Think Loughton
News from Loughton Town Council Winter 2026/2027 No 115

A Natural Beauty



© Stephen Murray

THE RODING VALLEY RECREATION GROUND (RVRG) is a wonderful natural open space running alongside the River Roding, providing lovely long walks leading to the Roding Valley Nature Reserve and Grange Farm Centre in Chigwell. This much loved and frequently used open space has seen many changes over the years.

Previously, the area was just known as "the fields". In the 1950's, part of this space used to be a municipal rubbish tip for Chigwell Urban District Council. It was later landscaped to become the (multi-gym) mound that we see today. Football stands could also be found on the fields.

In 1953, celebrations of the Coronation of the late Queen Elizabeth II were held on 'the fields' by White Bridge Primary School (the school's name being derived from the original White Bridge over the River Roding). That year also saw the publication of **D. W. Gillingham's "Unto the Fields"** documenting its natural wonders and ever changing seasons, detailing the woodlands, streams, rivers and wildlife of the Roding Valley. A blue plaque for Gillingham is sited at 28 Roding Road and the footpath linking Roding Road to Loughton station is named after him.

Currently, the freehold ownership is held by Epping Forest District Council (EFDC), while Loughton Town Council (LTC) manages the area between the Oakwood Hill Estate to the Green walk near the boundary with Buckhurst Hill on a long lease.

An abundance of leisure and sporting facilities can be found at the RVRG. Although organised football has declined in recent times, informal football and organised training sessions are a regular fixture. South Loughton Cricket Club (playing cricket to Senior Essex County level) is a great community club providing multiple options - South Loughton Cricket Club | Facebook; while the thriving Loughton Athletic Club offers a range of athletic and running opportunities **www.loughtonac.org.uk**

The Roding Valley Parkruns are now a well-established part of the rich tapestry of community use, the Adult, over 14, parkrun being held on Saturdays and a Junior Parkrun on Sundays both starting at 9am. The new playground has been in constant use since its opening two years ago, and the three tennis courts and multi-use ball courts are enjoyed by a wide range of age groups.

LTC is currently in the process of arranging the demolition of the redundant changing rooms, and is working collaboratively with EFDC on an enhancement strategy, to be funded from a levy provided by recent developments in close proximity to the forest, which among other things, will upgrade certain paths and see some new planting for this treasured local asset (beauty spot).

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City of London Corp (Epping Forest)	020 8532 1010
Epping Forest District Council	01992 564000
Waste Management Hotline	01992 564608
Essex County Council (ECC)	03457 430 430
Adult Social Care	0345 603 7630
Child Social Care	0345 603 7627
Debden Library	0333 0132654
Education & Schools	0345 603 2200
Loughton Library	0333 0132677
Registrar: Births, ceremonies & deaths	0345 603 7632
Essex Parking Partnership (enquiries)	01206 282316

ADVICE, HELP & INFORMATION

3Food4u	01992 842642
Action for Family Carers	0300 770 80 90
Affordable Counselling Epping Forest	07583 111796
Citizens Advice	0808 278 7855
Citizens Advice Consumer Service	03454 04 05 06
Epping Forest Foodbank	0300 102 9808
New City College, Epping Forest	0330 135 9000
Jobcentre Plus (Loughton)	0345 604 3719
NSPCC helpline (freephone)	0808 800 5000
RSPCA cruelty line	0300 1234 999
Samaritans	116 123
SSAFA (Loughton Epping & Harlow)	01206 764114
Trading Standards ECC (business)	0345 603 7626
Victim Support (Essex)	0300 303 0165

COMMUNITY

Accurro	01279 870297
Age UK Essex	01245 346106
Age UK Advice	0800 678 1174
Care & Repair Service	01992 564086
Churches Together	www.loughtonchurches.org.uk
Epping Forest ReUse	01992 578222
ignite (Youth Activities)	020 8508 3643
Loughton Voluntary Care Assoc.	07592 369198
Restore Community Centre	020 8508 7247
Royal British Legion (Loughton Branch)	020 8508 5044
Royal Voluntary Service	0845 608 0122
Supporting Carers in Essex	0300 770 80 90
Voluntary Action Epping Forest	01992 910701
Volunteering Enquiries	01992 284761

HEALTH & HOSPITALS

ADAS (Alcohol & Drugs Service)	01279 641347
Alzheimer's Society (Epping Forest)	01279 427522
Breathe Easy Harlow & Epping Forest	01992 573387
British Red Cross	020 8508 2162
Forest Medical Centre	020 8535 6888
The Holly Private Hospital	020 8505 3311
King George	020 8983 8000
Loughton Health Centre	020 8502 5000
NHS Direct	111
Princess Alexandra	01279 444455
Rectory Lane Health Centre	020 8272 4600
Spire Roding (Private)	020 8551 1100
St Margaret's	01279 444455
Whipps Cross	020 8539 5522

LOCAL AMENITY REFUSE POINTS

Essex County Council	www.essex.gov.uk/recyclingcentres
Chigwell IG7 5AA	Luxborough Lane
Waltham Abbey EN9 1JU	Brooker Road

POLICE & FIRE (dial 999 for emergencies)

Essex Police (non-emergency)	101
Action Fraud	0300 123 2040
Anti-terrorist hotline	0800 789321

PUBLIC UTILITIES

UK Power Networks emergency	105
National Gas Emergency Service	0800 111 999
Thames Water 24 hour leakline	0800 714 614

SPORT

David Lloyd Chigwell	0345 129 6783
Debden Sports Club	020 8508 9392
Loughton Athletic Club	07958 903842
Loughton Bowling Club	020 8508 3546
Loughton Cricket Club	020 8502 2064
Loughton Football Club	020 8508 4757
Loughton Leisure Centre (& pool)	020 3225 5460
Loughton Rugby Football Club	07939 468222
South Loughton Cricket Club	07941 347812

TRAVEL & TOURISM

Arriva (traveline)	0344 800 4411
First Essex Customer Services	0345 602 0121
Gatwick Airport: Your service centre	01293 555713
Heathrow Airport	0844 335 1801
London Travel Information (TfL & London Overground)	0343 222 1234
Luton Airport	01582 405100
National Express	0871 781 8181
National Rail Enquiries	03457 484950
Southend Airport	01702 538 500
Stansted Airport	0844 335 1803
Tourist Info Centre (Waltham Abbey)	01992 660336
Traveline (public transport information)	0871 200 22 33

The Oak-Tree Group of schools



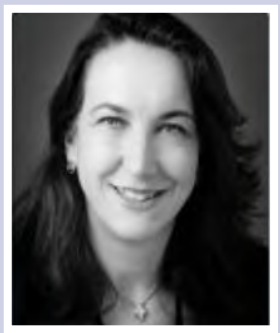
NURSERY & PRE-SCHOOL

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6 - 8 Albion Hill, Loughton, IG10 4RA | 020 8508 3109 | www.oaktreeschools.co.uk

Clerk's Remarks



IN OUR LAST edition I wrote about no two days being the same in the life of the Town Council and then we experienced the most glorious enduring summer of long hot sunny days we felt would never end. In its last stages this was punctuated with the water crisis, and it seems only the ever changing, not very funny game of, 'what roads are closed today' has signified the difference as we drift into autumn. Certainly, across the Town our residents remain resilient and adaptable and despite the immense frustrations remarkedly good humoured. As September brought a time of change we particularly welcome those new to our town beginning a new educational journey at the schools and colleges and those starting a new job in our community. Good luck to you all.

