

# Think Loughton



N° 26 Autumn 2004

News from Loughton Town Council

## Shona to take high street lead

**Shona Pollock has been appointed the new Town Centre Manager for Epping Forest District Council.**

Initially, Sainsbury's has funded this new post for three years as part of the legal agreement relating to its store in Station Road, Loughton.



Therefore, she will begin by focusing on the south of the district, working with the town centre partnerships in Loughton High Road, Loughton Broadway and Buckhurst Hill.

Shona, pictured, started in June after working as a neighbourhood renewal fund officer for the neighbouring borough of Waltham Forest, where she was responsible for monitoring £10m of deprivation linked funding, establishing neighbourhood forums and assisting with town centre management and events organisation.

Shona said: "I am really looking forward to this new challenge and, in particular, being able to apply my community development and programme management experience here.

"I genuinely believe that the health of a community is

reflected in its town centre and that safe town centres, where residents of all ages can work, play, worship and learn, are key to the prosperity and well-being of local people. My aim is to really understand what people want from their town centres and get residents, retailers and the council working together."

Shona is very keen to spend her first few months getting out and about in Loughton and Buckhurst Hill, to meet key contacts.

In the longer term, she will be liaising with three town centre partnerships on the enhancement schemes, looking at crime reduction, cleanliness, traffic, improving the retail mix and community involvement.

She said: "I will be striving to ensure that the local community feel involved in the process and keeping people informed about what the Council is planning."



### Chair's cheers

Outgoing Town Council Chairman Cllr Roger Pearce, right, hands over to his successor Cllr Chris Pond. See pages 4 and 5.

### Stop press...

At a meeting on 28 July, the Council resolved that its Chairman and Vice Chairman would adopt the titles of Town Mayor and Deputy Town Mayor.

# CONTACT NUMBERS

## COUNCIL SERVICES

|                                |               |
|--------------------------------|---------------|
| Loughton Town Council          | 020 8508 4200 |
| Epping Forest District Council | 01992 564000  |
| Epping Sports Centre           | 01992 564564  |
| Waltham Abbey Sports Centre    | 01992 716194  |
| Waste Management Hotline       | 01992 564320  |
| Essex County Council           | 01245 492211  |
| Registrar of Births & Deaths   | 01992 572788  |
| Registrar of Marriages         | 01992 572789  |
| Education Office               | 01245 436231  |
| Loughton Library               | 020 8502 0181 |
| Debden Library                 | 020 8508 5869 |
| Social Services                | 020 8508 9311 |

## POLICE & FIRE (dial 999 for emergencies)

|                                      |               |
|--------------------------------------|---------------|
| Loughton Police Station (non-urgent) | 020 8502 3881 |
|--------------------------------------|---------------|

## HEALTH & HOSPITALS

|   |               |
|---|---------------|
| British Red Cross                                 | 020 8508 2162 |
| Forest Medical Centre                             | 020 8508 4580 |
| Holly House (Private)                             | 020 8505 3311 |
| King George                                       | 020 8983 8000 |
| NHS Direct  | 0845 4647     |
| Princess Alexandra                                | 01279 444455  |
| Rectory Lane Health Centre (Loughton Hall Clinic) | 020 8272 4600 |
| Roding (Private)                                  | 020 8551 1100 |
| St Margaret's & Primary Care Trust                | 01992 561666  |
| Silverthorn Centre, Chingford                     | 020 8529 3706 |
| Whipps Cross                                      | 020 8539 5522 |

## SPORT

|                          |               |
|--------------------------|---------------|
| David Lloyd Centre       | 020 8559 8466 |
| Essex School of Swimming | 020 8505 9436 |
| Loughton Cricket Club    | 020 8502 2064 |
| Loughton Rugby Club      | 020 8504 0065 |
| Loughton Bowling Club    | 020 8508 3546 |
| Loughton Leisure Centre  | 01992 564574  |

|                             |               |
|-----------------------------|---------------|
| Roding Valley Cricket Club  | 020 8506 1001 |
| Roding Valley Tennis Centre | 020 8505 4008 |
| South Loughton Cricket Club | 020 8530 2200 |

## ADVICE, HELP & INFORMATION

|  |               |
|--|---------------|
| Citizens Advice Bureau                           | 020 8502 0031 |
| Epping Forest College                            | 020 8508 8311 |
| Family Care Counselling Service                  | 020 8502 2714 |
| Loughton Information Centre                      | 01992 564808  |
| Loughton Job Centre                              | 020 8258 4740 |
| Trading Standards Office                         | 01245 341800  |
| Social Security, Department of (Wentworth House) | 020 8532 4200 |
| Samaritans                                       | 020 8553 9900 |
| SSAFA, Forces Help                               | 020 8508 8960 |

## TRAVEL & TOURISM

|   |                |
|---|----------------|
| Arriva Herts & Essex                      | 01279 426349   |
| Arriva London North East                  | 020 8595 3088  |
| Essex Traveline                           | 08457 000 333  |
| Gatwick Airport                           | 01293 535353   |
| Heathrow Airport                          | 020 8759 4321  |
| London Regional Transport                 | 020 7222 1234  |
| Luton Airport                             | 01582 405100   |
| National Express (Victoria Coach Station) | 0990 808 080   |
| National Railways Enquiry Line            | 0845 7484950   |
| Stansted Airport                          | 01279 680500   |
| Thamesway                                 | 01245 353104   |
| Tourist Information Centre                | 01992 652295   |
| Public Transport Information – Traveline  | 0870 608 2 608 |

