

Spring fun, not floods!

THE FIRST of March marks the start of spring in meteorology and so we hope that scenes like the photograph below taken at the Roding Valley Recreation Ground in early January will be but a distant memory.

Why not join us in the annual family fun run around the lovely

recreation ground by the river Roding to blow those winter cobwebs away and help raise valuable funds for local charities.

This year the short 4km run will start at 10.30am on Sunday 17 April next to the tennis courts. Suitable for all ages and levels of fitness, you can walk, run or jog at your own pace whilst enjoying the fresh air and beautiful scenery.

It's not a race and all participants will be presented with a medal at the finish.

Entry fees are £10 per person with family tickets available. A booking form can be downloaded

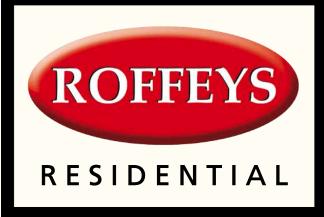
from www.loughton-tc.gov.uk or collected from the town council offices. Alternatively you can register on the day from 9.30am.

All proceeds will go to the town mayor's charities, or if you prefer, you can organise your own sponsorship for your favourite charity.

On Thursday 21 April we will be lighting a beacon at the top of Hillyfields as part of the celebrations to mark Her Majesty the Queen's 90th birthday. This national event will see beacons lit throughout the United Kingdom, Channel Islands, Isle of Man and UK Overseas Territories. Whilst appreciating this is a school night, we hope local families will join us for the festivities.

Our annual programme of events continues this year with the popular community fun day on Jessel Green on Sunday 17 July. We have decided to forego the 'It's a Knock Out' tournament this year to allow more space on the green for an arena with a programme of displays and entertainment throughout the day. So make a date in your diary now and join us for this fun community event.





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Contact numbers

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POLICE & FIRE (dial 999 for emergencies)

Essex Police (non-emergency) 101 0800 789321 Anti-terrorist hotline

ADVICE, HELP & INFORMATION

Affordable Counselling Epping Forest 01992 573402 Citizens Advice Bureau 0344 477 0808 03454 04 05 06 Citizens Advice Consumer Service 020 8508 8311 Epping Forest College Jobcentre Plus (Loughton) 0345 604 3719 Loughton Information Centre 020 8502 0181 NSPCC Helpline (freephone) 0808 800 5000 0300 1234 999 RSPCA cruelty line 116 123 Samaritans SSAFA (Loughton Epping & Harlow) 01206 764114 Trading Standards Essex CC (business) 0845 603 7626 0845 456 5995 Victim Support (Essex)

HEALTH & HOSPITALS

ADAS (W Essex Alcohol & Drugs Service) 01279 641347 Alzheimer's Society (Epping Forest) 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 Kina Georae 020 8983 8000 Loughton Health Centre 020 8502 5000 NHS Direct 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

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National Express 08717 818178 National Rail Enquiries 03457 484950 Southend Airport 01702 538 500 0844 335 1803 Stansted Airport Tourist Info Centre (Waltham Abbey) 01992 660336 Traveline (public transport information) 0871 200 22 33

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COMMUNITY

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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

LOCAL AMENITY REFUSE POINTS

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OPEN DAYS IN MARCH AND OCTOBER



Clerk's Remarks



LOUGHTON TOWN COUNCIL

is on the move!

Buckingham Court has been our home since 2001 but arrangements are now in hand for a relocation to the former Connexions room on the first floor of Loughton Library.

This will provide a more central location for residents wishing to visit the council and

ultimately create a community hub at the library, particularly with the Citizens Advice Bureau already taking up residence there this February. In the long term it will also mean lower running costs for the council as we strive to continue to offer best value to our residents.

The date of the move is not yet confirmed as minor building works will need to be undertaken at the library, but we are optimistic that we will be in our new home by early summer. Council meetings, which are always open to the public, will also be held mainly in the library.

We are grateful to Karen Prentice, the area manager, and her staff for their support in this new venture and look forward to seeing you in the library.

I take this opportunity to issue a timely reminder that elections for the town council will be held on Thursday 5 May 2016. All 22 seats will be up for re-election.

If you are interested in standing as a councillor take a look at our website to see the range of our work or contact me for more information. Please be aware that the closing date for the submission of nominations is 5pm on Thursday 7 April 2016. Nomination packs will be available from the Elections Office at Epping Forest District Council from mid-March. Contact 01992 564411 / elections@eppingforestdc.gov. uk for details.

If you are new to the area and haven't registered to vote, it's easy to do this online at https://www.gov.uk/register-to-vote but you only have until Monday 18 April to register for this May's elections.

