British art & design Rosanna Eckersley WEA 10-week course £80 Loughton Bowls Club, Eleven Acre Rise 020 8281 1536 / mrsdale@googlemail.com

■ **5 Jan, 10-12pm** Rise & fall of the new monarchy Richard Till WEA 10-week course £80 Loughton Bowls Club (see p13)

■ **5 Jan, 12 noon** New Vistas New Year's lunch: Toby Carvery Bald Faced Stag, 69 High Road, Buckhurst Hill (see p14)

■ **6 Jan, 10am-12pm** History of the universe Peer Maggs WEA 10-week course £80 Loughton Bowls Club (see p13)

■ **6 Jan, 10am-12pm** Urban natural history Tricia Moxey WEA 10-week course £80 Jack Silley Pavilion, 1 Tidy's Lane, Epping CM16 6SP (see p13)

■ **7 Jan, 10.15am** English-Speaking Union Murray Hall - no meeting (see p14))

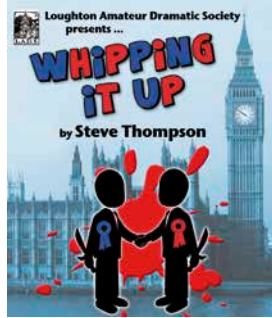
■ **12 Jan, 7.30pm** Suleyman the magnificent Otterman art & architecture Sarah Searight Bancroft's Decorative & Fine Arts Society (as before)

■ **14-16 Jan, 8pm** Confusions by Alan Ayckbourn Theydon Bois Drama Society, TB Village Hall, Coppice Row CM16 7ER £8.50 01992 812250 theydondrama.org

■ **19 Jan, 1.45-4pm** Centenary wall hanging (how not to make one) Janet Wallace New Vistas (see p14)

■ **21 Jan, 2.30pm** Picture palace talk Rachel Kolsky blue badge guide National Trust Woodford Green Centre, All Saints, Inmans Row IG8 ONH (see p14)

■ **21-23 Jan, 8pm** Whipping It Up by Steve Thompson Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road www.lads.org 07552 736110 (see p14)



■ **22 Jan, 8pm** Chicago & the rise of the skyscraper David Stevenson HEARS (see p13)

■ **28 Jan, 7.45pm** Scarf ring Essex Handicrafts Association Woodlands Branch (as before)

■ **2 Feb, 1.45-4pm** Introduction to Roman Harlow Chris Lydamore New Vistas (see p14)

■ **4 Feb, 10.15am** Kew Gardens talk by volunteer, worker & guide Mary Done English-Speaking Union, Murray Hall (see p14)

■ **6 Feb, 11.30am-3pm** Children's Lent craft activity day Church of the Holy Innocents, High Beach Revd Gill Hopkins (as before)

■ **9 Feb, 7.30pm** From magic lantern to Metro Goldwin Meyer the birth of the silver screen & the artists it inspired. Dr Geri Parlbay Bancroft's Decorative & Fine Arts Society (see p14)

■ **16 Feb, 1.45-4pm** The Maldives, Tamil Nadu & Kerala Alan Hardy New Vistas (see p14)

■ **17 Feb, 8pm** talk (tbc) National Trust Woodford Green Centre, Trinity Lower School, Sydney Road IG8 OTP

■ **25 Feb, 7.45pm** Shadow quilting Essex Handicrafts Association Woodlands Branch (as before)

■ **26 Feb, 8pm** The angel roofs of East Anglia Michael Rimmer HEARS (see p13)

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Please always check details and availability with the relevant organiser.

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Have you heard about Universal Credit?

UNIVERSAL CREDIT

(UC) is the new benefit being phased in by the government's Department for Work and Pensions. It will eventually replace the following benefits and tax credits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit
- Working Tax Credit
- Housing Benefit
- Budgeting loans.

UC is coming to Loughton Jobcentre in February 2016. From then, if you are single (no children), rent your home and become unemployed and wish to claim benefit, you will apply for Universal Credit (instead of applying for Jobseeker's Allowance).

Who can get Universal Credit?

UC is a benefit for people of working age. This means you must be under the age when you can make a claim for Pension Credit. You'll have to meet various conditions to get UC. These include accepting a claimant commitment, a document that says what you'll have to do to prepare for work, find work, get better paid work, or work more hours. For example, you may have to go to interviews to help yourself find work or apply for jobs.

How do you claim it?

If you are required to make a claim for UC after February 2016, then the first stage is to make an online claim at: www.gov.uk/universalcredit

The second stage is to go to a face-to-face interview at a Jobcentre Plus office.

If you don't have internet access or can't use the internet, you should be able to use computers at your local Jobcentre Plus office. Staff there should be able to help if you get stuck while making your claim or you can get help from the Universal Credit helpline.