## PUBLIC UTILITIES

|                    |               |
|--------------------|---------------|
| British Gas        | 08459 555208  |
| London Electricity | 0800 096 9000 |
| Thames Water       | 08459 200 800 |

## COMMUNITY

|                                 |               |
|---------------------------------|---------------|
| Care & Repair Service           | 01992 564086  |
| Churches Together in Loughton   | 020 8508 0811 |
| Voluntary Action Epping Forest  | 01992 564178  |
| Epping Forest Volunteer Bureau  | 01992 564256  |
| Royal British Legion            | 020 8508 5044 |
| Women's Royal Voluntary Society | 020 8508 9276 |

## CINEMAS

|                        |               |
|------------------------|---------------|
| Odeon (South Woodford) | 0870 505 0007 |
| UCI (Lee Valley)       | 0870 603 4567 |
| Virgin (Harlow)        | 0870 505 0007 |

## BREAKDOWN SERVICES

|     |             |
|-----|-------------|
| AA  | 0800 887766 |
| RAC | 0800 828282 |

## LOCAL AMENITY REFUSE POINTS

|  |                 |
|--|-----------------|
| Chigwell (closed Bank Holidays)  | Luxborough Lane |
| Ongar  | Mill Lane       |
| Waltham Abbey  | Brooker Road    |
| For enquiries and opening time details, call Epping Forest District Council. |                 |

To advertise in Think Loughton, call 01787 242085

## Editor's notes

AS promised in the summer edition of *Think Loughton*, our autumn issue is almost entirely devoted to articles from local groups and organisations.

This is all part of the drive to promote the Loughton Community Network, which is run by Sue Taylor for the benefit of groups in Loughton.

The Network was launched by Sue at the Council's Community Forum in May,

where it attracted a lot of interest and suggestions for future development. You can send Sue your details at [outerlondon@aol.com](mailto:outerlondon@aol.com).

The Town Council is very pleased to be able to support such a worthwhile community initiative at our forum and in our own newsletter.

If you were not able to submit an article this time, we will always be happy to hear from you in the future with a contribution, so the opportunity is not lost.

The newsletter is delivered to nearly 14,000 homes and

businesses in Loughton so it is a great way to advertise your organisation to a huge audience. There is no charge for printing your articles, which is even better news!

Elections to the Town Council were held in June. 22 councillors were elected, of whom 17 are first-time town councillors. Details of all the councillors can be seen on page 4.

They are settling into their new positions on the council committees and are looking forward to the next four-year term of office.

We are continuing to talk to

Epping Forest District Council about a number of outstanding issues and hope we will be able to resolve these soon.

One good result to report is that the ownership of the playground in Traps Hill, next to the library, has finally been transferred to the Town Council. Although we had effectively managed the playground and been responsible for its financing since 1996, transfer of the freehold has only just been completed.

Louise Fuller  
Town Clerk

# Learn something new this autumn

## THE Workers' Educational Association Eastern Region is a national association organised in regions and branches.

The national association is over a century old, and the Loughton and Epping branch is nearly 40 years old.

Branches are run by volunteers elected by the students. The WEA is non-sectarian and non-political, and all are welcome regardless of age or educational attainment.

The association studies over a 20-week period from October to Easter and in some subjects for six weeks post-Easter.

It has a strong programme of field trips and summer cultural

visits and, until recently, a day school programme at Wansfell College.

Seven classes are held at various venues – mainly church or council buildings. Fees are calculated to allow for tutors' salaries and branch expenses.

Tutors are appointed regionally and are well-qualified in their subjects. Currently, the WEA has history classes – ancient and modern; drama appreciation; literature and ecology.

All are well supported and cover subjects nominated by students, and negotiated with tutors.

The WEA's aims to provide quality and enjoyment in classes.

Students record their own rate of progress and, in the case of the two Essex University classes, have the option to work for points towards their own educational aims.

If the association cannot provide the subject of your choice, there are numerous other classes run by branches in nearby London suburbs and south west Essex.

Brochures showing dates for the 2004/5 classes will be available in local libraries and book shops shortly.

Fees are yet to be arranged, but are in the region of £70 for 20 weeks.

For details and course availability, please call 020 8508 3183.

## LOUGHTON TOWN COUNCIL MEETINGS

Sep 6 Planning  
15 Council  
20 Planning

Oct 4 Planning  
13 Community  
18 Planning  
27 Environment, Heritage & Leisure

Nov 1 Planning  
10 Finance & General Policy  
15 Planning  
24 Finance & General Policy (budgets)  
29 Planning

Dec 8 Council  
13 Planning

Meetings at 1 Buckingham Court, Rectory Lane, Loughton, at 7.30pm.

## Deadline dates

| EDITION     | COPY DEADLINE |
|-------------|---------------|
| Winter      | 25 October    |
| Spring 2005 | 24 January    |

The next issue covers December to March.

Call 020 8508 4200 to add diary entries. Further copies of *Think Loughton* may be obtained from Loughton Town Council at 1 Buckingham Court, Rectory Lane, or from Debden or Loughton libraries.

Please note that we will not accept unattributed articles for publication.

# Fingertip search for Life in Essex

## Life – Local Information for Essex is a community database of around 10,000 pieces of local information.

It contains records from the county, the unitary councils and the bordering counties. It provides opportunities to share information, with entries having active links to relevant websites

and email addresses.

Accessible via the internet Life is an integral part of the Essex Online Portal, providing a gateway for Essex citizens to access services and information from a single starting point.