Enid K Walsh Town Clerk

0% Precept increase

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

Cllr Stephen Pewsey, chairman of the Resources and General Services Committee said, "All residents will welcome the fact that Loughton's precept will not increase in 2016-17, the seventh year in succession that the Town Council has held the Band D precept increase at zero. Over the past six years the town council has maintained its policy of prudent spending and careful financial management whilst maintaining high levels of service and delivering a steady stream of projects beneficial to the town and its residents."

Allotment news



EDDIE AND MAUREEN

Boatman, former chairman and secretary of the RRALGA, were honoured for their long years of dedicated service to the association. The town mayor, Judy Jennings presented the couple with an engraved award on behalf of the Roding Road Allotments and Leisure Gardens Association and a framed certificate of recognition from the Town Council.

A second award was made to

Pat and Bob Crout for their long service as committee members. Pat had acted as treasurer to the association for many years.

Plots are available to rent now; so if you're interested in having a go at growing your own fruit and vegetables, it's the ideal time to make a start. For details of the three allotment sites in the town and how you can rent a plot, contact Shirley Haynes at the town council on 020 8508 4200.



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Loughton Town Council

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

carolchristmas@yahoo.com

cllrjjennings@hotmail.co.uk

Councillors

ALDERTON WARD

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

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

07982 847215 **Clir Tracey Thomas** 18 Spring Pond Meadow, Hook End Brentwood CM15 0NS 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

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

Cllr Carol Davies 07817 230372 13 Colebrook Gardens Loughton IG10 2HS

Cllr Judy Jennings 020 8508 1861 94 York Hill Loughton IG10 1JA

FOREST WARD

Cllr Jill Angold-Stephens 020 8281 0674 89 Lower Park Road Loughton IG10 4NE iill@angold-stephens.co.uk

Cllr Trevor Downing 020 8508 8877 207 Smarts Lane Loughton IG10 4BW downingtj1@gmail.com

Cllr Sharon Weston 020 8502 0713 58 York Hill Loughton IG10 1JA sharon.weston2@btinternet.com

RODING WARD

Cllr Ken Angold-Stephens 020 8281 0674 89 Lower Park Road Loughton IG10 4NE ken@angold-stephens.co.uk

Clir Margaret Chalk 020 8508 2226 49 Southview Road Loughton IG10 3LQ

Clir 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

Clir 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

VC Vice Chairman

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

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

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

Committee membership

RESOURCES & GENERAL ENVIRONMENT & SFRVICES

C S Pewsey **VC** I Lawrence J Angold-Stephens K Angold Stephens J Jennings

J Mahoney H Mann E Stacey

Vacancy

HFRITAGE

C C C Pond **VC** C P Pond P Beales

C Davies T Downing J Jennings 11 awrence

M Owen S Pewsey

PLANNING &

Vacancy

C Chairman

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

RECREATION

C D Wixley **VC** T Thomas P Beales M Chalk L Girling J Mahonev M Owen S Weston

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council of any products or services.

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

Contacting us

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

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Town Council Meetings

Vacancy

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

Mar 7 Planning & Licensing

9 Recreation

16 Annual Town Meeting. The Murray Hall at 7.45pm

21 Planning & Licensing

23 Environment & Heritage

Apr 4 Planning & Licensing

6 Resources & General Services

18 Planning & Licensing

21 Council (approval of accounts)

May 18 Annual Council

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

News round-up

■ TOWN & COMMUNITY

DEVELOPMENT:

Lorraine Gibson has recently been appointed as our town and community development officer. Her role is to develop and strengthen links with Loughton's organisations and businesses. She is looking forward to the



challenge of building on existing partnerships and forging new ones, as well as being proactive in community projects for the town.



- SPONSORED BY the town council, these popular free children's play sessions are back for the spring. Just turn up, there's no need to book. Join play leaders at the Roding Valley Recreation Ground on Tuesdays 29 March and 5 April from 1.30pm to 3.30pm. For more information contact EFDC's Community Development Team on 01992 564363.
- DOGS TRUST EVENT: Responsible dog owners can join us for another free fun event for dogs and their owners on Thursday 31 March from 11am-4pm at the Roding Valley Recreation Ground, near the tennis courts.

The Trust will be offering free microchipping and advice to owners, plus free neutering and health check vouchers. Weather permitting



there will be dog agility activities. Remember that under new legislation all dogs must be microchipped from April this year. Contact the town council 020 8508 4200 for more information.

- VOLUNTEERING: If you've thought about volunteering, but aren't sure whether it will fit into your lifestyle or are worried about whether you have enough to offer why not visit www.volunteeressex.org to find out about local opportunities. It can be a rewarding experience for all ages and if you're looking for a new interest you'll be surprised at how fascinating volunteering can be.
- FRIENDS OF EPPING FOREST invite you to join their team of Volunteer Information Assistants at the Visitor Centre in High Beach. Training, uniforms and support are provided. You're guaranteed good company and lots of interest from visitors. Share your love of Epping Forest with others. So far, we have met 28,000 visitors! Assistants are asked to volunteer once a fortnight.

