

# Think Loughton



N° 29 Summer 2005

News from Loughton Town Council

## Community centre work under way

### **S**ITE work on the Community and Youth Centre in Borders Lane has finally started.

In the Spring *Think Loughton*, we reported on progress with the design work.

Since then, planning permission for the project has been granted and Huttons Construction has been appointed as the building contractor.

Legal arrangements between the Town Council and Essex

County Council were completed at the beginning of April.

Some tree works had to be carried out before the building works could begin in earnest as there were trees in poor condition which were a potential hazard.

Huttons visited the site for preparatory work several times in April and took full possession of it in early May.

It was very exciting to see a visible result of all the hard work which has gone into making this project a reality.

The gestation period has been very long and has seen setbacks as well as great strides forward.

The Town Council is very pleased that its early belief in the project has now borne fruit. The building will be a valuable asset for Loughton.



Builders are finally on site as work on the youth centre gets under way

### Town manager's plans

#### **L**OUGHTON'S Annual Town Meeting took place on 26 April.

Councillors reported on the council's activities over the past year and answered questions from the audience on a number of current 'hot topics'.

Town Centre Manager Shona Pollock gave a presentation on her role and what she hopes to

achieve during her three-year contract.

Unlike normal council meetings, this event is designed for members of the public to join in. We always encourage townspeople to attend so, when next year's meeting is advertised, put it in your diary and come along. It's your chance to air your views.

# CONTACT NUMBERS

## COUNCIL SERVICES

Loughton Town Council	020 8508 4200
Epping Forest District Council	01992 564000
Epping Sports Centre	01992 564564
Waste Management Hotline	01992 564297
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
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## HEALTH & HOSPITALS

British Red Cross	020 8508 2162
Forest Practise GP Surgery	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
Debden Sports Club	020 8508 9392
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
Loughton Athletic Club	020 8508 9843

## 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

Bus timetables are available from Loughton Information Centre, Traps Hill

## 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

## 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

LIFE has been very busy at the Town Council as I write this. The most exciting event is building work finally starting on the Community and Youth Centre.

We have been working on this project since November 2001, with some last minute hurdles to overcome before the construction contract was awarded, and I don't mind admitting that it was a very emotional moment when I saw the first workers on site and realised that the years of hard work were about to realise a tangible outcome.

A new departure for the council this year is the production of our Annual Report as a 'pull-out' supplement in the centre of *Think Loughton*. The council decided this method would make the reports on its activities over the past year stand out better than including them within the ordinary text of the newsletter.

Our new councillors have now been in post for just about a year and as you can see from the reports, it has not taken them long to become familiar with the council's business and to start making their own mark in the decisions they make.

It is always interesting to look back over the year and often a salutary reminder of just how much has been achieved. Seeing what we have accomplished is a spur to carry on the good work in the coming year.

I should like to remind everyone about the facility for members of the public to address meetings of the council's committees. This is a relatively recent introduction and it has been widely advertised, but it seems that not everyone is aware of it. If you wish to speak, you must tell the council by 4pm on the working day before the day of the meeting. If you take

advantage of this provision to object to a planning application in Loughton, don't forget that you must always make your objection to the planning authority, Epping Forest District Council, as well as any comments you make to the town council.

Unfortunately, the negotiations for the transfer of the Willingale Road allotment site to the town council have still not been concluded. They are proceeding, albeit very slowly, and we will continue to seek the completion of the transfer as soon as possible.

Louise Fuller  
Town Clerk

# Intelligence the 'key to tackling park louts'

**MORE than 100 local people turned up for a public meeting about illegal and anti-social motorcycles and vehicles on Roding Valley Recreation Ground.**

A very high level of concern about this perennial problem was expressed by all those at the meeting, held in April.

Town Council representatives were joined by colleagues from

Epping Forest District Council Environmental Services (particularly concerning noise nuisance), the anti-social behaviour co-ordinator, the nature reserve and police.

It emerged that good intelligence which would help the police and the Epping Forest DC officers to take action was the key element of a strategy to combat the problem.

If you see people using the

fields illegally or dangerously, try to note down as much information as you can about the situation and pass it to Carol Staff.

She is the district council's anti-social behaviour co-ordinator, and she can be contacted on 01992 564122.

Alternatively, call the police on 01279 625520, but remember: always call 999 if it is an emergency situation.

## Toilet trial

A NUMBER of people who shop in the Broadway expressed concern about the closure of the Epping Forest District Council-operated toilet.