Find information on:

- Clubs and societies,
- Community groups
- Advice and support groups

- Local authorities and councillors
- Political and campaigning groups
- Doctors' surgeries, dental practices, alternative practices
- Child care – such as playgroups or day nurseries
- Halls for hire
- Education groups and tutors
- Places of worship

- Life enhancement
- To add your organisation fill in a form online, or contact the Life team. All the information is verified and updated at least once a year. The database is maintained in compliance with the Data Protection Act.
- Contact Elaine Woods or Sue Clark on 01245 435559 or [life@essexcc.gov.uk](mailto:life@essexcc.gov.uk)

# GET TO KNOW YOUR LOCAL COUNCILLORS

## LOUGHTON TOWN COUNCIL

1 Buckingham Court, Rectory Lane, Loughton, Essex IG10 2QZ  
Tel: 020 8508 4200 Fax: 020 8508 4400

Town Clerk: Louise R Fuller  
Web: <http://www.loughton-tc.gov.uk>

Email: [loughton\\_tc@compuserve.com](mailto:loughton_tc@compuserve.com)

### ALDERTON WARD

Cllr Matt L Daniel 07986 079 498  
(EH&L and Planning Committees)  
21 Amesbury Road, Epping, Essex CM16 4HZ

Cllr Caroline P Pond 020 8508 2361  
Forest Villa, 7 Staples Road, Loughton, Essex IG10 1HP

Cllr Peter S Sheen 020 8502 2149  
(Chairman, Planning; Community Committee)  
4 Cherston Gardens, Loughton, Essex IG10 3PN

### BROADWAY WARD

Cllr Lorne Daniel 07736 452944  
(Vice-Chairman, F&GP Committee)  
19 Broadstrood, Loughton, Essex IG10 2SB

Cllr Joan Davis 020 8508 3180  
(EH&L Committee)  
4 Barrington Road, Loughton, Essex IG10 2AY

Cllr Rob W Sheen 020 8925 4838  
(Community Committee)  
216 Willingale Road, Loughton, Essex IG10 2BX

### FAIRMEAD WARD

Cllr Christine E Baggaley 020 8508 8231  
(F&GP Committee)  
21 Hillyfields, Loughton, Essex IG10 2JT

Cllr William T Lattimore 020 8502 1901  
(Community Committee)  
29 Harvey Gardens, Loughton, Essex IG10 2AD

Cllr Eileen C Murphy 020 8502 5664  
(Vice-Chairman, Community; Planning Committee)  
44 Deepdene Road, Loughton, Essex IG10 3PP

### FOREST WARD

Cllr Jack Benjamin 020 8508 4765  
(F&GP Committee)  
23 Newnham Close, Loughton, Essex IG10 4JG

Cllr Rose E Brookes 020 8502 5981  
(Community Committee)  
3 Lower Park Road, Loughton, Essex IG10 4NB

Cllr Suzanne M Harper 020 8508 4770  
(Chairman, Community Committee)  
Sydney House, 23 Algers Road, Loughton, Essex IG10 4NG

### RODING WARD

Cllr Ken E Angold-Stephens 020 8281 0674  
(F&GP Committee)  
89 Lower Park Road, Loughton, Essex IG10 4NE

Cllr Margaret R M A Chalk 020 8508 2226  
(EH&L Committee)  
49 Southview Road, Loughton, Essex IG10 3LQ

Cllr Richard J Pennington 020 8508 0807  
(EH&L Committee)  
51 Stonards Hill, Loughton, Essex IG10 3EH

Cllr David J Wixley 020 8418 9284  
(Community Committee)  
2 Copper Beech Court, Goldings Road, Loughton,  
Essex IG10 2QH

### ST JOHN'S WARD

Cllr Roger E Pearce 020 8281 1386  
(Chairman, F&GP; Planning Committee)  
32 Millsmead Way, Loughton, Essex IG10 1LR

Cllr Stephen Pewsey 020 8508 5582  
(EH&L Committee)  
59 Wroths Path, Loughton, Essex IG10 1SH

Cllr Dr Chris C Pond 020 8508 2361  
(Town Mayor; Vice-Chairman, EH&L; F&GP Committee)  
Forest Villa, 7 Staples Road, Loughton, Essex IG10 1HP

### ST MARY'S WARD

Cllr Brian W Moore 020 8508 7112  
(Vice-Chairman, Planning Committee)  
6 Forest View Road, Loughton, Essex IG10 4DX

Cllr Michael W Wardle 020 8508 2771  
(Deputy Town Mayor; F&GP and Planning Committees)  
61 The Drive, Loughton, Essex IG10 1HG

Cllr Janet L Woods 020 8508 1764  
(Chairman, EH&L; Planning Committee)  
1a Woodland Road, Loughton, Essex IG10 1HQ

EH&L= Environment, Heritage & Leisure  
F&GP= Finance & General Policy

## ESSEX COUNTY COUNCIL

### ST JOHN'S DIVISION

Cllr Colin Finn 020 8508 5319  
16 Church Close, Loughton, Essex IG10 1LQ

### ST MARY'S DIVISION

Cllr David Linnell 020 8508 2932  
20 Eleven Acre Rise, Loughton, Essex IG10 1AN

## PARLIAMENTARY & EUROPEAN

### MP FOR EPPING FOREST

Eleanor Laing MP 020 7219 3000  
House of Commons, London SW1A 0AA

### MEMBERS OF THE EUROPEAN PARLIAMENT

|                     |                    |
|---------------------|--------------------|
| Christopher Beazley | Andrew Duff        |
| Richard Howitt      | Robert Sturdy      |
| Jeffrey Tittford    | Geoffrey Van Orden |
| Tom Wise            |                    |