For more information phone Judy Adams on 020 8418 0730 or by email judith. adams21@btinternet.com

Pump Hill's dramatic views

THE GREEN in York Hill, opposite the Gardeners Arms pub. is a popular destination for local residents and tourists, particularly in the summer, who come to enjoy the panoramic view across London and walk in Epping Forest. The green was originally part of the Forest before the cottages were built and it is still owned and managed by the Corporation of London.

Last November councillors, local residents and representatives from the Corporation gathered to celebrate the completion of the Pump Hill Environmental Project at the official unveiling of a new orientation board. Designed by local artist Daniel Wallis, the board depicts the London skyline by mirroring the dramatic views seen over London from this vantage point.

The project had developed from a proposal by the Hills Amenity Society as part of its plans to mark the group's 40th anniversary. The council extended the scheme by including other environmental improvements to the green. These included a new Victorian style grit bin, new and refurbished wooden bollards, renovated street name signs, and the repainting of lampposts and the antique water pump.

Whilst the bulk of the money for this project was provided by the town council, Essex County Council gave a generous award of £1,500 from the Community Initiatives Fund which enabled the completion of the project in 2015.





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Clean up Loughton

JOIN US for a weekend of spring cleaning around the town on 5 and 6 March to tidy up those neglected areas and help ensure Loughton is looking at its best for the year ahead.

We will be organising litter picks at various venues as part of the national Keep Britain Tidy campaign to Clean for The Queen in the year of Her Majesty's 90th birthday.

Allison Ogden-Newton, chief executive of Keep Britain Tidy, said: "This is the first time that all of the anti-litter organisations have come together to support a UK wide anti-litter campaign."

For more details contact the town council or look out for the publicity in the local press and on our noticeboards around the town.

Tree wardens wanted!

IF YOU value the wonderful treescape in and around our town, why not consider becoming a tree warden.

The wardens are volunteers who are encouraged to work under four broad categories – information gathering, local liaison, practical projects and protecting trees. Importantly, they become our eyes and ears on the ground to let us know if there are any issues or problems with trees such as contacting us in the event of intentional damage.

There are also on-going tree-related projects: the district wide veteran tree hunt and the more specific surveying projects looking out for diseased oak, ash and horse chestnut trees.

Staff from Epping Forest Countrycare and District Council tree officers provide support and organise a regular programme of training events throughout the year.

Being a tree warden will give you the chance to conserve your local tree heritage and enhance it for future generations. We are always looking for more tree wardens so if you think you may be interested please come along to one of our events or contact us on 01992 564224 or Countrycare@eppingforestdc.gov.uk

Loughton CAB has moved

YOUR LOCAL Epping Forest district CAB branch has a new home at Loughton Library, Traps Hill, Loughton IG10 1HD. You will find

them on the first floor of the Library. There's a lift available for disabled access/parents with buggies.

The opening hours remain the same: Monday, Tuesday, Wednesday and Friday from 9.30am to 1pm.

You can also telephone Essex Citizens Advice Monday to Friday 10am to 4pm on 0344 477 0808 or visit the Citizens Advice website **www.**

citizensadvice.org.uk

Information and advice are available on benefits, debt and money, law and rights, housing, health, family welfare, consumer issues, employment, discrimination, education, tax and immigration.



AMONGST its wide range of responsibilities, the town council looks after the war memorial on Kings Green. The plaques commemorate those Loughton residents who gave their lives in service to our country in the two world wars.

As part of an ongoing project by the council to mark the important anniversaries of these wars, extensive research has been undertaken into those servicemen whose names appear on other local roles of honour but were not included on the war memorial plaques.

This project was completed in November 2015, when a special dedication ceremony was held at the war memorial to mark the installation of a new bronze plaque to commemorate:

Harold J Bassingthwaighte:

Warrant Officer Class II, Royal Fusiliers (London Regiment) 30/04/1916 – 14/07/1945, aged 29 years

G F Russell Cooke:

Pilot Officer, Squadron 156 Royal Air Force Volunteer Reserve 01/03/22 – 28/07/1942, aged 20 years

Charles G Howe:

Able Seaman, Royal Navy S.S. Peleus 1909 – 13/04/1944, aged 35 years

Harold J Martin:

Second Lieutenant, Oxford and Bucks Light Infantry, seconded to the Reconnaissance, 1919 – 09/06/1942, aged 22 years

Cllr Chris Pond, chairman of the council's Environment & Heritage Committee said that "the council had installed plaques bearing the names of the WW2 dead on the war memorial in 2002, saying it was a debt of honour to do so. As new sources inform of us of previously unknown Loughton connections, we will continue to do so. We can do no less."