Your local library also offers free computer use. In exceptional circumstances, you may be able to claim by phone or with a home visit.

It won't be possible to fill out a paper form. If you are able to claim by phone or with a home visit, an adviser will complete the online form for you.

You can find out more about making a claim for Universal Credit on the GOV.UK website at: www.gov.uk

If you need help or further information contact:

- Loughton Jobcentre, 284 High Road, Loughton, IG10 1RH or telephone Jobcentre Plus on 0345 604 3719 (Monday to Friday 8am to 6pm); or
- Loughton Citizens Advice Bureau at St Mary's Parish Centre, High Road, IG10 1BB, open Monday, Tuesday, Wednesday and Friday from 9.30am to 1pm; or
- Essex Citizens Advice Monday to Friday 10am to 4pm on 0344 477 0808 or visit the Citizens Advice website at: www.citizensadvice.org.uk



Photos © Everything Epping Forest

Loughton scoops community award



Cllr Roger Hirst, ECC Cabinet Member for Customer Services, Libraries, Planning and the Environment presented the Acumen Wages Service Award for Community Work to town clerk, Enid Walsh and Cllr David Wixley, Chairman of the Recreation Committee at the Making the Links Conference in Great Dunmow held on 24 September 2015. This award, organised by the Essex Association of Local Councils, recognised the range and number of successful council events held in Loughton throughout the year involving the local community. The council also received a cheque for £200.

From presents to swag

by Colin Freeman Essex Watch Liaison Officer

With the Christmas holiday season almost upon us, try to make sure your Christmas isn't spoiled by criminals. The advice below is common sense advice but easy to forget.

OUT SHOPPING: stay alert and be extra careful with your wallet or purse. Keep them close to your body and don't carry too much cash. The same applies if travelling on crowded buses or trains.

If you travel by car, park in a well-lit area, close the windows and lock all doors. Don't leave presents in view.

Always keep your bank card and cheque book separately. Never keep a note of your pin number with any of your credit/debit cards.

If you need to use an ATM (cash machine), try to use one inside a bank or store, or in a well-lit area. Be aware of who and what is close by. If the ATM looks as if it has been tampered with, do not use it (and report it to the bank or store). Never use an ATM if someone is using a mobile phone behind you, or nearby. (They could be saving your pin number on their phone). A safer option is to use a store that offers cash-back.

At home don't make it easy for burglars to steal those wonderful presents you're storing. Keep them out of sight until late on Christmas Eve and if you 'hide' or store larger items like bicycles in your shed or outbuildings, ensure they are very secure.

Check your insurance to make sure you are covered for the value of goods in your home.

Take the frame numbers of new cycles and the serial numbers of new electrical equipment for future reference. Remember, empty boxes left outside advertise that you have new goods inside so dispose of packaging carefully.

If you go out for the evening, close the curtains so it looks like someone is at home by turning on some lights and the radio. As a fire precaution, turn off the 'Christmas lights' and be extra careful

about locking doors and windows.

If you go away for the holiday period use an automatic timer for lights and ask a trusted neighbour to watch your home. Don't forget to cancel newspapers and milk if they are delivered, and either redirect your mail through the Post Office or ask your neighbour to take it in. Unopened mail is a sure sign that a house is empty.

Strangers at the door? Genuine delivery personnel usually have uniforms and liveried vehicles and shouldn't need to come into your home. Charity collectors will have identification and will not be offended if you ask to see it. If you are not sure but want to make a donation, ask about other ways, perhaps through a bank.

Out on the town at office parties and Christmas and New Year celebrations, pubs and other venues are often crowded.

■ Don't leave bags over the back of your chair. Keep wallets/purses close to your body to make it more difficult for the pickpocket.

■ Busy places make it easier for a thief, so be alert at all times.

■ Make prior arrangements for getting home - perhaps nominate a 'designated driver.'

■ Avoid any potential disturbances on the street. Stay with friends if you can.

■ Avoid the temptation to take a minicab on the street even when it's difficult to get a cab. It is illegal for minicabs to take passengers who have not pre-booked.

■ Make sure someone knows where you are going and what time you will be back.

■ Enjoy yourself but don't drink too much - you could become a target for thieves.

Email: colin.freeman@essex.pnn.police.uk

Direct Line: 01279 621862





Flooding: be prepared

AS WE head into winter it's worth taking some time to think about how you might prepare for flooding. Loughton doesn't have a notable flood risk but there have been some isolated incidents in the past so it could happen. Remember, flood protection is the responsibility of the property owner so here are some things you might want to consider.