## EPPING FOREST DISTRICT COUNCIL

### ALDERTON WARD

Cllr Maureen Boatman Tel: 020 8508 1890  
24 Roding Road, Loughton, Essex IG10 3ED

Cllr Terence C Farr 020 8502 5652  
13b The Elms, Lippitts Hill, Loughton, Essex IG10 4AW

### BROADWAY WARD

Cllr Joan Davis 020 8508 3180  
4 Barrington Road, Loughton, Essex IG10 2AY

Cllr Thomas L Richardson 020 8281 0806  
111 Forest Road, Loughton, Essex IG10 1EF

### FAIRMEAD WARD

Cllr Stephen W Barnes 020 8502 1152  
34 Durnell Way, Loughton, Essex IG10 1TG

Cllr Patricia H Richardson 020 8281 0806  
111 Forest Road, Loughton, Essex IG10 1EF

### FOREST WARD

Cllr Kenneth N Faulkner 020 8508 1215  
Briar Patch, Park Hill, Loughton, Essex IG10 4ES

Cllr James M Hart 020 8502 5430  
4 Connaught Hill, Loughton, Essex IG10 4DU

### RODING WARD

Cllr Kenneth E Angold-Stephens 020 8281 0674  
89 Lower Park Road, Loughton, Essex IG10 4NE

Cllr Stephen W Murray 020 8508 7548  
1 Avondale Court, Loughton, Essex IG10 3BT

### ST JOHN'S WARD

Cllr John A Markham 020 8508 1945  
77 Queen's Road, Loughton, Essex IG10 1RR

Cllr Caroline P Pond 020 8508 2361  
Forest Villa, 7 Staples Road, Loughton, Essex IG10 1HP

### ST MARY'S WARD

Cllr Mitchell M Cohen 020 8502 1533  
16 Ollards Grove, Loughton, Essex IG10 4DW

Cllr Anthony T Lee 020 8508 7649  
33 Priory Road, Loughton, Essex IG10 1AF



Cllr Ken Angold-Stephens



Cllr Christine Baggarley



Cllr Jack Benjamin



Cllr Rose Brookes



Cllr Margaret Chalk



Cllr Lorne Daniel



Cllr Matt Daniel



Cllr Joan David



Cllr Suzanne Harper



Cllr Bill Lattimore



Cllr Brian Moore



Cllr Eileen Murphy



Cllr Roger Pearce



Cllr Richard Pennington



Cllr Stephen Pevsey



Cllr Caroline Pond



Cllr Chris Pond



Cllr Peter Sheen



Cllr Robert Sheen



Cllr Mike Wardle



Cllr David Wixley



Cllr Janet Woods

**Face to face  
with your  
Town  
Councillors**

## Model railway exhibition

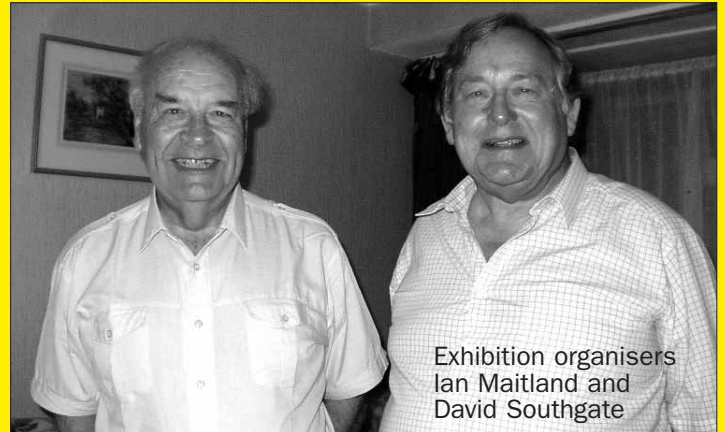
**F**OR the country which invented the railway we seem to have problems running the modern successor.

However, this is not the case with modern railways. The sun is always shining in Model-land; no leaves get stuck on the lines, and if snow is modelled it is always the right sort.

And you can see for yourself: the 5th Loughton Model Train Exhibition takes place on Saturday 2 October 2004 at St Michael's Church, Roding Road, Loughton

Many people believe that model trains belong only to childhood, but why should kids have all the fun! Children of all ages enjoy model trains as a hobby – a hobby which stretches the imagination and skills of individuals; encourages social get-togethers and co-operation between people who enjoy the hobby in all its variation.

The skills required to model an engine with all the rivets in the right place and with the correct 'dirt', or an oak tree for a scenic layout



Exhibition organisers  
Ian Maitland and  
David Southgate

are considerable, and knowledge of art, electronics – or knowing a man who does – are very necessary.

Space permitting, the model train exhibition will be used to demonstrate the efforts of many people, some local, who enjoy the hobby,

and if the weather is kind, steam train rides for children will be on offer across the church field. All profits will go towards repairs to the church roof.

Everyone is welcome to attend and experience the world of model trains.

# Freefall for a safer home

**V**OLUNTARY Action Epping Forest (formerly known as Epping Forest Council for Voluntary Service) has been running a falls prevention scheme for a number of years and is keen to offer it to as many older people as possible.

The idea is to reduce the number of falls that older people have in their own homes by making them as free of trip hazards as possible.

The scheme is called Freefall because it hopes to free older people from falls and it is free of charge! There is no jumping out of aeroplanes involved!!

If you live anywhere in the

Epping Forest Council district and are 60 or over you are eligible for the scheme. It does not matter if you own or rent the property you live in, or whether it is privately or council owned.