We were very pleased that relatives of the four servicemen were able to attend the ceremony; many of them travelled from across the country. Civic dignitaries were joined by representatives from the various service associations. These included the Royal Fusiliers Association (London Regiment), the Green Jackets and London Rifle Brigade (formerly the Oxford and Bucks Light Infantry), the Royal Air Force Association, the Royal Naval Association and the Royal British Legion.

Lord Petre, the Lord Lieutenant of Essex and the Queen's representative in the county, led the first of the many poppy wreath tributes. Wreathes were also laid by town mayor Cllr Judy Jennings and Cllr Liz Webster, chairman of Epping Forest District Council. The moving ceremony, which included the raising and lowering of standards and a two minute silence for reflection, was led by the Revd Hugh Taylor from St Mary's Church.

Also present at the ceremony and laying a wreath were children from Staples Road Primary School, many of whom pass the war memorial on their way to and from school each day. Cllr Judy Jennings said that "by taking part in the ceremony and talking to the relatives of those fallen servicemen the children will have a better understanding of the impact of war and the sacrifice that ordinary men and women have made. It is important to maintain the tradition of remembrance in this country, to help ensure future generations do not forget these tragic events and the importance of peace."

After the service, Pilot Officer Russell Cooke's family thanked the council for "organising such a simple but moving dedication ceremony. We were all very touched by the occasion."

The buglers who played the Last Post and Reveille during the ceremony were provided by Major Mick McCarthy, secretary of the Royal Fusiliers Association, who wrote "I am glad we could assist. It is really good when councils and local communities show that their servicemen matter to them".



Reaching out to the elderly community

THE SHOCKING news is that in Essex, there are nearly 1,500 cases of older people being abused every year. This means today four older people will have to deal with physical abuse, financial abuse, emotional abuse and neglect.

Elder abuse has been thrown in the spotlight in recent years with investigations into care of the elderly revealing shocking abuses of trust. It can happen anywhere - whether it's the victim's own home, a care home, a hospice or sheltered accommodation.

It's an issue that we all want to see stamped out but not everyone feels comfortable reporting it - that could be because the abuser is a friend or relative or someone who should be in a position of trust. We have been trying to break down the barriers and believe that anonymous reporting may be the key to encourage more to speak up.

So if you think you have important information about the possible abuse of older people, please call anonymously today on 0800 032 7644.



Festival

THE ANNUAL festival will be returning this May with many of its old favourites. These include Loughton Loves Musicals (which sold out last year), a six-week class (about London's architecture) and of course the popular annual football match which will raise money for the festival's 2016 charity CDG, a group supporting people with special needs in Loughton.

Of course it would not be the Loughton Festival without there also being forest walks, talks, music and art events. You can expect to find a few surprises in this year's printed programme too. The programme will be available in local libraries, churches and shops from mid-April onwards and full details can be found at www.loughtonfestival.org.uk

This year the small team of dedicated Loughton residents who organise the festival are appealing for tea makers, cake bakers and general helpers to join their team. They also require people to deliver programmes to homes in Loughton in mid-April and hand them out at the May Farmers' Market.

Last year the team occasionally struggled to get everything done because there were not enough volunteers, so if you can help this year at just one event, please leave a message on 020 8508 2512 (remember to leave your phone number) or email loughtonfestival@aol.com

Loughton | Annual town meeting

IN THIS ELECTION year we invite all local residents to join us at this public meeting on Wednesday 16 March 2016 at 8pm in the Murray Hall, 106 Borders Lane, IG10 3SB.'

It's an ideal opportunity to hear about the council's activities over the previous year and its future plans. There is also a question and answer session for you to challenge your councillors.

The doors open at 7.30pm to give you time to view the displays by local organisations, particularly those in receipt of financial assistance from the town council.

This year's guest speaker is Brian Page, Acting Principal of Epping Forest College, who has been asked to talk about progress and the plans for

After the formal meeting, light refreshments will be served giving residents the opportunity to speak to their councillors about Loughton matters.





Don't wear out your property investment

The coming year will see Landlords facing a new 3% Stamp Duty Land Tax surcharge on the purchase of buy-to-let properties from 1 April 2016 and the phasing in of new rules in the following year, which will restrict tax relief on mortgages for buy-to-let investments.

Owners will also be affected by a change to the 'wear and tear' allowance – a general relief equal to 10% of the gross rent, which landlords have benefited from for a number of years. The Government has decided to limit this relief, from April 2016, so that it is only available on the cost of replacing capital items on a like-for-like basis.

There will be no "transitional" provisions or any relief for the initial cost of furniture or other capital items.