Though a new automated facility is available instead, not everyone feels comfortable using it. The Town Council has recognised this and agreed that it will pay to keep the existing toilet open for a six-month trial period.

Although the toilet does not meet the requirements for full disabled access, it is nonetheless a valuable facility for a large number of people.

## Street lamps

AFTER several years, the Environmental Improvements fund for Loughton made available by Epping Forest District Council has finally been fully utilised.

The balance of the money has been spent on replacing concrete lampposts in Staples Road conservation area with heritage-style posts much more suitable for that environment.

And to enhance the scheme even further, the Town Council paid for one additional lamppost.

### Loughton Town Council meetings

June 8	Environment, Heritage & Leisure	20	Community
13	Planning	25	Planning
27	Planning	Aug 15	Planning
29	Finance & General Policy	Sept 5	Planning
July 6	Council	14	Environment, Heritage & Leisure
11	Planning	19	Planning

All other meetings are held at 1 Buckingham Court, Rectory Lane, Loughton, at 7.45pm.

### Deadline dates

EDITION	COPY DEADLINE
Autumn 2005	25 July
Winter 2005	10 October

The next issue covers Sept to early Dec.

Call 020 8508 4200 to add diary entries. Further copies of *Think Loughton* may be obtained from the Town Council at 1 Buckingham Court, Rectory Lane, or from Debden or Loughton libraries. *Think Loughton* is also available on tape – call to request a copy – and is on the council's website.

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

# 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 Algiers 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

### CHIGWELL & LOUGHTON BROADWAY DIVISION

Cllr Michael Tomkins 020 8500 2043  
42 Coolgardie Avenue, Chigwell, Essex IG7 5AY

### LOUGHTON CENTRAL DIVISION

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

### LOUGHTON SOUTH & BUCKHURST HILL DIVISION

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

## 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 Titford	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

# Parks' face-lift

**A number of Town Council playgrounds have been given new hard surfacing and replacement safety surfacing.**

The tarmac has been extended to enable easier access to play equipment for wheelchair users and buggies at Felstead Road playground.

Play items have been newly installed, replaced or painted in several playgrounds. The repairs and replacements will continue over the year.

The Town Council has resurfaced the pot-holed car

park at the end of Cranleigh Gardens, part of the Roding Valley Recreation Ground. Epping Forest District Council, which owns the land, contributed half the cost.

The new tarmac surface, though more expensive to lay than the chippings used previously, will last much longer. At the same time, after residents' complaints about footballers walking mud along the footpaths, a bootscraper was installed to encourage the players to clean their boots before taking to the paths.

## Council joins homes debate

**YOU will no doubt have heard of the East of England plan, which has been the topic of much debate locally.**

This is a very significant planning document which will affect the region's development for years to come. In its

comments on the draft plan, the Town Council expressed concern that there is insufficient infrastructure to support the proposed levels of housing, and the effect of development on the local environment and Epping Forest.

## Grant awards

**THE Town Council received a record number of applications for financial assistance this year.**

Grants were made to the following organisations: Alzheimer's Society Epping Forest Branch (£500); Epping Forest Community Church Youth Group (£500); Epping Forest Youth for Christ (£750); Kidzone – first application for equipment – (£400); Loughton Broadway Town Centre Partnership (£500); Loughton & Epping WEA (£125); Loughton Fencing Club (£100); Oakwood Senior Citizens Club (£550); Operation Youth (£370); Roding House (Rethink) (£300); Samaritans of Redbridge (£300); U3A Roding Valley Branch (£250); and Vitalise (Winged Fellowship Trust) (£350).

In addition, a special grant of £4,000 was made to support the work of the Loughton Citizens' Advice Bureau.

# Town magazine gets new voice

**THINK Loughton is now available recorded on tape.**

This will enable blind and partially sighted residents to receive the benefit of the newsletter which is currently delivered in paper format to all households in Loughton.

The service is being carried out on the council's behalf by

Loughton Lions Talking Newspaper.

The Lions have kindly agreed to record the tapes and distribute them to residents who are on the mailing list for the talking newspaper.

The first recorded edition was distributed during the week commencing 7 March and this issue is the second which will be available in tape format.

The Town Council is very grateful to the Loughton Lions for providing this useful service. Any readers who know someone who lives in the Loughton area and would like

**Think Loughton** 

N° 28 Spring 2005

News from Loughton Town Council

## Action on louts cuts complaints

**ESSEX Police has been awarded a commendation for its work in reducing the number of complaints received over the last six months to help cut the number of complete ban orders.**

And the scheme has resulted in a 50% reduction in the number of complete ban orders issued by Essex Police.