Your financial situation is not relevant either and you will not be asked to fill in any forms.

Scheme co-ordinator Geoff Brown will visit you by appointment and carry out a safety survey looking for anything that might be a trip hazard such as defective floor coverings, trailing wires and lack of grab or stair rails.

Proposals for dealing with these hazards will be discussed with you and, subject to your agreement, the work will be

carried out free of charge by one of our volunteers. The co-ordinator will also discuss any other way we can help you, either through our own schemes or by putting you in touch with other organisations.

To receive further information or to arrange an appointment for a survey call Geoff Brown, Tel: 01992 564515.

If you are involved with an older people's groups such as a luncheon or social club then Geoff would welcome the chance of coming along to one of your meetings to tell the

members about the scheme. Please ask the programme organiser to get in touch to arrange a date.

We are always looking for volunteers so if you have basic DIY skills and have a few hours to spare please get in touch. You will receive all necessary training and support and your travelling expenses will be reimbursed.

You will also have a very rewarding experience knowing that you are helping to make older people safer in their homes.

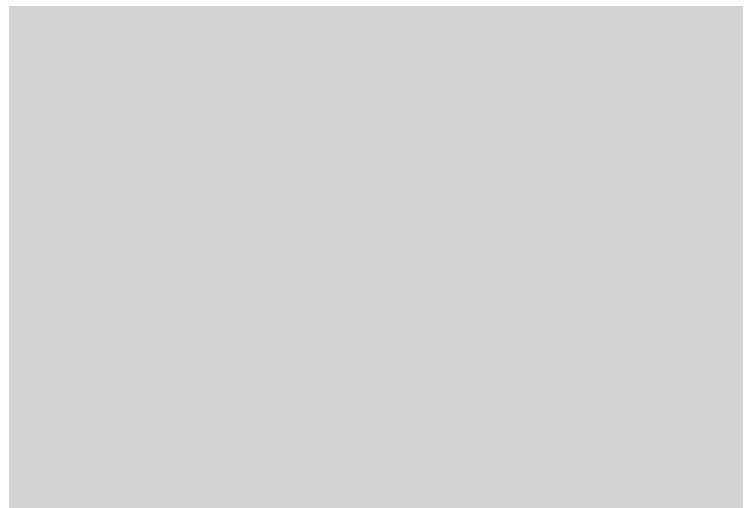
## Help to light up a life

**T**HE Town Council is delighted to be partnering St Clare Hospice for the fifth annual "Light Up a Life".

The ceremony will be on Saturday 27 November, meeting at 4.45 pm at the Methodist Church in the High Road for a torchlight procession to the tree

on Kings Green, where the lights will be turned on. Everyone is welcome to join in.

Anyone who wishes to sponsor a symbolic light on the tree in memory of a loved one can obtain a form from the Town Council offices during November, or call St Clare Hospice on 01279 428400.



## Dates for the diary

■ **6 Sep, 8.15pm:** St John's Wives Group, St John's Parish Hall. Social evening with a book & plant sale.

■ **20 Sep, 8.15pm:** St John's Wives Group, St John's Parish Hall. Jack the Ripper story.

■ **4 Oct, 8.15pm:** St John's Wives Group, St John's Parish Hall. High Jinks With My Jinx.

■ **18 Oct, 8.15pm:** St John's Wives Group, St John's Parish Hall. No Couch Required.

■ **1 Nov, 8.15pm:** St John's Wives Group, St John's Parish Hall. Life Coaching.

■ **15 Nov, 8.15pm:** St John's Wives Group, St John's Parish Hall. Moments, Memories & Magic.

■ **Every Sat, Sun, Wed and Thurs:** Walk with the West Essex Ramblers. New walkers always welcome (sorry no dogs). Contact: Pat or John Juchau, 020 8502 1628.

■ **Every Monday, 8-9pm:** Keep Fit/Aerobics – Charis Centre, Buckhurst Hill Baptist Church, Palmerston Road. £3.50. Tel: 020 8508 3346.

■ **Every Tues, Thurs + Fri at 10am-11.45am and every Tues at 12.45-2.30pm:** Messy Play Parent & Toddler Group, Debden Park Arts & Community Centre, Willingale Road, Loughton. £3 per session. Tel: 07931 500802.

■ **Every Wed, 8-9pm:** Jumping Jen's "Sit up" and take notice, a new aerobics class for all levels, get fit and toned! Debden Park Community Hall, Willingale Road, £2.50. Details: 07866 127522.

■ **First Wed of month, 8pm:** The Royal Naval Association, Branch Business Meeting

followed by open evening, Royal British Legion Club, 118 Church Hill, Loughton.

■ **First Wed of month, 2.15pm:** Loughton Women's Institute meets at Lincoln Hall (Red Cross Hall), High Road, Loughton. Call 020 8508 4514 or 020 8508 1400.

■ **Third Wed of month, 8pm:** The Royal Naval Association Social Evening, music, dancing, raffle, buffet, Royal British Legion Club, 118 Church Hill, Loughton.

■ **Every second + fourth Thurs, 8pm:** Debden House Quilters. Call: 020 8508 4873.

■ **Alternate Thurs, 7.15-10.15pm:** Friends of Light & Healing meetings, Kingsley Hall, Austen Close. Everybody welcome. Tel: 020 8508 3266.

■ **Every Fri 4.30-6pm (term time):** Kidz Club, Epping Forest Community Church. Contact: Phil Joiner, 020 8502 0695.

■ **Alternate Fri, 7.45pm:** Loughton & Epping Forest Amateur Radio Society meets at The Old Rectory, All Saints' Church, Chigwell Row. Details: 020 8502 1645.