Preparation is easily the best course of action. If you live in a flood zone (check via

www.environment-agency.gov.uk/floodrisk) then make sure you sign up to the Environment Agency Floodline, an automated alerting system to warn you of imminent flooding. And keep an eye or ear on the weather forecasts.

Get some flood protection in place. Sandbags are okay but there are better solutions such as flood boards and air brick covers which you can quickly slip into place. Be aware that the District Council does not hold

stocks of sandbags. Take a look at the National Flood Forum website for lots of advice and information.

Check your insurance cover and make sure you're covered for flooding and alternative accommodation. Keep important telephone numbers handy.

Check drains and gutters for blockages or damage. Make sure you know how to turn off your electricity, gas and water and keep a small 'emergency bag' handy in case you have to leave your property.

If you do experience flooding, try not to panic. Contact the Fire Service but be aware they may prioritise response where life is at risk. Move family members, pets and irreplaceable items such as photographs and documents upstairs. And remember that floodwater may be contaminated so try to avoid direct contact with it.

There is lots of information available on the internet so prepare now before the worst of the winter arrives.

National Flood Forum – www.nationalfloodforum.org.uk

Preparedness – www.preparednessex.co.uk

Essex County Council has grants available to help residential homeowners who have been flooded internally from ordinary watercourse; groundwater and surface water flooding and can provide demonstrable evidence of the impact of the flooding event.

To apply email Essex@aquobex.com or phone the flood protection specialist on 0844 798 1261 to find out if you are eligible for a Property Level Protection grant of up to £5,000.

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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/>
Shoebx 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 / theorems5@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 / 116 123
/ 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,
10.15-11.45am St Mary's Church, 201
High Road & Saturdays, 2-3.30pm
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. Ranger Michael Poole
07881 815994

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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/Welcomes.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
Lifewalks EFDC walking for health
scheme various locations Mon, Tues,
Thurs 10am & Sat, Sun 10.30am. Karen
Murray 01992 564222 / 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
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

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

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
Grandparent & Toddler Rhymetime
Loughton Library Wednesdays 1.30-
2.30pm in partnership with Spurgeon's
Children Centre 020 8502 0181
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 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/
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
Papworth Trust, Loughton Youth Centre,
106 Borders Lane. Thursdays 5-7pm
(term time) (8-18 yrs) free activities for
disabled young people 01279 404401 /
edward.nkwelle@essex.gov.uk
**Rainbows, Beavers, Brownies, Cubs
& Scouts groups**, St Michael's Church,
Roding Road. 020 8418 7944
Reb Balloon Team 6, Loughton Youth
Centre, 106 Borders Lane. Tuesdays
6.30-8pm (term time) (8-12yrs) 01279
404401 / edward.nkwelle@essex.gov.uk
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. Mondays & Thursdays
4.15-6.15pm. Anastasia 07435 358943
www.petrushka-studio.co.uk
Scouts Explorers, Loughton Youth
Centre, 106 Borders Lane. Mondays
6-8.30pm (term time) (13-19 yrs) free
activities 01279 404401 / edward.nkwelle@essex.gov.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
Young Carers, Loughton Youth Centre,
106 Borders Lane. Wednesdays 6.30-
9pm (term time) (8-8 yrs) free activities
01279 404401 / edward.nkwelle@essex.gov.uk

MUSIC

60's music appreciation social group
Loughton Club, 8 Station Road. Last
Tuesdays 2-4.30pm 020 8508
8365 / 07761 792691

13 ▶ **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.rodingleaders.co.uk/
South West Essex Choir, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/
Stand & Deliver Acoustic Open Mic Club, Roding Valley High School, Alderton Hill. 2nd Tuesdays 8pm. Roy Tyzack roy.tyzack@btinternet.com

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 & Thursdays, 1-4pm line dancing; 2nd & 4th Wednesdays quiz night; last Sundays 1-4pm (jazz @ the RBL) 020 8508 5044 www.loughtonrblclub.co.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
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 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 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. Wednesdays, 7-8pm (children); 7.30-9pm (adults) 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.westsexramblers.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

TALKS

Bancroft's Decorative & Fine Arts Society, Bancroft's Preparatory School Hall, Whitehall Road, Woodford Green. Member of NADFAS. 2nd Tuesdays, 7.30pm 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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TUDOR OAK London Road, Abridge, Essex

Tudor Oak is a four bedroom, detached residence built around 2000 on the site of the former village hall, located in the centre of Abridge village. It is within walking distance of Lambourne Primary School, gastro pubs and local shops.

This attractive property, occupying a private position on a sizeable plot, has a floor area of some 1950 sq. ft. (181 sq. m.) including garage and outbuildings and is behind automated entrance security gates enclosing the front courtyard.

Planning permission granted for a substantial, double-storey side extension. Architect drawings available.

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