The project has been successful in reducing the number of complaints received over the last six months to help cut the number of complete ban orders.

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"We hope that residents will see a marked improvement in the level of noise in their area and that they will be able to enjoy their homes in peace."



**Think of a letter**

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## It's good to talk

**LOUGHTON Lions Talking Newspaper was launched by Loughton Lions Club in 1976.**

Members of the club read the local *Guardian* newspaper onto a C60 tape, keeping the master; which is then reproduced onto tapes and sent to their blind, partially sighted or physically disabled members.

This service is mostly provided in the Epping Forest district, although a few tapes are sent further afield when a recipient moves away, but wants to keep in touch with local news.

On average, around 55 tapes are sent out each week.

The Lions carry out this work on Thursday afternoon/evening when the *Guardian* comes out. Their 'studio' is at Debden

Library where they have a wonderful relationship with the very helpful staff.

John Wickens, a Lion member, organises and arranges the service.

He has a super group of local people who give of their time – seven readers and eight on the production.

The tapes are put into yellow plastic envelopes and delivered free of charge by the postal service. No charge is made to the recipients.

All monies required are raised by the Lions Club of Loughton, although they did receive a grant from Epping Forest District Council.

Anyone interested in receiving this tape on a weekly basis should contact John Wickens on 020 8508 1820.

# Local club will put you in the picture



## WHAT can you do in Loughton in the evening?

You can eat in one of the 20 plus eating establishments, drink in one of the pubs or shop at a supermarket.

If this is not your scene or you want a change, why not try joining Loughton Camera Club?

The club was formed in 1945 by E W Perret, a local photographer, and the name 'Loughton Camera Club' was adopted rather than 'Photographic Society' because he thought it was less formal and more friendly. We try to live up to that aspiration.

The club meets every Wednesday at Lopping Hall 8pm until 10pm bar a couple of weeks break over Christmas and a couple of months in the summer. There is a varied programme of events; club members and visiting lecturers giving talks illustrated with prints or slides. Print and slide competitions between club members and against other

clubs, a quiz evening and the occasional studio portraiture evenings are the things we do.

More than half the members now use digital equipment and 70 to 80 per cent print their photographs with their computer rather than in a darkroom.

A few members have their prints produced commercially with a dwindling few using the

old darkroom methods.

Photographic skills vary, some members using top of the range cameras and equipment, some using point and press compacts and the high street shop for processing. If you want to know how to do something photographic someone in the club will know – you just have to ask.

Anyone who is interested is

welcome to come along to two or three meetings to see what we do and who we are, no charge. After this taster we would ask you to join if you still want to come.

If you would like to know more, visit our website [www.loughtoncameraclub.org.uk](http://www.loughtoncameraclub.org.uk), email us at: [lccsec@loughtoncameraclub.org.uk](mailto:lccsec@loughtoncameraclub.org.uk) or call 020 8508 4199.



## Stars support charity auction

### FILM star Jackie Chan has joined local charity Action in Mental Health as patron to help tackle the stigma that still surrounds the issue.

As part of AIM's Stop the Stigma campaign and to celebrate World Mental Health Day, it has organised a celebrity gala auction at Waltham Abbey Town Hall on 8 October at 7pm featuring a three-course dinner, celebrity auction, a performance by T.REXTASY – voted the

UK's best tribute band – and Delboy lookalike Maurice Canham as auctioneer!

Up for auction are signed memorabilia from Jackie Chan, Pavarotti, Harrison Ford, Shirley MacLaine, Madonna, Frank Sinatra, Rod Stewart, Russell Crowe, *Only Fools & Horses*, Graham Gooch, the West Ham and Millwall football teams, England coach Sven Goran Eriksson and more. Tickets cost £50. Call 01992 576307 for details.

## Dates for the diary

■ **6 Jun, 8.15pm:** St John's Wives Group, St John's Parish Hall. The Chocolate Lady – outing (Julie Sherry).

■ **20 Jun, 8.15pm:** St John's Wives Group, St John's Parish Hall. A Very Good Cause (Joyce Wood).

■ **4 Jul, 8.15pm:** St John's Wives Group, St John's Parish Hall. My Benny Hill Story (Maggie Stredder).