There is still time to manage the finances and tax position of your buy-to-let properties. Contact the experts at Haslers for advice.



















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





Dates for the diary

- Until 24 Mar Drawing underwater exhibition produced & curated by students of Epping Forest College, Borders Lane in collaboration with EFDC. Free & open daily 020 8508 8311 1 Mar, 1.45-4pm Excursionists to the forest talk by Chris Pond New Vistas, Loughton Club, 8 Station Road 01992 574552
- 1–31 Mar Essex Book Festival programme http://essexbookfestival.org.uk/events
- 3 Mar, 10.15am What an undertaking: history of T Cribb & Sons est 1881 talk by John Harris English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)
- 5 Mar, 10am–5pm A walk through the Old Testament £14 incl lunch & refreshments Church of the Holy Innocents, High Beach jane.begley@ irwinmitchell.com / 07572 111387
- 7 Mar, 8.15pm Going, going, nearly gone: 50 years an auctioneer talk by Mike Logan-Ward St John's Wives' Group, St John's Parish Hall, Church Lane 020 8504 5057 (see p14)



- 8 Mar, 7.30pm Bancroft's School musical presentation & Shakespeare's fortunes on the Lyric Stage talk by BBC's Sarah Linton Bancroft's Decorative & Fine Arts Society, Bancroft's Prep School Hall 020 8599 6281
- 12 Mar, 2.30pm Liane Carroll British iazz award winning vocalist Loughton Methodist Church, 260 High Road £15 proceeds to National Jazz Archive 020 8502 4701 nationaljazzarchive.org.uk/events



15 Mar, 1.45-4pm John Wesley & his new City Road Chapel talk by Kate Poole New Vistas, Loughton Club (as above)

- 17 Mar, 2.30pm Charles Dickens conjuror: the playbills of Victorian showmen talk by lan Keable £3 nonmembers National Trust Woodford Green Centre, All Saints, Inmans Row IG8 0NH 020 8508 9541 (see p14) 17 Mar, 7.45pm Easter beading Essex Handicrafts Association Woodlands Branch 020 8508 7657 17-19 Mar, 8pm The Killing of Sister George by Frank Marcus Theydon Bois Drama Society, TB Village Hall, Coppice Row, CM16 7ER £8.50 01992 812250
- theydondrama.org

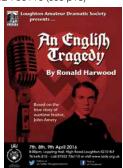
 18 Mar, 8pm The hidden green
 men in Essex churches talk by Susan
 Hegedus £2.50 non-members Herts
 Essex Architectural Society (HEARS)
 (see p13)
- 19 Mar, 11.30am–1pm Plagues & Passover free children's activities (u12s) & food, booking reqd. Church of the Holy Innocents, High Beach (as above) 19 Mar, 7.30pm Woodford symphony orchestra spring concert (see advert p11) 21 Mar, 8.15pm Adoption today:
- repairing lives & building futures talk by Rosemary Wolfson St John's Wives' Group (as before)
- 21 & 22 Mar, 7.30pm Motiv8 Epping Forest College, Borders Lane, IG10 3SA Annual youth dance showcase of local dance groups. £7.50, £5 conc (u16s/students/60+) EFDC 01992 564226 www.eppingforestdc.gov.uk/Motiv8



- 29 Mar, 1.30-3.30pm Play in the Park Roding Valley Recreation Ground (nr tennis courts) just turn up EFDC Community Dev Team (see p4)
- 31 Mar, 11am-4pm Dogs Trust free event Roding Valley Recreation Ground (see p4)
- 5 Apr, 1.30-3.30pm Play in the Park Roding Valley Recreation Ground (see p4) ■ 5 Apr, 1.45-4pm The Pennine Way talk by Michael Welling New Vistas, Loughton Club (as above)
- 7 Apr, 10.15am Ecumenical Accompaniment Programme in Palestine & Israel talk by Sandra Horne, a volunteer observer who monitored interactions between the Israeli military & Palestinian civilians English-Speaking Union, Murray Hall, 106 Borders Lane (see p14)



■ 7-9 Apr, 8pm An English Tragedy by Ronald Harwood & directed by Mary Lowe Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road 07552 736110 (see p13)