■ **Second Sun of month, 3pm:** Loughton Bereavement Service group meeting with refreshments, Methodist Church, High Road. Contact Kathleen: 020 8508 9408.

■ **Every Sun, 7.30-10.30pm:** Dance – ballroom, Latin and popular sequence, Victory Hall, Hainault Road, Chigwell. Admission: £3. Details: 020 8508 0313.

■ **Every Sun, 10.30am:** Sunday school & family church service, Epping Forest Community Church, Contact: Phil Joiner, Church Leader, on 020 8502 0695.

■ **First Sun of month at 3.30pm:** Church Service, St Michael's Church, Roding Road, Loughton. Friendly, informal service, welcomes people with learning difficulties and their friends. Lasts about half an hour.

■ **First Sun of month, 9am-2pm:** Farmers' market, Centric Parade, High Road. Details: Suzanne Harper, 020 8508 4770.

■ **Every Mon, 7.15-9.15pm:** Roding Players Orchestra rehearses at Roding Valley High School, Alderton Hill, Loughton. New players welcome. No audition. Call Miles Harwood on 020 8505 4329 for details.

■ **First + third Mon, 8.15pm:** St John's Wives Group, St John's Parish Hall, Church Lane.

■ **Every Mon, 8-10pm:** Epping Phoenix Choir meets at Epping Methodist Church Hall. New members welcome, especially tenors and basses. Details: 020 8508 3539.

■ **Every Mon, 9.30pm:** Loughton Mountaineering Club, Victoria Tavern, Smarts Lane, Loughton. Call Jeff Harris, 020 8508 2888.

■ **First Tues of month, 8pm:** Royal British Legion Branch and Club meetings, 118 Church Hill, Loughton.

■ **Every second Tues, 7.30pm:** Epping Forest and District Stamp Club meets, Wesley Hall, behind Loughton Methodist Church, High Road. Details: 020 8508 1244.

■ **Every Wed (term time), 9.30am-11.15am:** Trinity Toddlers, Mannock Drive. Contact: Isobel Jackson on 020 8508 3317.

■ **Every Wed, 10.30-11.30am:** Over 50s Keep Fit. Gentle rhythmic exercise to music. Have fun, stay young. Debden Park Community Hall, Willingale Road. £2.50. Tel: 020 8508 3346.

■ **Every Wed, 9.30-10.30am:** Keep Fit/Aerobics. All abilities welcome. Fun and varied. Debden Park Community Hall,

Willingale Road. £3.50. Tel: 020 8508 3346.

■ **Every Thurs, 9.30-10.30am:** Keep Fit/Aerobics (crèche available). Exercise while your children are cared for. All abilities welcome. Buckhurst Hill Baptist Church, Palmerston Road. £3.50. Tel: 020 8508 3346.

■ **Every Thurs, 12.45pm:** Rotary Club of Loughton & Buckhurst Hill, Britannia Sports & Social Club, Bank of England, Langston Road. Call: 020 8500 6910.

■ **Second Thursday of month, 8pm:** Loughton Historical Society, Methodist Church, High Road, Loughton. Guest visitors welcome on payment of £1.50.

■ **Fourth Thursday, 7.45pm:** Woodlands branch of Essex Handicrafts, Trinity Church, Mannock Drive. Details, Janet Holdaway: 020 8508 7657.

■ **Every Friday, 7.30pm:** Kingsley Spirit-ualist Church, Kingsley Hall, Kingsley Road.

#### MONTHLY COUNCILLORS' SURGERIES:

First Saturday (Labour):

■ **10.30am:** The Broadway shopping parade (under the walk-through)

#### Advice surgeries (Independent Socialist)

These are held as regularly as possible outside the Londis Store in Valley Hill on Saturday mornings starting at 9.30am. Please see local press for dates.

First Sunday (Loughton Residents' Assoc):

■ **9am-1.30pm:** at the Farmers' Market, Centric Parade, High Road.

#### By appointment (Conservative):

If you have any concerns, call Matt or Lorne Daniel to schedule an appointment.

# You could be a winner!

■ **Decorated Christmas Window:** In this competition, charities, shops and businesses across Loughton are invited to dress their windows with a Christmas theme.

There are three categories of entry: local/independent shops and businesses, multiple/chain stores (three or more branches) and charities. The closing date for entries is 19 November.

Complete the entry form printed here, or pick one up from the Town Council's office and other outlets.

All entrants receive a certificate to display in their window and the winning entry in each category receives a certificate, engraved cup to keep for 11 months (it will be awarded again next year) and a £100 donation to the charity of their choice.

A list of entrants will appear on the Town Council web site and on all its noticeboards to encourage shoppers.

Last year, the two winners

were Oakwood Flowers, 1 Oakwood Parade, and Debden Library, Rectory Lane.

Both nominated St Clare Hospice in Hastingwood for the £100 prize.

■ **Christmas Card Competition:** As the summer holidays have come to an end, now is the time to start to think about your entries. Following the success of last year's competitions, the Town Council is running two Christmas competitions again this year.

The competition is open to all and the winning design will be used as the Town Council's official Christmas card.

Complete the entry form printed here, or pick one up from the Town Council's office. Designs can be portrait (upright) or landscape, colour or monochrome, illuminated script, drawing, photograph, picture, illuminated poem or any other artistic style, but please remember that the winning entry

must be suitable for reproduction.

There are five age-related categories and the winner in each class will receive a £20 gift token. Earlier this year, it was decided that a runner-up from each category will be awarded a certificate.