The resident resilience was exemplified by the exceptional entries at the Horticultural show and best allotment competition. Despite the adverse growing conditions this year the entries were outstanding – see more on page 11 – the event was truly enjoyable. We welcome more entries for 2027 – everyone is encouraged, no experience needed or required, so start thinking now about what you can grow, make or bake!

Hot on the heels of the Horti show was the annual Loughton Day – a wonderful community celebration of all that is good and great about Loughton. The mild and blustery day didn't dampen the fun. See page 6. Thank you to our sponsors Daniel Robinson and RCH Care Homes, the 41st Epping Forest Scout Group for keeping us fed and watered, the wonderful Wombles, all the stall holders, performers and to all of you for attending, this event is getting bigger and better each year and thanks to Loughton Cricket Club, we hope to see more of you again next year.

Our next events are: Remembrance Sunday – 8 November – 11.50am parade 12 noon service; Light up a Life – 28 November – 4.30pm meet at Loughton Methodist Church 4.45pm candlelit procession to Kings Green. All most welcome to attend.

Plus we're '**calling all businesses**' - you are invited to join our '**Best Dressed Christmas Window Competition 2026**' – the more the merrier and the winner receives a cup and donation to your chosen charity.

Join in, take part and enjoy being part of your town community.

Liz Petyt Start

Town Clerk



APPLICATIONS ARE now invited from Loughton's local groups, organisations and charities for Loughton Town Council's 2027/28 scheme. Completed forms must be received by 31 December 2026, with grants to successful applicants being made during the period 1 April 2027 – 31 March 2028. During this current financial year, we have helped 32 applicants, totalling £34,496.00, to improve or maintain their services to the local community.

If you are part of a local organisation delivering excellent work for the people of Loughton and require extra financial support during our 2027-28 financial year, please download an application form from our website: **SCHEME OF GRANTING FINANCIAL ASSISTANCE**

Alternatively, contact the Town Council Office for more information, via e-mail: **contact@loughton-tc.gov.uk** or telephone on 020 8508 4200.

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Loughton Town Council

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jonriley135@outlook.com

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CllrWendyDodd@loughton-tc.gov.uk

Cllr Raj Minhas 07889 121518
2 Alderton Hall Lane
Loughton IG10 3HN
CllrRajveerMinhas@loughton-tc.gov.uk

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Cllr Michael Owen 07467 430145
c/o 1 Buckingham Court
Rectory Lane IG10 2QZ
michael.x.owen@gmail.com

Cllr Chris Pond 020 8508 2361
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Cllr Rose Brookes 07391 879412
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2 Copper Beech Court, Goldings Road
Loughton IG10 2QH
CllrDavidWixley@loughton-tc.gov.uk

Committee membership

C Chairman VC Vice Chairman

RESOURCES & GENERAL SERVICES	ENVIRONMENT & HERITAGE	PLANNING & LICENSING	RECREATION
C M Owen	C C Pond	C C Davies	C K Valentine
VC R Brookes	VC A Fricker	VC J Riley	VC D Wixley
M Fontenelle	W Dodd	W Dodd	L House
S Fontenelle	S Harriman	K W Lee	N MacKinnon
N MacKinnon	J Obaseki	R Minhas	S Murray
S Murray	C Ubah	C Ubah	M Stubbings
M Stubbings	K Valentine	Vacancy	R Sylvan

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

Contacting us

For editorial contributions and diary entries, please call 020 8508 4200. For advertising enquiries, please call 01245 790244 / 07942 800865.

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Town Council Meetings

1 Buckingham Court, Rectory Lane, Loughton, IG10 2QZ at 7.30pm

2026

Nov	18	Environment & Heritage
	30	Planning & Licensing
Dec	2	Resources & General Services
	14	Planning & Licensing
	15	Council

2027

Jan	4	Planning & Licensing
	13	Resources & General Services (Budgets) 7pm; Recreation 7.45pm
	18	Planning & Licensing
	27	Council (Budgets) 7pm; Environment & Heritage 7.45pm
Feb	1	Planning & Licensing
	10	Resources & General Services
	15	Planning & Licensing
	23	Council

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

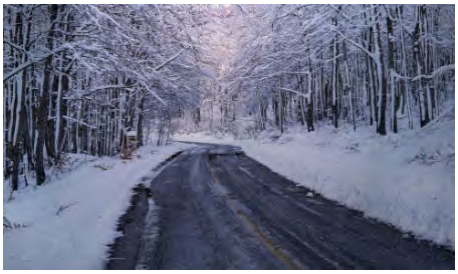
News round-up

■ **HALL HIRE BOOKINGS** just got a whole lot easier. We now have a new email address dedicated to hall hire with bookings now being taken. If you would like to enquire about hiring a hall, either as a regular user or for a one-off event, email **hallhire@loughton-tc.gov.uk** or contact Judy Graham at the Town Council on 020 8508 4200.

Meanwhile, a new wooden floor was installed at Kingsley Hall in August, as part of our ongoing maintenance programme to LTC facilities.



■ **WINTER SALT & GRIT** volunteers are invited to help clear snow and spread salt/grit on the pavement and road outside their home to keep access routes open. If you live in the hillier parts of town and would like to help, contact Olivia Drew at the town council on 020 8508 4200. Existing volunteers will be contacted directly to arrange collection of their salt/grit supplies for the coming winter.



■ **CHRISTMAS OFFICE HOURS:**

Friday 11 Dec	Open 8.45am - Closed 12 noon
Thursday 24 Dec	Open 8.45am - Closed 12 noon
Friday 25 Dec	Closed - Bank Holiday
Monday 28 Dec	Closed - Bank Holiday
Tuesday 29 Dec	Closed - Statutory Day
Wednesday 30 Dec	Closed - Statutory Day
Thursday 31 Dec	Closed
Friday 1 Jan	Closed - Bank Holiday

■ **BLUE PLAQUE PROFILES:** If you have noticed the blue heritage plaques around the town and would like to know more about the subject, you can now view a profile on each plaque on our website (see Council Services) Blue Heritage Plaques - Loughton Town Council

■ **LIGHT UP A LIFE:** Join us, in partnership with St Clare Hospice, on 28 November at 4.30pm. Gathering in the foyer of Loughton Methodist Church (LMC) and carols with Epping Forest Singers, followed by a candlelit walk to Kings Green for a short service. The event provides a time for quiet reflection in the approach to the festive season, open to everyone, regardless of whether they have had a connection with St Clare Hospice. Then back to the LMC for hot drinks and mince pies. We thank Epping Forest Singers and LMC for hosting this annual event.



2027 Citizenship Awards

NOMINATIONS ARE invited from any Loughton resident, employer, educational institution, group, or society for our 2027 Loughton Citizenship Awards. Nominees may have exhibited good neighbourliness or run a campaign to improve community facilities or cohesion.

There are three categories:

- Acts of courage or bravery resulting in the prevention of a serious crime or the rescue of individuals from danger.
- Voluntary Service for people aged 25 or over;
- Voluntary Service for people under 25 years.

Each category winner receives a silver bowl, an illuminated scroll, and £250 donated to their favourite local charity. Awards will be presented by the Town Mayor at next year's Annual Town Meeting on Wednesday, 17 March 2027 at 8pm at the Murray Hall, Borders Lane.

Nominations close on 30 January 2027. For more information contact the town council or download a nomination form from the website at **Documents & Forms & Policies - Loughton Town Council / Citizenship Award nomination form - June 2026.pdf**



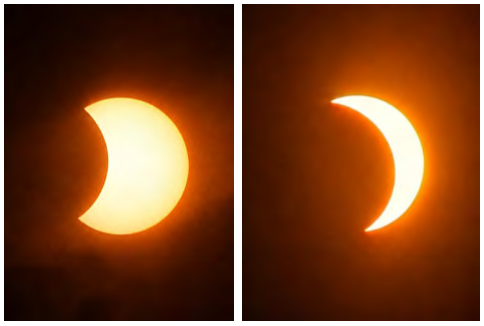
A Natural Phenomenon

ON THE EVENING OF Thursday, 13 August 2026, between 7 & 7.30pm, locals gathered in large numbers on Jessel Green and Roding Valley Recreation Ground to observe the most significant celestial event since 1999.