■ **18 Jul, 8.15pm:** St John's Wives Group, St John's Parish Hall. Cheese & Wine evening – Book and Plant Stall.

■ **8 Oct, 7pm:** Action in Mental Health, Celebrity Gala Auction Event at Waltham Abbey Town Hall.

The event will feature a three-course dinner, celebrity auction and a special concert performance by T.REXTASY, voted the UK's best tribute band. Tickets £50. Contact AIM on 01992 576307 or email: enquiry@aim-uk.org

■ **Every Sat, Sun, Wed + Thurs:** Walk with the West Essex Ramblers. New walkers always welcome (sorry no dogs). Call 020 8502 1628.

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

■ **Every Mon, 7.45pm:** Cardio Pump – fun fitness classes, fat burning and toning. Roding Valley High School, Alderton Hill, Loughton. All abilities welcome. Cost £4. Just turn up. Enquiries: Trish, Tel: 07990 924219.

■ **Every Tues (term time), 10am:** Toddler Church, 0-5 years old plus fellowship, Loughton Methodist Church, High Road. Contact: Cathy Morling, 020 8508 1834.

■ **Every Tues, 8-9pm:** Jumping Jens. St Michael's Church, Roding Road, Loughton. 'Sit up' and take notice, an aerobics class for all levels, get fit and toned! £3. Contact: Jennifer Humm, 07866 127522.

■ **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. £3 per session. Tel: 07931 500802.

■ **Every second Tues, 7.30pm:** Epping Forest & District Stamp Club meets in Music Room 1, Roding Valley High School. Details: 020 8508 1244.

■ **Every Wed, 8-9pm:** Jumping Jens "Sit up" and take notice, an aerobics class for all levels, get fit and toned! Debden Park Community Hall, Willingale Road, £3. Details: Jennifer Humm, 07866 127522

■ **Every Wed, 7.30-9.30pm:** Fencing Club at Loughton Sports Centre, Rectory Lane (entrance by side of Health Centre). Age: from about eight years to adult. First two evenings are free.

Contact: Aubrey Crick, 01992 522462 or email: aubrey\_crick@ntlworld.com.

■ **Every Wed, 10.30-11.30am:** Over 50s Keep Fit. Gentle exercise to music. Have fun, stay young. Debden Park Community Hall, Willingale Road. £3. Tel: 020 8508 3346.

■ **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.

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

■ **Every Thurs + Fri, 6-9pm:** 41st Epping Forest Scout Group for girls and boys aged 6-15.

Loughton Union Church. For information about Beavers, Cubs and Scouts, tel: 020 8923 2378.

■ **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: £3.50. 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. Details: 020 8508 3539.

■ **Every Mon, 9.30pm:** Loughton Moun-

taineering 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 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 exercise to music. Have fun, stay young. Debden Park Community Hall, Willingale Road. £2.50. Tel: 020 8508 3346.

■ **Every Thurs, 9.30-10.30am:** Keep Fit/ Aerobics (crèche available). Exercise while your children are cared for. All 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 Thurs of month, 8pm:** Loughton Historical Society, Methodist Church, High Road. Guest visitors welcome (£1.50 entry).

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

■ **Every Fri, 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)

##### 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.

## Anyone for cricket?

LOUGHTON Cricket Club is one of the Premier Cricket Clubs in Essex, fielding four Men's Saturday sides, one Men's Sunday side, a Women's Sunday side and three Junior sides.

Junior membership is available at Under 17, U16, U15, U13 and U11 levels. Loughton Cricket Club has now satisfied the criteria for "clubmark" and is recognised by Sport England as a club that is safe, effective and child friendly.

For details, contact: Cliff Greenhill on 020 8502 2064, or email him at [cliff.greenhill@btinternet.com](mailto:cliff.greenhill@btinternet.com).

## Stamp auction

THE Epping Forest and District Stamp Club will be holding its AGM on 14 June followed by one of its popular auctions of stamps and related material.

The club meets on the second Tuesday of every month from 7.30pm. Visitors are always welcome. For further details contact the Hon Secretary M Browning on 020 8508 1244.

## Pitch for hire

THE Town Council has football pitches for hire on Roding Valley Recreation Ground and Willingale Road Playing Field.

The 2005/6 season runs from 3 September to 23 April, excluding the Christmas and New Year bank holidays.

For details, call the Town Council on 020 8508 4200.