The best entries will be displayed in Loughton and Debden libraries during the run-up to Christmas.

The closing date is 25 October. Last year's winner was Sara Arcopagita, 12.

Join in the fun and you could be this year's lucky winner!

## Loughton Community and Youth Centre

### WORK continues on designing the new centre.

Many different factors have to be taken into account when drawing up plans, and there have been some long

discussions during the past weeks. We are hoping that before long there will be some firm proposals which we will be able to show you and make available for public consultation.

### LOUGHTON SPORTS CENTRE

#### Best Dressed Window Competition 2004 ENTRY FORM



Shop: ..... Manager/contact: .....  
 Address: .....  
 Tel: .....

Class: (please tick as appropriate)  
 Local/independent [ ] Multiple/chain store [ ] Charity [ ]

Please state the name and address of the charity you would wish to receive the £100 donation from the Town Council should you win

#### COMPETITION RULES

1 **Eligibility** All shops and businesses within the Town Council's boundaries may enter.  
 2 **Classes of entry** Entrants will be split into three classes: (i) Local/independent businesses; (ii) Multiples/chain stores (three or more branches); (iii) Charity. All entries must be on the Town Council's official entry form (photocopies are acceptable). The closing date for entries is 19 November 2004. Window displays must be in place for judging by 1 December 2004.  
 3 **Judging** will be carried out by a panel consisting of the Chairman and Vice-Chairman of the Community Committee, and Chairman of the Town Council (or substitutes if circumstances dictate). Judging will take place during the period 1 to 14 December. Results will be announced the following week. The judges' decision is final and no correspondence will be entered into.  
 4 **Theme** Entrants may base

their display on any Christmas theme.  
 5 **Judging criteria** The window displays will be judged on a range of criteria, including: Overall impression/visual impact; Creativity/ideas; Artistic merit; Inventive use of materials; Effort. Window displays relying primarily on considerable expenditure to achieve their impact will not be favoured in the judging. There is no maximum or minimum size for the display.  
 6 **Prizes** All entrants will receive a certificate indicating their participation in the competition. The first prize-winner in each class will receive an engraved cup to retain for 11 months (to be awarded again the following year) and a certificate to keep. A £100 donation will be made to the charity of their choice. The runner-up and highly-commended entries in each class will be awarded a certificate.

#### ENTRIES TO BE RETURNED TO:

Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, Essex IG10 2QZ.  
 Tel: 020 8508 4200 Closing date for entries: 19 November 2004

#### Christmas 2004 Card Competition ENTRY FORM AND RULES



Name: .....  
 Address: .....  
 Tel no: .....

Class: (please tick as appropriate)  
 Key Stage: 1 (infants) [ ] 2 (juniors) [ ]  
 3 (years 7/8/9) [ ] 4 (years 10/11) [ ]  
 Adult [ ]

I live in Loughton [ ] I attend school in Loughton [ ] I work in Loughton [ ]

#### COMPETITION RULES

1 The competition is open to those who live, work or attend school in Loughton.  
 2 Photocopied entry forms are acceptable.  
 3 Entries not in accordance with the rules will not be judged.  
 4 Size of paper used must be A5 (148mm x 210mm).  
 5 Designs may be landscape or portrait orientation.  
 6 Colour or monochrome, illuminated script, drawing, photograph, picture, illuminated poem or any other artistic

style may be used.  
 7 A 1cm-wide plain white border must be left around the design edge.  
 8 Entries must be suitable for copying and printing.  
 9 Receipt of entries will not be acknowledged and no responsibility for entries is accepted.  
 10 The overall winning entry and its copyright remain Town Council property.  
 11 Entries will not be returned unless they are accompanied by a stamped addressed envelope.  
 12 The judges' decision is final.

#### ENTRIES TO BE RETURNED TO:

Loughton Town Council, 1 Buckingham Court, Rectory Lane, Loughton, Essex IG10 2QZ.  
 Tel: 020 8508 4200 Closing date: 25 October 2004

# Community's inspire local

**FOSKETT MARR  
GADSBY & HEAD**

**THE Rotary Club of Loughton & Buckhurst Hill was formed in 1936 and, over the years, has built a reputation for service in the local community.**

The club offers help and advice to aged, disabled, infirm and young people, and outings have been arranged for local old people's home residents.

Careers advice is offered to school leavers via the club's mock interview scheme, and students are invited to enter for the popular Youth Makes Music and Youth Speaks competitions.

While service is the key aim, inevitably some fundraising takes place, and readers will

have seen members with collecting tins outside supermarkets at Christmas.

More than £2,000 has been raised in the last year for the Haven House Children's Hospice, Woodford, and the Chigwell Riding Trust at Grange Farm, Chigwell, has also benefited from fundraising.

Club members helped on the annual Kids Out day in June when children from Oakview School, Loughton, were taken on a day's outing to Paradise Park, Broxbourne.

In April, the club organised a 'blood pressure' day when members of the public were invited to have their blood pressure taken, without charge

**DIRECT TRADE  
WINDOWS & DOORS**

# spirit helps Rotarians

or appointment, in connection with Stroke Awareness Week, at the Methodist Church, Loughton.

Membership, by invitation, is drawn from the business and professional community and is open to both sexes. The club is one of more than 1,800 in Great Britain and Ireland.

It meets weekly on at 1pm on Thursday at the Britannia Club,

Bank of England, Langston Road, Loughton, when on most Thursdays there is a talk of general interest by an outside speaker.

Weekly meetings promote acquaintance and fellowship and, through this, Rotarians find the inspiration to serve the community.