Benefitting from clear skies local residents were able to witness this phenomenon, as up to 90 per cent of the sun was covered by the moon in Europe's most significant eclipse in more than 25 years, a sight not to be seen again for several decades.

Many had obtained special eclipse glasses, while others resorted to using pinhole lenses and colanders to project images onto paper.

The photos below were taken on RVRG through the lens of eclipse glasses, not looking directly at the sun, by local resident James Maleary.



© James Maleary

ST MARY'S LOUGHTON
What's on this Christmas?
Christmas Fayre | 10:30-1pm, 28 Nov
High Road Carols | 4:15-5pm, 10 Dec
Carols with Candlelight Service | 6pm, 20 Dec
Christingle Service | 4pm, 24 Dec
Christmas Eve Carols | 5:30pm, 24 Dec
St Mary's Church | 201 High Road | Loughton | IG10 1BB
Visit us online: YouTube
stmarysloughton.com 020 8508 3643



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Volunteers at the Heart of Community Clubs

VAEF IS LOOKING for volunteers, particularly drivers, to help older people get to and from weekly run clubs that provide an opportunity to meet others, enjoy company and take part in activities. Behind the scenes, volunteers help make the sessions happen, from organising activities and refreshments to providing transport.

What started as a way of helping others has often grown into something much more for VAEF's volunteers.

Evelyn spent 30 years volunteering at St Francis Hospice. After retiring eight years ago, she initially became a befriender, later volunteering at Loughton community club, helping with activities and serving refreshments. "I really look forward to working there every week," said Evelyn.

After retiring almost 15 years ago, Andrew fancied driving a minibus for a local charity, volunteering for VAEF's befriending clubs he then helped with activities. "I've enjoyed getting to know the clubs' clients, staff and other volunteers, making many friends, and value helping out this marvellous charity."

Kelly became a volunteer to be out of the home and do something for herself while helping others.

Stephen Lye, 72, first volunteered with VAEF as a Covid vaccination steward at St Margaret's, later becoming a minibus driver and chaperone with the Befriending Service. "I enjoy the driving, helping others, washing up and joining in on games, but most satisfying are the conversations with clients who often say how much they look forward to the club."

Bev, said: "If you want to feel purposeful, be part of a great team, make a difference to elderly clients' lives and have fun, then volunteering for VAEF's community clubs is a very fulfilling way to spend a few hours a week."

The clubs run from 1pm to 3pm on Tuesdays in North Weald, Wednesdays in Loughton and Fridays in Waltham Abbey. For more information on volunteering, contact Julie Bailey-Maher on 07708 171116 or **Jbailey-maher@vaef.org.uk**



Forest Creative Writers Group

A WARM WELCOME awaits you at Loughton Methodist Church where Forest Creative Writers meet every Thursday afternoon from 1pm until 3pm. An established group meeting locally for over ten years.

Everyone is encouraged and supported with creating either a short story, prose or poem. We all have a story to tell, to share with others and receive constructive feedback leading to some interesting and sometimes hilarious conversations. Selected works are compiled each year by way of the anthology, copies of which allow opportunity to reflect upon the diverse talents of our writers.

The church offers disabled access and a small car park to the rear. Refreshments are available allowing opportunity to socialise and bond with the group.

To find out more please contact Pauline – mobile: 07873 398260 or, Yvonne – mobile 02036 627050. We look forward to your response.

A Celebration of Community Spirit



LOUGHTON RESIDENTS, visitors, and local groups came together for the fourth Loughton Community Day, a celebration of everything that makes our town so special.

Thanks to the incredible support from community groups, charities, local organisations, and the public, the day was a resounding success. We are especially grateful to Loughton Cricket Club for hosting this Loughton Town Council event, providing the perfect setting for a vibrant and memorable day. And our sincere thanks to Daniel Robinson & Sons, Church Hill, and RCH Care Home for their generous donations and sponsorship, which helped make the event possible.

With something for everyone, a wide range of stalls and delicious food options kept everyone well-fed and happy. The 41st Loughton Scouts provided a delicious BBQ and tea tent, and Nanno Pizza served their delicious fares. Performances from Bloom Choir, Young Folkies, Strictly Dancing & Dining (Oakwood Hill dance troupe), Bollywood Dance from Loughton Leisure Centre, and Punch & Judy were all major crowd-pleasers.

A special thank you to the Loughton Wombles, out in full force again, keeping the cricket ground clean and litter-free throughout the day.

The true aim of the event was clearly achieved, uniting our community, raising awareness of the incredible work of local groups, while inspiring greater engagement and membership. The atmosphere was warm, welcoming, and full of the community spirit that defines Loughton.

Overwhelmingly positive feedback was received from attendees, stallholders, and volunteers, and we're delighted that so many are already looking forward to next year's event.



Loughton Community Day is more than just a day out – it's a reflection of the pride, unity, and generosity that make our town such a wonderful place to live.

Top: Bollywood Dance, Loughton Leisure Centre.
Middle: L-R Ian Channell from Epping Forest District Museum with TM, Cllr Stephen Harriman.
Bottom: Children enjoying activities at the Loughton Library Stall.



Loughton Building Design Award



YOU ARE INVITED to select your favourite building projects completed last year. In its desire to protect and enhance our town, Loughton Town Council offers this annual building design award providing public recognition to individual examples of good design and construction and/or sympathetic restoration to any new development, commercial or residential, or a refurbished property. Nominations close on Friday 29 January 2027.

No award was made for 2026. Previous winners have included: **Royal Oak Close (left photo) and 2 Connaught Avenue (right photo)**, who were Joint Winners in 2021.

Visit our website to download a form **LBD nomination form 2026.docx** or contact the town council for more information: Debra Paris 020-8508 4200 **contact@loughton-tc.gov.uk**





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Dates for the diary

■ **Mondays 5-6pm Multi-sports -** New City Fitness, Borders Lane, IG10 3SA. **Second Tuesday of month 4.15-5.45pm Monkey Kingdom** Langston Road IG10 3TS. **Fridays 4.30-5.20pm Group A, 5.30-6.20pm Group B Trampolining** (ages 6–14) Debden Park High School, Willingale Rd, IG10 2BQ. West Essex Inclusion Project – children 0-14yrs with SEND. Free (registration required) Contact: Emily Stevens or Lexi Doherty Disability Inclusion Officers, EFDC estevens@eppingforestdc.gov.uk | 07596 890 819 adoherty@eppingforestdc.gov.uk | 07548 145 591

■ **Wednesdays 12.30-2.30pm Let's Get Together** free sessions open to the whole community. Learn a new skill, play a few games, or just relax and enjoy a cup of tea and a chat. Get to know others in your local area. The Oakwood Hill Community Hub, Longcroft Rise, IG10 3NB. Contact: Karen Murray 01992 564222 / kmurray@eppingforestdc.gov.uk (See p14)

■ **Fridays 10.30am-12 noon Men's Games Group** Loughton Voluntary Care, Wesley's Café, Loughton Methodist Church. Free, no booking needed. Variety of board games. For details phone 07592 369198 or visit: www.loughtonvoluntarycare.org.uk

■ **Fridays 12.30-2.30pm Mindful Art Space** free adult drop-in space. A safe group setting, led by Mindfulness Coach. Oakwood Hill Community Hall, IG10 3NB. Contact: clevans@eppingforestdc.gov.uk 01992 564 363 or 07763 218593 (See p13)

■ **18 Nov 2.30pm Annual Branch AGM, followed by 'East Anglia Medieval Churches - A Social and Architectural History'** a talk by Peter Lawrence, Woodford & District NT, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members welcome. Enquiries: speller643@btinternet.com 07774 164407

■ **19-20 Nov 7.30pm (+ 21 Nov 1pm and 5pm) Step Into Christmas** Loughton Operatic Society is bringing an early taste of Christmas to Lopping Hall. A production combining musical theatre, festive favourites and pantomime (specially created shortened version of Dick Whittington). Santa Claus will make a special appearance on stage, meeting children after each performance. Tickets £18 each or £55 for two adults and two children. Available from www.ticketsource.co.uk/LOS

■ **26 Nov 8pm Christmas Decorations** Essex Handicrafts Association Woodlands Branch Church hall, Loughton Methodist church. Contact Karen Myles 020 8508 4581 Branch Secretary (See p13).