## Voices review

PLEASE note that the book *Voices*, featured in a book review on page 10 of the spring *Think Loughton*, was not published by Buckhurst Hill Parish Council, although the book is available from the Information Centre in Queen's Road.

# Join an international circle of friends

**Have you just moved to the area? Have you just retired from work and need a new interest? Do you want a new group of friends? Does your business want to help in the local community? Then, perhaps you might consider joining Rotary.**

The Rotary Club of Loughton and Buckhurst Hill received its Charter in 1936 and has been serving the local community for nearly 70 years.

We collect at Sainsbury's and at Waitrose for funds for charities at Christmas time. With the help of the E15 Acting School who gave us an Old Time Musical Performance, we were able to contribute to the Tsunami Appeal. We have organised a quiz and we support Debden Day. Free Blood

Pressure Tests are offered to support Stroke Awareness Day.

Rotary has many youth activities and we keep local schools informed and encourage them to take part. A team from Roding Valley High School will take part in the final of our Young Chef Competition at Westminster College.

We plan to hold an Antiques Fayre when members of the public will be able to have items valued.

Above all, we meet each week, have regular social functions and enjoy each other's company.

However, our numbers are dwindling and we are becoming an older group. If we are to continue our work and widen our activities, we do need new members.

If you or a group of friends

would like to meet once a week at lunch-time between 1.00 and 2.00pm, make new friends, locally, across London and across the world, while helping in the local community, please contact us and come to find out more about Rotary International.

Rotary membership is open to men and women and our meetings take place at the Britannia Sports Club (opposite the Bank of England Printing Works in Langston Road) each Thursday.

For more information contact Dr John Kennedy on 020 8504 6367; Roland Smith on 020 8500 6910 or Myra Williams on 020 8508 6204.

Do phone if you want to learn more. We would welcome you and we really do need new members.

## Fly high for fun

**Do you feel that your children could do with a bit more bounce? Then give the Loughton Flyers Trampoline Club a try.**

The Flyers, based at Loughton Hall Sports Centre, Rectory Lane, have 150 members. Sessions are on Monday, Tuesday, Wednesday, Thursday, Friday afternoon at 4-5.30pm, 5.30-7pm and 7-8pm and on Saturday morning at 10-11.30 and 11.30-1.30pm.

The club provides recreational trampolining working towards the British Gymnastics Award scheme and competition trampolining from Grade 6 to Grade 1 National Level to children aged between three to 16 years of age.

The Flyers are registered

with the British Gymnastics and have fully-qualified coaches and helpers.

Trampolining provides physical benefits such as strength, body awareness, balance, co-ordination, muscle tone, height/depth perception, reaction speed and stamina.

Non-physical benefits can also be achieved such as consideration for others, trust in the coach, independence, self image, confidence, patience and sense of achievement.

Though most important of all is that trampolining provides fun and enjoyment of the sport.

If you are interested in trampolining please contact Emma Payton on 01268 286450 or 07834 485797 or just pop into Loughton Hall Sports Centre.

## Midsummer picnic search

**JAN Kinrade is seeking others to help host a community picnic and exhibition of work by local artists inspired by the countryside.**

Anyone who is familiar with Don Gillingham, who wrote a book *Unto the Fields*, is welcome to help organise this event.

Jan is working alone, with the support of Essex Wildlife Trust, which will also be celebrating its 20th anniversary, to organise the Midsummer picnic.

The event will also focus on the increasing threat to the environment from development. Essex Wildlife has promised a marquee.

If you can help, contact Jan at 28 Hillyfields, Loughton, IG10 2JS, or call her on 020 8532 0488.

Alternatively, email [jankinrade@aol.com](mailto:jankinrade@aol.com).

# Service exists on borrowed time

## **A** N important service for residents requires the help of more volunteers.

The medical loan service of Epping Forest Centre of the British Red Cross helps many people by loaning them such things as wheelchairs, walking aids and toilet frames following illness or accident.

But if the service is to continue volunteers are urgently needed. People work on a flexible rota basis. Training is

given and you will work with an experienced person.

For more details call Sheila Loft on 020 8508 2162 when the Loughton office is open: weekday mornings (except Tuesdays) from 10.30am to 12.30pm.

■ The next series of British Red Cross's basic first aid courses will take place on five Monday evenings in September. The course will cost £30. For details call at the office in Lincoln Hall, Loughton High Road.