Call Tony Harvey on 01992 572867 for membership details.

## Musical methodists

**MUSIC at Loughton Methodist Church is a programme of classical concerts held every two months from September to July.**

Last year's programme of concerts, revitalised by new management, attracted 258 per cent more people. A key success was the launch of the Loughton Music Youth Festival. Local sixth form music students presented a high-standard concert of their A-level pieces.

### 2004/5 season

- **25 Sep:** Angela Lear, pianist and Chopin specialist.
- **20 Nov:** Welcome return of Emma Williams (flute) and Richard Shaw (piano).
- **15 Jan:** Carl Murray (baritone)

and Martyn Heald (piano).

- **12 Mar:** The second Loughton Youth Music Festival.

- **7 May:** Royal Academy of Music (percussion department).

- **2 Jul:** New Essex Choral Society.

All concerts start at 7.30pm. Tickets are £6.50 in advance or £7 on the door. Season tickets are available for £33.

We also provide music for special occasions.

- **4 Dec:** Chelmsford Citadel Salvation Army Band performs in aid of charity NCH.

- **13 Dec:** A coach party to the Royal Choral Society carol concert, Royal Albert Hall.

- **Holy Week:** Augmented choir perform Stainer's Crucifixion.

- **Bookings:** 020 8502 3071.

## This club has the stamp of quality

**EPPING Forest & District Stamp Club (which until recently was known as the Forest Philatelic Society) is a popular club catering for those interested in stamps.**

Epping Forest and District Stamp Club had a very busy evening when they met for their June meeting. The first section of the evening was devoted to the AGM, at which it was reported the Club had made a satisfactory surplus during the year, and the officers and committee were re-elected en bloc for the coming year.

This was followed by an auction sale at which over 400 lots of stamps and philatelic items were on offer.

Lots sold for sums ranging from 30p to £75, with the

Club earning £60 on the evening.

Membership is open to anyone living in the Epping Forest district and the surrounding areas.

The club meets on the second Tuesday of every month at 7.45p.m. in Wesley Hall behind the Methodist Church in Loughton High Road.

Meetings include displays by visiting experts and members, competitions, and two popular and highly successful auctions a year.

Members are also entitled to receive a circulated packet, from which it is possible to purchase stamps at very competitive prices.

Visitors and prospective members are always welcome at meetings.

For details, contact M. Browning on 020 8508 1244.

## Contacting us

WE welcome contributions to *Think Loughton*, but do not guarantee their inclusion and reserve the right to edit them.

The views expressed are not necessarily those of Loughton Town Council.

## Loughton & District CAB

### THE CAB OPERATES AT:

■ St Mary's Parish Centre, Loughton High Road: Mondays to Fridays.

■ Buckhurst Hill Information Centre: Tuesday mornings.

■ Chigwell Health Care Clinic, Limes Avenue: Monday and Friday mornings.

Advice and further details of opening hours are available on 020 8502 0031.

## Viewpoint

# There's always a place to find help and advice

**L**OUGHTON & District Citizens Advice Bureau provides an independent advice and information service on a wide range of issues and problems.

These include debt, benefits, discrimination, housing, employment, family and personal matters, as well as law and consumer rights. The service is confidential, free and impartial, and is available to all regardless of race, gender, sexuality or disability.

The work is carried out by a dedicated and enthusiastic team of specially-trained volunteer

advisers. They are always looking for new recruits, and if you feel you would like to put your spare time to good use in this way, please call in or write to the manager, Sue Britton.

Since joining the bureau earlier this year, Sue reports that CAB has completed an audit of its work and achieved an excellent result.

Also, the team has been busy upgrading their IT equipment to cope with future demands.

### Family Counselling Service

The service's mission is to

provide the highest quality of counselling to individuals and couples, irrespective of age, gender, sexual orientation, religion, ethnic origin or ability to pay.

The charity has provided counselling in Loughton for more than 10 years and is a British Association for Counselling & Psychotherapy (BACP) accredited organisation bound by its codes of ethics and good practice.

The centre is open five days and four evenings per week, and there are 13 fully-qualified counsellors.

# Advice

Counselling provides the opportunity to share problems with someone skilled in listening, as well as trained in helping to make sense of difficulties.

Counselling enables people to share thoughts and feelings and gives help in the process of understanding oneself and family relationships.

If you think that talking to one of our counsellors would benefit you, please telephone 020 8502 2714.

If the answer machine is on, please leave a message and someone will get back to you.

## Electric blankets – free testing while you wait

**THIS is a free service available to all Epping Forest District Council residents.**

It is open at 2-4pm, Thursday 9

September, at the Leisure Centre, Traps Hill, Loughton. For further information contact Linda Hague at Epping Forest District Council, 01992 564094.

## Stretch your legs with the Ramblers

**WALKING is not only good for us but can also be enjoyable when done in good company.**

The West Essex Ramblers are part of the Ramblers Association and with a membership of more than 1,000, it is possibly the largest in the country. The major focus of the group is the extensive programme of led

walks. There are, on average, four walks a week.

From April through to October, there is also a choice of coach rambles, as well as short holidays, to enable the walkers to enjoy a variety of different scenery.

For details, contact Pat or John Juchau after 6.30pm on 020 8508 1628.

## Bingo nights with the British Legion

**THE Loughton branch of the British Legion and its affiliated club welcomes applications from new members – both ex-servicemen and women and associate members (non service).**

The club's activities include bingo, quiz nights and line dancing. The main hall, function room and bar facilities are available for hire at a reasonable cost.

For further details, contact David Potter on 020 8508 5044.