■ **26 & 27 Nov 8pm, 28 Nov 7pm Lilies on the Land - by Sarah Finch.** Based on over 150 real-life letters and interviews with original members of the Women's Land Army. Chronicles the journeys of four diverse women who leave their homes during World War II to do backbreaking farm work, facing the physical hardships and camaraderie of the home front. Theydon Bois Village Hall, Coppice Row, Theydon Bois, Essex CM16 7ER Tickets £15 - Available online from www.ticketsource.co.uk/theydonboisdramasociety or phone: 01992 919038. www.theydonboisdramasociety.co.uk

■ **28 Nov 7pm Christmas Concert by The Songbirds** Church of the Holy Innocents, High Beach, IG10 4BF. Tickets inc refreshments - contact Margaret: 07949 961184.

■ **1 Dec 8pm Old Wine in New Bottles.** Greeks, Romans and our love of wine, a lecture by Gillian Hovell. The Arts Society, Bancroft's Prep School, Woodford Green, IG8 0RF. Visitors welcome. Donation Requested. Doors open 7pm, refreshments available. Information: artssocietywoodfordgreen@outlook.com

■ **5 Dec 10am-12 noon or 2-4pm Christmas Wreath Workshop** Bancrofts School, Woodford Green, IG8 0RF. Forget the rush of Christmas, relax, enjoy good company and festive refreshments, while making a beautiful personalised natural Blue Pine door wreath. All materials and accessories provided - £50 (£10 deposit). To book: landkfloraldesign@gmail.com





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■ **5 Dec 7pm The Roding Players Orchestra & Oakdale Primary School Choir Christmas Concert** St Mary's Church, IG10 1BB. THIS IS A TICKETED CONCERT (available on the door): £12, under 11s free, inc. refreshments, or for tickets contact: Susan Austin - 07871 427943. All other queries contact - Shirley Fuller **shirley.fuller55@gmail.com** 07713 113384 **www.rodingplayers.co.uk**

■ **6 Dec 2pm Christmas Concert by The Woodford Singers** Church of the Holy Innocents, High Beach, IG10 4BF. Tickets include hot chocolate, mulled wine, mince pies/Yule Log/Christmas Cake - contact Margaret: 07949 961184.

■ **9 Dec 2.30pm Essex River: The RODING!** a talk by Janet Seward, Woodford & District NT, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members welcome. Enquiries: **speller643@btinternet.com** / 07774 164407

■ **13 Dec 3.30pm Christmas in the Forest** Lesser-known folk and traditional carols, wassails, plus a short comic play by Stephen Fellowes. Tickets inc. refreshments £15 from **ticketsource.co.uk** - search "Christmas in the forest" or from the Parish Office, Church of the Holy Innocents, High Beach, IG10 4BF. Rev'd Jane Yeadon - 07960 6044176.

■ **14 Dec 7.30pm Countdown to Christmas** The Phoenix Singers, a local community choir, present a programme of Christmas carols, festive chart-toppers and timeless yuletide songs. An evening of sacred, secular, schmaltzy and silly selections to celebrate the festive season, followed by a cuppa & a mince pie. Theydon Bois Baptist Church, The Green, CM16 7JH. Tickets £10 - email **nd_awards@btinternet.com** for more details.

■ **16 Dec 7-9pm Carol Service** come and choose which carols you wish us to sing. Church of the Holy Innocents, High Beach, IG10 4BF.

■ **20 Dec 6pm A Festival of Nine Lessons and Carols** Traditional service of readings and carols, with a choir and organ. St John's Church, Church Lane, IG10 1PD.

■ **22 Dec 7.30pm Blue Christmas** A quiet and reflective service for those struggling with Christmas. St John's Church, Church Lane, IG10 1PD.

■ **24 Dec 2pm and 4pm Christingle and Crib Services** Family fun to hear the story of Christmas!

11.30pm Midnight Mass Traditional service - readings, carols, choir, sermon, and the Eucharist to welcome in Christmas Day! St John's Church, Church Lane, IG10 1PD.

■ **25 Dec 10am Christmas Day Family Christmas Eucharist** Bring along your presents to show in our celebration of Christmas! St John's Church, Church Lane, IG10 1PD.

■ **6 Jan 2.30pm The Social History Of Cutlery** a talk by Mark Lewis, Woodford & District NT, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members welcome. Enquiries: **speller643@btinternet.com** 07774 164407

■ **12 Jan 8pm Discovering MacDonald Gill: Architect, Artist and Mapmaker** known for his pictorial maps & alphabet for the Imperial War Graves Commission, a lecture by Caroline Walker. The Arts Society, Bancroft's Prep School, Woodford Green, IG8 0RF. Visitors welcome. Donation Requested. Doors open 7pm, refreshments available. Information: **artssocietywoodfordgreen@outlook.com**

■ **14-16 Jan 8pm Flare Path, by Terence Rattigan** Set near a bomber airfield in 1942, against a backdrop of the danger and duty of bombing missions. A famous actor arrives at a hotel to find his former lover, Patricia, now married to a pilot. An urgent bombing mission is ordered and the squadron set out, leaving their wives to worry, Patricia finds herself at the centre of an emotional conflict. From the master of repressed English emotions, a tale of love, loyalty, courage and fear. Loughton Amateur Dramatic Society (LADS). Lopping Hall, High Rd, IG10 4LF. Tickets (£14) available from 07552 736 110 (answerphone), or **www.lads.org.uk**

■ **28 Jan 8pm Needle Lace** Essex Handicrafts Association Woodlands Branch Church hall, Loughton Methodist church. Contact Karen Myles 020 8508 4581 Branch Secretary (see p13).

■ **9 Feb 8pm Van Eyck: The Portraits** the only exhibition of all his portraits (The National Gallery until Apr '27), a lecture by Lydia Bauman. The Arts Society, Bancroft's Prep School, Woodford Green, IG8 0RF. Visitors welcome. Donation Requested. Doors open 7pm, refreshments available. Information: **artssocietywoodfordgreen@outlook.com**

■ **17 Feb 2.30pm RHS Hyde Hall - A Great Essex Garden** a talk by Ian Bull, Woodford & District NT, All Saints Church Hall, Woodford Green, IG8 0NH. Members and non-members welcome. Enquiries: **speller643@btinternet.com** 07774 164407

■ **25 Feb 8pm Rock Painting** Essex Handicrafts Association Woodlands Branch Church hall, Loughton Methodist church. Contact Karen Myles 020 8508 4581 Branch Secretary (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.







Turn Again!