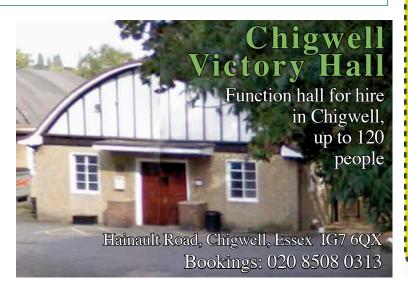


- 17 Apr, 9.30am (registration) 10.30am (start) 4km Charity fun run Loughton Town Council (see p1) ■ 18 Apr, 8.15pm Soil, sweat & tears: amusing advice for reluctant gardeners talk by Brian Carline. St John's Wives' Group (as before)
- 19 Apr, 1.45-4pm The Templars & their barns talk by Helen Gibson New Vistas, Loughton Club (as before) ■ 20 Apr, 10am-12pm Summer natural history Tricia Moxey WEA 6-week course £50 Jack Silley Pavilion, 1 Tidy's Lane, Epping CM16 6SP 020 8281 1536 / mrspdale@googlemail.com ■ 20 Apr, 8pm AGM & Epping Forest talk by Judy Adams National Trust Woodford Green Centre, Trinity Lower School, Sydney Road IG8 0TP (see p14) ■ 21 Apr, 7.30-8.30pm The Queen's 90th birthday celebrations lighting the beacon on Hillyfields Loughton Town Council 020 8508 4200
- 21–23 Apr, 9 to 5 the musical with Dolly Parton's award winning score Forest Musical Theatre Co, Kenneth More Theatre, Oakfield Road, Ilford IG1 1BT Directed & choreographed by Lee Thompson, £15, £14 conc, £13 members in advance www.kmtheatre. co.uk/whats-on/410/9-to-5-the-musical / 020 8553 4466 www.forestmusical.co.uk



- 22 Apr, 8pm Hertfordshire: a landscape history talk by Anne Rowe HEARS (see p13)
- 23 Apr Table top sale St Michael & All Angels Church, Roding Road. £10 per table Book: 020 8418 7944 / st-michaels@hotmail.co.uk
- 26 Apr, 10am-12pm Symphonies that changed the musical world Chris Green WEA 6-week course £50 Loughton Bowls Club, Eleven Acre 020 281 1536
- 28 Apr, 7.45pm Dabble evening Essex Handicrafts Association Woodlands Branch 020 8508 7657 ■ 1–28 May Loughton Festival events guide www.loughtonfestival.org.uk
- 1 May-25 Sept, 2-5.30pm Sunday social afternoon teas, listen to organ music, or ring the carillon plus tea/ coffee & cake Church of the Holy Innocents, High Beach (as before)
- 3 May, 1.45-4pm The Fairlop Oak & Fairlop Fair talk by Jeff Page New Vistas, Loughton Club (as before) ■ 4-7 May The Matchgirls by Bill Owen (Last of the Summer Wine fame) Loughton Operatic Society Lopping Hall, 189 High Road £12, £10 Sat matinee plus group discounts 020 8505 2033 www.ticketsource.co.uk/los
- 5 May Election Day
- 7 May, 10am-5pm Picturing Loughton art day to colour, draw or paint & refreshments Loughton Festival event Church of the Holy Innocents, High Beach jane.begley@irwinmitchell. com / 07572 111387
- 10 May, 7.30pm The Elgin Marbles Dr Stephen Kershaw BA(Hons) Phd former Classics tutor Oxford University Bancroft's Decorative & Fine Arts Society, Bancroft's Prep School Hall 020 8599 6281
- 17 May, 1.45-4pm Short AGM & The Queen talk by Maggie Radcliffe New Vistas, Loughton Club (as before) ■ 21 May, 11.30am-3pm Children's craft activity day & buffet meal Church of the Holy Innocents, High Beach (as above) all proceeds to Christian Aid ■ 27 May, 8pm AGM with review of summer visits HEARS (see p13)

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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Winning Christmas windows





WE THANK all the Loughton businesses who decorated their shops and joined in the town's seasonal celebrations in the 2015 Christmas Window Competition. The judges this year were Judy Jennings, the town mayor, and cllrs Chris and Caroline Pond, chairman and vice-chairman of the Environment and Heritage Committee, who after careful consideration shortlisted 13 shops.

Judy Jennings commented, "We were very pleased to see that there were 141 premises decorated this year, an increase of 40% on last year: however we are disappointed that multiples and supermarkets with their large windows on the High Road presented a rather bleak and dismal frontage with no seasonal decorations. Perhaps next year we can make Loughton High Road a place worth visiting as a day out to see the decorations!"

The winners of the Christmas Window Competition 2015 each received an engraved cup and framed certificate, and a £100 donation for their nominated charities. The results were as

INDEPENDENT: Tonys, 61 The Broadway, IG10 3SP / The Brain Tumour Charity



MULTIPLES: Starbucks, 243 High Road, IG10 1AD / The Who Cares? Trust

CHARITY: Restore Community Centre, 68 The Broadway, IG10 3ST / Beyond Ourselves

The highly commended shops were for the independents: Hazelwood Home & Interiors,

4A Valley Hill, IG10 3AA; Forest Casual & Schoolwear, 144 High Road, IG10 4BE and Lottie Lou Children's Boutique, 5A Forest Road, IG10 1DR; and for the multiples Loch Fyne, 280-282 High Road, IG10 1RB and Zee & Co Ltd (Ladies), 221-225 High Road, IG10 1BB.