## **Orchestra's overtures**

**THE Roding Players, a friendly amateur orchestra, meets on Monday evenings in Loughton.**

The orchestra gives three concerts a year, playing classics to show music. In addition, the musicians also

enjoy playing at community events. All instrumentalists are welcome, although new violas, oboes and brass are particularly welcome. There is no audition.

For details, call Miles Harwood on 020 8505 4329.

# Stroke support

**L**OUGHTON Stroke Club was founded in May 1978 and is now in its 27th year.

It is one of many hundreds of such clubs nationwide which are affiliated to the Stroke Association. Each club is independent and differs in what it does. Referrals come from social workers, doctors and by personal recommendation.

Over the years the Loughton Stroke Club has been in contact with scores of individuals and their families who have been affected by stroke. Not all attend the club, but all who request it are given information and advice and literature published by the Stroke Association.

Meetings are held in the Bentley Room of Loughton Union Church, High Road, on the 2nd and 4th Tuesdays of

each month, usually from 2 to 4pm. The programmes are varied, including talks on a variety of subjects, music, quizzes and outings. There is always a brief session of seated exercises.

A nail trimming and manicure service is provided by a member of the Red Cross who is a regular helper. The club members are very friendly and supportive of each other and links are maintained with those who sadly have been bereaved.

Outings are popular, especially with individuals who seldom have the opportunity to get out. A party recently visited Hatfield House where they had a guided tour of the premises and later enjoyed lunch and time in the grounds. For more information, call Mrs Marjorie Manning on 020 8508 3961.

## Drive for volunteers

LOUGHTON Voluntary Care Association (LVCA) is sponsored by Epping Forest District Council and Churches Together in Loughton and provides assistance to those who would otherwise be outside the reach of Social Services.

This mostly involves visiting and shopping for the infirm and driving clients to doctors, dentists and hospital clinics. But the association urgently needs more drivers for this work. If you have a car and are

prepared to help we would be pleased to hear from you.

Three times a year, we take groups on outings but our minibus driver will shortly be unable to continue. If you have recently retired, or can be available for these three occasions in May, mid-July and early September and are able to drive a minibus of up to 16 seats, we would be very pleased to hear from you.

If you can help with this very rewarding work, please phone 020 8508 6114.

## Warm to quilters

THE Debden House Quilters are interested in the craft of Patchwork and Quilting.

Meetings are held on the 2nd and 4th Thursday of the month (except August and December) at 8pm. The aim is to promote the art and to

bounce ideas off each other. The group has a couple of teachers who can help members with problems and show them new techniques.

Anyone interested in joining can contact Sue Wynn on 020 8508 4873.

## Kingsley Hall for hire

**Small hall for hire in Austen Close.  
Can accommodate 36 people seated  
or 60 standing.**

**Not available for parties  
(except for small children).  
Ideal for small group meetings.**

**Call town council on 020 8508 4200  
for details.**

## 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.

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

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

# Be our lifeboat

## THE Loughton and Woodford branch of Lifeboats is a fundraising branch of the Royal National Lifeboat Institution (RNLI).

All sums they raise go toward the £119m it currently costs to operate the Lifeboat service around the coastline and on certain inland waters.

Many people do not know that Lifeboats provide 24-hour cover on the River Thames and that our closest RNLI Station is at Tower Pier.

This is in fact the busiest station in the entire RNLI and responded to some 400 call-outs last year. The RNLI receives no state funding and the entire cost is met by voluntary contributions.

In 2003, Lifeboats launched on service an unprecedented 8109 times, rescuing 7,987 people – an average of 22 every day. Like most lifeboat crews, members of the local branch are all volunteers and their committee members have served for periods between 10 and nearly 28 years, a fact marked by the award of two gold badges, one silver, two bronze and two statuettes to various committee members.

Although it is very difficult to recruit new helpers, the RNLI is fortunate still to be able to call on a small band of helpers to assist at the events they organise and a slightly larger number who each year brave the elements to help with the Lifeboat Week Collection.

They also attend outside events such as the Police Show at Chigwell and the Rotary Classic Car Show.

More volunteers are needed and would be most welcome!

Lifeboats have a 'fleet' of collecting boxes in shops and public houses in Loughton and would be most grateful for new venues.

In addition, Mrs Mothew, the Loughton area Box Secretary runs a stamp project to raise funds from the sale of British Commemorative (for example, not ordinary 1st or 2nd class) and foreign postage stamps. Any donated stamps would be gratefully received and these can be sent to Mrs Mothew, 7 Ashfields, Loughton, Essex IG10 1SB.