© 41st Scouts

ALEX BEAMENT, long-standing Scout Leader and member of Loughton's local theatre community, decided to merge those two parts of his community life together with a major fundraising challenge.

Inspired by UpStage Theatre Company's forthcoming January 2027 production of Dick Whittington, rather than simply preparing for the pantomime on stage, Alex decided to recreate part of Whittington's legendary journey for himself.

From 24 – 31 August, Alex walked what he called the *Whittington Way* - a 145-mile route beginning at Pauntley Court in Gloucestershire, birthplace of the actual Richard Whittington, to London's Cheapside, before a final 15-mile stretch to Lopping Hall in Loughton, with Scouts, Explorers and members of UpStage invited to join Alex on this final stretch, bringing both groups together for the finish.

The challenge was as much about giving back as completing the distance. Alex said:

"Both the Scouts and UpStage mean a huge amount to me. After more than 10 years volunteering with the 41st Epping Forest Scout Group and the last two years performing with UpStage, I wanted to give something back to both organisations. Walking 145 miles seemed like a suitably ridiculous way of doing it!"

Alex has currently raised the wonderful sum of £1,325, to be split equally between the two organisations. The Scout Group share will help provide international opportunities for young people, essential equipment and maintenance, while UpStage's share will help improve vital storage facilities and support its continued work bringing affordable community theatre to Loughton. Anyone wishing to support Alex can donate here: **https://www.justgiving.com/crowdfunding/alex-beament-whittington-way**

Above photo: TM, Cllr Stephen Harriman greets Alex Beaumont as he completes his charity walk at Lopping Hall

Town Mayor's Best Allotment Awards

VOLUNTEERS COMMENCED shortlisting in early July for the Town Mayor's Best Allotment in Loughton, now in its 16th year. Over 200 plots were inspected at the Loughton Potato Ground, Roding Road and Willingale Road allotment sites, with the final judging of the shortlisted plots by Ray How and Robin Warner, representatives of the National Allotment Society, taking place on 22 July 2026.

Following this year's extreme weather conditions, the judging threshold was adjusted, ensuring more allotment holders were recognised for their hard work and achievements despite the difficult growing conditions.

Town Mayor, Cllr Stephen Harriman, presented the awards at the end of the Horticultural Show. The overall winner was Stephanie Valente from Loughton Potato Ground, who received the Best Allotment Cup engraved with her name, along with a replica cup to keep, a certificate and a £25 gift voucher. The judges were particularly impressed by the excellent composting and water collection, the wide variety of crops and the plot's overall tidiness. They also loved the wildlife pond and the creative use of tennis balls to protect the tops of the canes.

The Overall Best Newcomer award went to Megan Bushell from Willingale Road Allotments, who received the large shield engraved with her name, along with a replica shield to keep and a certificate.



The two other site winners, Bill Meeson from Roding Road Allotments and Jim Smith from Willingale Road Allotments, were presented with small, engraved cups and certificates.

Congratulations to all of this year's winners and participants in both the Horticultural Show and Best Allotment Competition.

Town Mayor, Cllr Stephen Harriman with Stephanie Valente and her son.

100 Years of Faith, Hope & Love



MORE THAN 300 worshippers gathered at St Edmund of Canterbury and St Thomas More Catholic Church in Loughton, on 13 September for a special Centenary Mass celebrating 100 years since the parish was founded welcoming the Bishop of Brentwood, the Right Reverend Alan Williams.

St Edmund's was established in 1926 when Bishop Arthur Doubleday of Brentwood agreed that the growing number of Catholics in Loughton warranted the establishment of a new church. Before then, Catholics in the town had to travel to surrounding parishes to attend Sunday Mass. The first Masses were celebrated in Lopping Hall. In 1927, a piece of land was acquired just off Loughton High Road, and a small corrugated-iron church was erected. Affectionately known as the "old tin hut", it served the growing Catholic community until the present church building was opened in 1958.



A century later, St Edmund's is a thriving parish at the centre of the Loughton community, with a congregation of more than 600, and home to St John Fisher Catholic Primary School.

Best in Show





THE 7TH Loughton Town Council Horticultural Show was staged on Saturday 5 September, a delightful community event. Exhibits included upcycled gnomes, beautiful blooms, an array of assorted flavoured chutneys and jams, home-baked lemon traybakes, and tables filled with prize-worthy fruit and vegetables!

The Best in Show award was presented to Teresa Witham for her entry in the collection of five different kinds of vegetables.

Loughton Town Council extends its sincere thanks to all the judges and volunteers who gave their time, knowledge and expertise to help make the show such a success.

Matthews Plants provided a wonderful selection of hardy perennials and winter bedding for sale. Teas, coffees and delicious homemade cakes were available, alongside a selection of cakes kindly donated by Cook Loughton. All donations raised will go to Haven House Children's Hospice, the Town Mayor's chosen charity.

Top left: Best in Show Winning Collection of 5 different kinds of vegetables.

Top right: TM Cllr Stephen Harriman & Teresa Witham.

Free NHS Funding Guide

A COMPLETE GUIDE to claiming NHS funding for care home fees is free for families in Epping Forest. Based on CQC data there are 1,122 Care Home Beds in 25 Care Homes within reach of Epping Forest. CQC Ratings show:

Outstanding: **0**, Good: **17**,
Requires Improvement: **7**, Inadequate: **0**

What's in The CHC Family Guide? NHS Continuing Healthcare (CHC) can pay for all of your relative's care home fees, but most families don't know it exists. This comprehensive guide explains:

- How to determine if your relative qualifies for NHS funding
- The complete CHC assessment process, step by step
- How to appeal a declined CHC application successfully
- Your rights and entitlements under the CHC framework
- Real case studies and practical examples from successful claims

This guide normally costs £37, but is free for families in Epping Forest.

"We built CareHomeGuide because families deserve independent, trustworthy information at one of the most difficult times of their lives. We are glad to offer this guide free to families across England." **Geoff, Founder, CareHomeGuide.uk**



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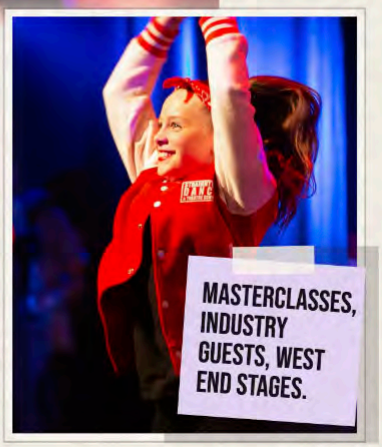
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>
> REBECCA BARNARD
> FOUNDER & PRINCIPAL

PAST MASTERCLASS GUESTS

Kimberley Wyatt, Layton Williams and Sharon June. And recently, six weeks with a top talent agent.

Saturdays at Roding Valley High School are electric. The flagship **Theatre School (5yrs to 18yrs)** is a full Saturday morning of singing, acting and dancing, from 8.45am, in three levels by age.

Alongside it run shorter classes, each booked on its own: ballet **(18 months to 8yrs)**, Mini Tap and Mini Street **(3yrs to 5yrs)**, and street dance from Mini to Level 3 **(3yrs to 18yrs)**.

Saturdays taken? Tuesdays at Thomas Willingale School, **open to all**: Mini Street 3.30pm **(3yrs to 5yrs)**, Musical Theatre 4.30pm and Street Dance 5.30pm **(5yrs to 12yrs)**.