The town mayor Judy Jennings with:

Independent winners, above: Mr & Mrs Shah (owners) Multiples winners, top left: Lizzie Pearce (manager) and window designer, Alfie Millar Charity winners, top right: Judy Lovell (manager) & window designer Griselda Fourie



Winning Christmas card designs

from each category are detailed below:

CONGRATULATIONS to

Isabel Murphy, the overall winner in our 2015 Christmas card competition. Students at Hereward Primary School were Tegan Smith the winners of both the infant

while Oak View School scooped the secondary winner and adult

and junior school categories,

runner-up categories.

Each winner was presented with a £25 gift token and a certificate by town mayor Judy Jennings at the December council meeting. A selection of the designs was displayed at the Loughton and Debden libraries in December.

The winners and runners-up

Infant winner

MIRISSA EMMANUEL and runner-up Isla Fourie

Junior and overall winner

ISABEL MURPHY and runner-up

Secondary winner

YASMINA DAVID and runner-up Callum Hobday James

Adult category winner

JO HANDLEY and runner-up Hannah Shah

Standing (right to left): town mayor Judy Jennings & Jo Handley (adult category winner) Seated (right to left): Isabel Murphy (overall winner & junior category winner) and Mirissa **Emmanuel (infant category** winner)





WOODFORD **SYMPHONY ORCHESTRA**

Rosemary Fitchett: Leader Philip Norman: Conductor

> Tickets: £10 Concessions: £8 Under 16s: Free

WSOrchestra.org.uk 020 8924 9370

Inge-Lise

sings

Grieg

Solveig's Song Solveig's Cradle Song Last Spring

Beethoven

Ah! Perfido

Also on the programme

Beethoven

Contra Dances **Prometheus Overture**

Haydn

Symphony 101 (The Clock)

Saturday 19 March 7.30pm Roding Valley High School Alderton Hill Loughton IG10 3JA















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www.abbeyfieldloughton.org

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Loughton branch 020 8508 0947

www.pmwgermancarspecialists.co.uk

Regular activities

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

ALLOTMENTS
Loughton Potato Ground, Baldwins Hill.
www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Road. www. rodingroadallotments.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/ Shoebox crafters Thursdays 1-3pm & alternate Thurs 6-8pm. Loughton Methodist Church, 260 High Road. 020 8508 9983

The Arts Bar, Lopping Hall. 2nd Fridays from 7pm. For creative people to meet, view the latest exhibition at Loughton Arts Centre & meet the artist. http://www.loughtonartscentre.org/ Thursday Art Group, Loughton Baptist Church, 92 High Road. Thursdays, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Road, E11. 3rd Mondays, 6.45pm for 7.30pm.Visitors £4 www. nafas.org.uk/flower_clubs.html

COUNSELLING

Affordable Counselling Epping Forest counselling sessions The Box, St John's Road, Epping CM16 5DN Thursday mornings 01992 573402 affordablecounsellingef@gmail.com affordablecounsellingeppingforest.org.uk 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 / mrspdale@googlemail. com www.wea-essex.org.uk

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

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 Book groups Loughton Library, Traps Hill 4th Mondays, 1.30pm 020 8502 0181 Calligraphy for beginners (adults) 07956

Deafblind club Loughton Library, Traps Hill 1st Tuesdays, 2-4pm 020 8502 0181 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

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

forestmusical.co.uk Friends of Light & Healing, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266 Games Morning Loughton Library, Traps Hill play board games & cards Wednesdays, 10am-12pm led by Loughton Voluntary Care 020 8502 0181 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). fakenhamnewson@ hotmail.com

www.bridgewebs.com/loughton/ Loughton Calligraphy Club, Wesley Hall, Loughton Methodist Church, 260 High Road. Saturdays, 10am-12 noon. Val Pearce 020 8508 1494 Loughton Camera Club, Lopping Hall, High Road. Wednesdays, 8-10pm. 01992 575505 www.loughtoncameraclub.org.uk/ Loughton_Camera_Club/Welcome.html

Loughton & District Historical Society, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm www.loughtonhistoricalsociety.org April www.loughtorinstoricalsociety.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.