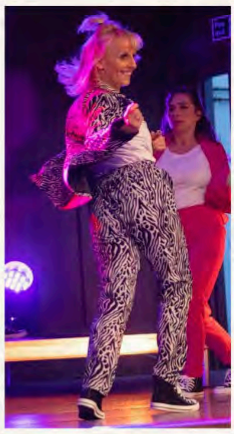
WEDNESDAY NIGHTS

ADULT STREET DANCE, 16+

Roding Valley High School Sport Centre.

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Regular activities

Amendments to: debra.paris@loughton-tc.gov.uk

ALLOTMENTS

Loughton Potato Ground, Baldwins Hill. www.loughtonpotatoground.com
Roding Road Allotment & Leisure Gardens Association, Roding Rd. www.rodingroadallotments.co.uk/
Willingale Road Allotments, Loughton Town Council 020 8508 4200

ANIMAL TRAINING

Epping Green Dog Agility Club Epping Cricket Club, Epping. T: 07793 030752 E: eppinggreenac@gmail.com

ARTS & CRAFTS

Art Classes, Thurs & Fri 10am-12 noon, Lopping Hall, IG10 4LF
Adult art sessions, beginners & intermediate level students. Incl. painting in acrylics, watercolours, drawing in charcoal, pastels & working in mixed media collage. £18.50 per session. For more info visit: www.rachelmoss-hogg.com
The Arts Society West Essex
Expert illustrated talks covering all aspects of the Arts. First Weds of each month (except August). Theydon Bois Village Hall, CM16 7ER. 10.15am coffee - meeting 10.45am. Annual subscription £45 / visitors £7 per session. Enquiries: secretarytheartssocietyWE@gmail.com or 07980 476710
Art Classes LifeWorks Centre, Loughton Methodist Church, 260 High Rd. £12. Tues & Thurs. 07944 589998 www.ruthdronsfield.co.uk
Essex Handicrafts Association, Woodlands Branch, The Church Hall, Loughton Methodist Church, 260 High Rd. 4th Thurs, 8pm. Karen Myles, branch secretary, T: 020 8508 4581 E: ehawoodlandscrafts@gmail.com
Mindful Art Space Fridays 12.30-2.30pm free drop-in space for adult residents of Oakwood Hill & surrounding areas. A mindful, safe group setting to be playful with art whilst nurturing wellbeing, led by Mindfulness Coach: Claire Evans & Artist: Janice Birks. Light refreshments provided. Oakwood Hill Community Hall, IG10 3NB. Contact: clevans@eppingforestdc.gov.uk eppingforestdc.bookinglive.com 01992 564 363 or 07763 218593
Thursday Art Group, Loughton Baptist Church, 92 High Rd. Thurs, 1.30pm £3 (incl tea & biscuits) 020 8502 1379 / theormes5@hotmail.co.uk
Woodford & District Floral Arrangement Group, Churchill Room, Wanstead Library, Spratt Hall Rd, E11.3rd Mons 7pm for 7:30. Visitors £10. http://nafas.org.uk/nafas-areas/

COUNSELLING

Affordable Counselling Epping Forest Loughton 10am-1pm Thursdays. Waltham Abbey Tues/Thurs 9.30am-12.30pm. Epping Tues/Thurs 4pm-7pm. Chigwell Tues 10.30am-1.30pm. 07583 111796 (answer phone) affordablecounselling@gmail.com
Samaritans. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 116 123 / jo@samaritans.org / txt 07725 909090
Spark Counselling and Mentoring for young people. Loughton Youth Centre, Borders Lane, Loughton 020 8508 6743 Spark@worthunlimited.co.uk
Free service - donations accepted

EDUCATION

Bridge Lessons various courses available in a relaxed atmosphere in Loughton. Days and times are flexible. Contact Hazel on 07788 711288 for further information – Fees TBC.
Music Lessons, Loughton Music Academy, High Rd. 020 8502 2992 www.loughtonmusicacademy.co.uk

FOOD

3Food4U Loughton Community Surplus Hub runs every Tues 11.30am-1pm at The Loughton Club, 8 Station Road IG10 4NX. Contact us at Website: www.3food4u.org Email: info.3food4u@gmail.com Tel: 01992 842642
Epping Forest Foodbank 4 hubs run on a weekly basis: Tues 10am-12 noon: Civic Offices, 323 High St, CM16 4BZ.
Wed 10am-12 noon: St Mary's Church, 201 High St, IG10 1BB,
Thur 2-3.30pm: Waltham Abbey Leisure Centre, EN9 3EL
Sat 10am-12 noon: Trinity Church, Mannock Drive, IG10 2JD, Contact: www.eppingforest.foodbank.org.uk or T: 0300 102 9808. Warehouse address: Unit 24 Oakwood Industrial Estate, IG10 3TZ.

GENERAL INTEREST

Bell ringing, St John the Baptist Church, Church Lane. Tues, 8-9pm (in tower). No experience necessary. Yvonne Finch 07748 970754
Book Groups Loughton Library, Traps Hill 4th Mons, 1.30pm 0333 0132677
Calligraphy for beginners (adults) 07956 544262
Epping Forest Conservation Volunteers, The Warren, Epping New Rd most Suns. 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. Thurs 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 Tues (most months) 8pm. www.eppingforeststampclub.uk
Essex Wildlife Trust – Roding Valley Meadows. Volunteer work parties undertaking practical reserve management, Tues & Weds, 10am-3pm. Contact: roding@essexwt.org.uk / 020 8500 3094
Forest Creative Writers, Loughton Methodist Church, 260 High Rd, Loughton, Thurs (term-time) 1-3pm. Christine Ives 020 8508 3173
Forest Musical Theatre Company, Tues & Weds (rehearsals). Email rachel@forestmusical.co.uk or visit www.forestmusical.co.uk
Friends of Light & Healing, Kingsley Hall, Kingsley Rd. An evening of clairvoyance. Alternate Thurs, 7.30 for 8pm. 07743 376468
Hanbury Hub Communi-tea Every Weds 1.30-3.30pm a new hub run by volunteers for the local community with talks and workshops running. Don Miller Charitable Trust Gardens of Hanbury Pynest Green Lane Waltham Abbey EN9 3QL 020 8508 5111
Hornby Railway Collectors Association,
St John's Church Scout Hall, Church Lane. 2nd Thurs, 5-10pm alternate months. David Southgate 020 8508 7530
Lopping Hall A multi-purpose community venue located on the High Rd in the centre of Loughton. A large theatre hall with stage, changing rooms and lighting system and three smaller rooms for hire for classes, meetings or rehearsals. A licensed bar can be provided for productions or events. For more info on facilities available, current classes, groups and events. www.loppinghall.org.uk 020 8508 1660
Loughton Amateur Dramatic Society, - LADS Lopping Hall, Loughton, IG10 4LF. Jenny Skinner. E: lads.chairman@gmail.com www.lads.org.uk See Dates for the Diary
Loughton Astronomical Society, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thurs 8-10pm. Brian Morton 01992 815804 www.las-astro.org.uk
Loughton Bowling Club Bridge Section, Eleven Acre Rise. Thurs pm. 020 8502 0237
Loughton Bridge Club, Grange Farm - Mon & Weds 7.20pm lindajenkins34@hotmail.com www.bridgewebs.com
Loughton Camera Club, Lopping Hall, High Rd. Weds, 8-10pm. 07873 534 604 www.loughtoncameraclub.org.uk/Loughton_Camera_Club/Welcome.html
Loughton Chess Club, Loughton Bowling Club, Eleven Acre Rise. Weds, 7.30pm. 020 8508 8407 www.loughtonchess.co.uk
Loughton & District Historical Society, Loughton Methodist Church, 260 High Rd. £4 non-mems. 2nd Thurs, 7pm for refreshments prior to the talk at 7.30pm. www.loughtonhistoricalsociety.org
Loughton & Epping Forest Amateur Radio Society, All Saints Hse, Romford Rd, Chigwell Row, IG7 4QD. Alt. Fri 7.45pm. T: 07850 120180 E: info@lefars.org.uk W: www.lefars.org.uk
RSPB North East London Local Group Talks held on the 2nd Tues of every month at 8pm (except July and August). St Mary's Church, 207 High Rd, South Woodford E18 2PA. www.rspb.org.uk/groups/northeastlondon

HEALTH

ADAS (W Essex Alcohol & Drugs Service - by appt) Rectory Lane Health Centre 01279 641347 / admin@adasuk.org.uk www.adasuk.org
Breathe Easy (British Lung Foundation), Tony Carr 01992 573387
Cycling For Health Wednesday morning rides run by Jarvis Goodyear at Epping Forest MTB. For all information and Direct Booking visit www.eppingforestmtb.co.uk/cycling-for-health/ For more info contact email Jarvis direct on C4H@eppingforestmtb.co.uk
Lifewalks a voluntary run walk scheme under the supervision of the Lee Valley Park Authority. For More Info Contact: Lyndsey North Community Health & Wellbeing Officer Lee Valley Regional Park Authority M: 07909 000 309 E: LNorth@leevalleypark.org.uk W: visitleevalley.org.uk
Memory Café Rotary Club of Roding, Loughton Club, 8 Station Rd, IG10 4NX. 1st Fri 10am-12pm. Fran 07903 274398
Open Door Friendship Group for adults with mental ill health. Fridays 2.30/5.30pm Wesley Hall, Methodist Church, 260 High Rd, IG10 1RB opendoorfriendship@gmail.com
ProActive (W Essex Prostate Cancer men's self-help group) St Margaret's Hospital, The Plain Epping CM16 6TN.
Fri monthly 10.30am-2.30pm. Anthony Dollimore 07973 345094 www.proactive.me.uk

LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

2324 (Chigwell) Squadron, Air Training Corps, Buckhurst Hill. Mons & Thurs evenings (13-17 yrs). 020 8505 3353 www.2324squadron.org.uk
7th Epping Forest Scout Group, St Edmund's Church, Traps Hill. Tues: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thurs: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181
12th Loughton Brownie Pack St John's Church, Church Lane, IG10 1PD. Mondays (term time) 6 to 7.30pm: girls 7 to 10.5yrs. Info: 12thloughton.brownies@gmail.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, Loughton Methodist Church, 260 High Rd, IG10 1RB
Beavers (6–8) – Mons 5:45-7pm
Cubs (8–10½) – Mons & Thurs 6:30-8pm
Scouts (10½–14) – Mons 6:30-8pm, Thurs 7-8:30pm
Explorers (14–18) – Mons 7-8:30pm
Girls and boys aged 6-18 welcome. 020 3922 2634, join@41st.org.uk www.41st.org.uk
Anna Fiorentini Theatre & Film School Multi-award-winning stage school offering acting, singing, dancing and film classes for kids. Fun, creative workshops. Sundays at Roding Valley High School, Alderton Hill, IG10 3JA. www.afperformingarts.com 020 7682 1403 for more info.
Baby Sensory Stay and Play Loughton Library, Traps Hill, IG10 1HD. Every Tues – 2pm to 3pm. Every Thurs – 10am to 11am. Baby sensory storytime session.
Baby & Toddler Group St Edmund's Parish Hall, Traps Hill. Thurs 9.30-11.30am (term time) stedmundsplaygroup@gmail.com
Baby and Toddler Rhymetime Loughton Library, Traps Hill, IG10 1HD. Every Tues – 10am to 10.30am. Join in with stories and rhymes
Boperoos Fun music and movement classes for young ones. Sundays 1yrs: 9 – 9.45am; 2-3yrs: 10 – 10.45am; 4-5yrs: 11 – 11.45am. Prices – Trial: £9; 5 sessions £42.75; 10 sessions £81. Loughton Music Academy, 257a High Rd, IG10 1AD. E: info@boperoos.com T: 07305 227814 W: www.boperoos.com
Girlguiding in Loughton Rainbows Brownies & Guides (girls aged 5 -17yrs). Leadership opportunities available for girls & women over 14yrs. More information and to register www.girlguiding.org.uk/information-for-parents
Little Angels Baby & Toddler Group, St Michael's Church, Roding Rd. Weds 10-11am (term-time) 020 8418 7944. Attendance requires booking via our website - www.stmichaelsloughton.com
Little Oak's Child & Family Wellbeing Servce, 020 8508 0932, please see our Facebook page for programme details
Loughton Youth Centre 106 Borders Lane IG10 3SB. ECC Youth Services in partnership 07557 168088 / louisa.stirling@essex.gov.uk
Accurro: young people aged 11-19 with disabilities Tues 6-8pm.
Accurro: social scheme for young adults up to 25 yrs with disabilities Thurs 6.30-9pm. Tel: 01279 870297. Email: enquiries@accuro.org.uk
Action for Family Carers: Young Carers Youth Club Weds 4.30-6.30pm – 2 clubs per month, dates advised on a monthly basis. For further information contact chris.vince@affc.org.uk
Spark Youth Club - Mon/Thurs 3.30-5.30pm term time Age 11-16, 020 8508 6743 Spark@worthunlimited.co.uk
Noah's Ark Toddler Group (under 5s) Oakwood Hill Community Hall, IG10 3NB 10-11.30am Mon (term time). £1 donation. 10-11.30am Weds Noah's Ark Messy Church 9.30am-1pm Thurs Community drop-in service. 020 8508 9883
The Loughton Pantomime UpStage Theatre Company Mon 6-7pm 7-15yrs (Junior Chorus). Mon 7-10pm over 16s (Adult Cast) @ Lopping Hall, Loughton, IG10 4LF
www.upstage.org.uk hello@upstage.org.uk
Reindeer Explorer Scouts, St Edmund's Church, Traps Hill. Girls/boys (13½-18 yrs). Fri. Dave Martin 07889 189261
Straight Up Dance & Theatre School Learn to Sing, Act, Dance – and Shine! Ages 3 to 103 – Street Dance, Musical Theatre, Singing, Ballet, Competition Dance Teams. Saturday School: Weekly at Roding Valley High School, Loughton, 9am–1:30pm. Weekday classes also available – Street Dance & Musical Theatre. Trial sessions available. For more info and fees. Web: www.straightupdance.com
Email: straightupdanceuk@gmail.com Phone: 07766 223035
Toddler Church, Loughton Methodist Church, 260 High Rd. (0-5). Tues (term time), 10am. 020 8502 3071 administrator@loughtonmethodist.org.uk
Toddler Toy Time, Loughton Library, Traps Hill, IG10 1HD. Every Weds – 10am to 11am. Soft play equipment. Toys and the sensory wall.