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 Yarns & Tales Loughton Library, Traps Hill for a knit, chat & tea 2nd Saturdays 2-4pm 020 8502 0181

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 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 & Corps, Bucknurst 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 20%) 5.6pm. 8.0cm by sociate (9-10%) yrs) 5-6pm & Cubs boys/girls (8-101/2) 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 Snowdon 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. Mondays 10am, Tuesdays 10.30am; Thursdays 2.20pm. 1st Saturdays (Daddy Cool) rhyme time 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

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

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 Red Balloon Community Theatre Youth Centre, Murray Hall, 106 Borders Lane,

IG10 3SB Loughton Children's Theatre: Mondays 4.30-6.30pm (school yrs 3-7/chorus) Loughton Youth Theatre: Mondays 7-9pm (school yrs 6-11/principals) Team 6: Tuesdays 6-7.30pm (school yrs

6-8)Epping Youth Theatre, The Box, St John's

Road, Epping Tuesdays 5.30-7.30pm (school yrs 3-6) 020 3086 8186 (option 2) / @redballoonfam

www.redballoonfamily.co.uk/rbct.htm Reindeer Explorer Scouts, St Edmund's Church, Traps Hill. Girls/boys (131/2 - 18 yrs). Fridays. Dave Martin 07889 189261 Russian drama studio, Kingsley Hall, Kingsley Road. Mondays 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.

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 Loughton Folk Club, 8 Station Road. Live acoustic music. Thursdays, 8pm. Jim 07762 146623 / oughtonfolkclub@googlemail.com Roding Players Orchestra rehearsals, Roding Valley High School, Alderton Hill. No audition. Mondays, 7.30-9.30pm. Miles Harwood 020 8505 4329 www.rodingplayers.co.uk/
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, Royal British Legion, 118 Church 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. probusioughton.org.uk/ Over 50s Club, Oakwood Hill Estate Hall. Daily programme of activities. 020 8508 5743 Rotary Club of Loughton, Buckhurst Hill

& Chiqwell 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 Trampolining Club (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-7.45pm. Loughton Flyers Trampolining Club & EFDC. Fabrizio Ferrari 01992 564567 / fferrari@ eppingforestdc.gov.uk Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mondays, 8-10pm. Age 30+. Suzanne 07940 313691 / Chris 07713 004996 Avenue Lawn Tennis Club 18 The Avenue - friendly family club. 020 8502 1950 Chigwell & Epping Forest Orienteering Club. Monthly local event & non-local events every weekend. Helen 020 8502 1629 chig.org.uk Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 07951 820444 www.colebrookroyals.co.uk Clubbercise Murray Hall, 106 Borders Lane. Easy dance workout routines Wednesdays 7.15-9.15pm Lisa 07877

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

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/contactus.htm oughton 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 oughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Wednesdays 7pm. 07971 672542 www. loughtonwadokai.co.uk

Old Buckwellians Football Club, Roding Valley Recreation Ground. Saturday League + over-35s team. Wednesday evenings (training). Simon Burnage 07808 329318 www.oldbucks.co.uk Roding Valley Angling Club. New members welcome. Darren 07716 061273 / roding.valley.angling.club@gmail.com

Walk - West Essex Ramblers (sorry no dogs). Saturdays, Sundays, Wednesdays & Thursdays. 020 8502 1628 www.westessexramblers.org.uk Yoga Kingsley Hall, Kinglsey 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. Christine Doughty 020 8504 5057

Advertisement -

Glowing praise for specsavers

THE TEAM at Specsavers in Loughton has received glowing praise from one of their customers.

Urgent referral

Sarah Wright noticed when looking at photos of her son Levi that he had a white dot in his right eye. Concerned that it might be a sign something was wrong she immediately took Levi to Specsavers for a sight test.

After a thorough examination, optometrist Tamin Husain discovered that Levi had significant issues with his sight in his right eye and was also suffering from partial blindness. Levi was referred urgently to an eye specialist.

Treatment

Following further tests, doctors discovered that thankfully Levi did not have a rare eye cancer as initially feared but was suffering with a condition known as hypermetropia, also known as severe long sightedness, in his right eye making him partially blind. He required urgent treatment to

repair the damage.

Levi was given high prescription glasses, and an eye patch to wear on his healthy eye to encourage his bad eye to strengthen.

There has been a significant improvement in Levi's vision and Sarah is full of praise for Specsavers in Loughton for their professionalism.

Brilliant team

Sarah comments: 'My son Levi suffers from selective mutism but Tamin Husain and the rest of the team were brilliant and instantly made him feel at ease. They had so much patience with him and I am so grateful they were able to make him feel safe and relaxed. I would also like to thank the store for spotting the issue in Levi's eye and sending him to hospital too'.

To book an eye examination, visit the store at 231 High Road, Loughton, IG10 1AD, call 020 8498 6740 or visit **www.**

specsavers.co.uk/stores/ loughton



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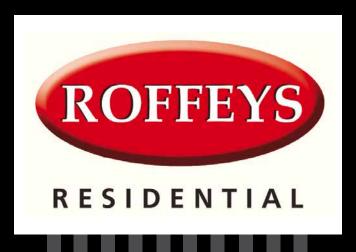


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