MUSIC

Dancing through the decades Loughton Club, 8 Station Rd. Last Tues of month (except Dec) 2-4.30pm. Please contact June 07904 280319 / or Joyce 07761 792691
Epping Forest Guitar Group Mondays (term time) 7.15–9.15pm Lopping Hall. New members welcome - acoustic and classical guitar players. For more info contact Eppingforestguitargroup@gmail.com
Epping Forest Singers A friendly, mixed, non-auditioned choir singing a varied repertoire. Rehearsals: Thurs 7.30-9.30pm (term time only). At St John Fisher Catholic Primary School, Burney Drive, Loughton IG10 2DY. Further details: www.eppingforestsingers.com
Loughton Folk Club, 8 Station Rd. Live acoustic music. Thurs, 8pm. loughtonfolkclub@googlemail.com www.loughtonfolkclub.co.uk
Loughton Ladies Choir Meets every Thurs 2.15-3.45pm St John's Church Hall, Church Lane IG10 1PD. New Members welcome – sopranos/altos Peter Jones – 07769 973405
Loughton Operatic Society, Lopping Hall, High Rd, 020 8505 2033. loughtonoperaticsociety@hotmail.com www.loughtonoperatic.org.uk Rehearsals Tues & Thurs
National Jazz Archive, Loughton Library, Traps Hill Mon-Weds, Fri, 10am-1pm 020 8502 4701 www.nationaljazzarchive.org.uk
The Phoenix Singers Fun, non-audition, adult community choir, singing popular music from the last 100 years. Mons 7:30-9:15pm (term time) Theydon Bois Baptist Church, The Green, CM16 7JH. Free taster session. Laughs & cake included as standard. Info: nd_awards@btinternet.com
Rob's Music School Music Lessons. Learn an instrument or singing. For fun or exams. All ages & abilities welcome in a friendly setting. Rob's Music School, Hillcrest Rd, Loughton. Contact Rob on 07905 774574 for more info and fees.

13 **Roding Players** Orchestra rehearses on Monday evenings from 7pm-9pm at Roding Valley High School. New members always welcome. Contact Miles Harwood on 07715 239101 or milesharwood@aol.com www.rodingplayers.co.uk

South West Essex Choir, Loughton Methodist Church, 260 High Rd. Tues, 7.45-10pm. 01992 812606 www.southwestessexchoir.org.uk/

Stand & Deliver Acoustic Open Mic Club, Royal British Legion, 118 Church Hill. 2nd Tues 8pm. Roy Tyzack roy.tyzack@btinternet.com

Woodford Symphony Orchestra welcomes new string players. Rehearsals Thurs (term time only) 7.30pm, Roding Valley High School, 020 8924 9370 www.wsorchestra.org.uk

SOCIAL

Action For Family Carers
Adult Unpaid Carers Support/Social Groups held monthly: Buckhurst Hill: last THURS of each month, 1.30pm – 3pm, St James U.R.Church, Palmerstone Road, IG9 5NG. Ongar: second WEDS of each month, 1.30pm – 3pm @ Zinc Arts Centre, Chipping Ongar, CM5 0AD. Free parking & free refreshments.

The Buffaloes, Loughton Club, 8 Station Rd. A charitable brotherhood - members (18+). Tues & Thurs, 8.30pm. mldjaworsfold@yahoo.co.uk www.loughtonclub.blogspot.com

Café Hope St Mary's Church, 201 High Rd. Mon-Fri 9.15am-2.45pm 020 8508 3643 Friday Market, St Michael's Church, Roding Rd. Fri, 10-11.15am

Community Coffee and Chat
St John's Parish Hall, Church Lane, IG10 1PD. Mondays 11am-12pm. Contact: loughtonchurch.org.uk | revdwillrm.com

Let's Get Together Wednesdays 12.30pm - 2.30pm free weekly sessions run by Epping Forest District Council's Community, Development and Wellbeing team. Open to the whole community. Get to know others, learn a new skill, play games, or relax and enjoy a cup of tea and a chat. The Oakwood Hill Community Hub, Longcroft Rise, Loughton, IG10 3NB. For further information call Karen Murray on 01992 564222 or email kmurray@eppingforestdc.gov.uk

Royal British Legion Loughton Branch, 118 Church Hill. Mons & Thurs, 8pm (bingo); Tues & Thurs, 1-4pm line dancing; 2nd & 4th Weds quiz night; last Sun 1-4pm (jazz @ the RBL) 020 8508 5044 www.loughtonrblclub.co.uk

St Mary's Church 201 High Road, IG10 1BB. Mon 12 noon **Free English Conversation Class** (term time) Tues - **Free English Lessons** with Sarah at Blackbird English. Contact livinglanguageproject.co.uk Mon 3.15-5.30pm **Connect** free tea, coffee, cake and chat! Crochet group, Lego, table tennis, activities. All welcome. Come alone or with friends. Fri 11am - 12.30pm **Horizon Coffee Morning** for those in retirement - free tea, coffee, cake. Simple activities and a short faith talk.

Wesley Café, Loughton Methodist Church, 260 High Rd Mon-Thurs 10am-3pm; Fri 10am-2pm; Sat 10am-1pm Closed Sun. 020 8502 3071

SPORT & FITNESS

Amici Badminton Club, Roding Valley High School Sports Hall, Alderton Hill. Mons, 8-10pm. Age 30+. Chris 07713 004996

Avenue Lawn Tennis Club, 18 The Avenue, Friendly family club. Contact: www.avenuetennisclub.com for full club details (juniors and adults) Bowls Social Bowls for beginners at Loughton Bowls Club, Eleven Acre Rise. From May-Sept. Fri. 5pm. Free parking. Hall for hire. Call Paul Elliott 07555 334612

Colebrook Royals FC, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Sats & Suns 07951 820444 www.colebrookroyals.co.uk

Connaught Tennis, Squash and Bowls Club Beginners & Improvers Social Lawn Bowls. First 5 sessions free. Make friends, have fun and bowl! Every Tuesday 5pm to 7pm. Connaught Club, Chingford. Call Nicola on 020 8529 2341

Epping Forest HF Walking Group regular Sunday walks in the local area. www.efhfg.org.uk

Epping Forest Sportability Club (EFSC) Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Rd. Sats 10am-1pm (term time) efsc@hotmail.co.uk www.efsportability.com

Flexercise with Caroline Loughton Methodist Church, Wesley Hall, 260 High Rd Tues & Thurs, 10.30-11.30am £7 (First class free) 07714 467784

Katy Little School of Dance, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk

Loughton Cricket Club The Uplands, Loughton, IG10 1NQ. Mid April through to September. Children (5yrs) to adults. For info: Contact Cliff Greenhill Chairman 020 8502 2064 cliff.greenhill@btinternet.com www.loughtoncc.hitscricket.com

Loughton Football Club, Avondale Close. 8-18 yrs + senior team. Suns (yth teams), Sats (snrs) & weekday evenings (training). Keith Campen 07986 186428 www.loughtonfc.com/contact-us

Loughton Karate Club, Lopping Hall. All ages & all levels. Suns 5-6pm + weekday evenings. Stephen O' Brien 07758 341584. ALSO **Women's Self-Defence Class** – see website www.loughtonkarateclub.co.uk

Loughton Rugby Club, Hornbeam Rd, Buckhurst Hill, IG9 6JT. Training Wednesdays 7.30pm. Matches Saturdays. Contact: Michael Walker 07939 468222

Loughton Wado-Kai Karate Club, Roding Valley High School Drama Hut, Alderton Hill. All ages. Weds 7pm. 07971 672542 www.loughtonwadokai.co.uk

London GD Handball Club Every Tuesday. Roding Valley High School, IG10 3JA. 8-14 Yrs, all levels welcome. Sessions led by GB U20 coach. £30 for the school year – FREE Taster Session. Contact: development@londongdhandball.co.uk

Mountaineering Club, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mons 8.30pm. www.loughtonmc.org

Move It or Lose It. Fun exercise classes for Seniors. Every Weds. Loughton Methodist Church. Call Louise on 07747 121201 for more info.

Old Loughtonians Hockey Club All ages, beginners to elite welcome, www.oldloughts.co.uk 020 8504 4010, OLHC@oldloughtonians.co.uk

Roding Valley Angling Club. New members welcome. Darren 07818 392020 / roding.valley.angling.club@gmail.com

Roding Valley Parkrun Saturdays 9am Roding Valley Recreational Ground IG10 3BS. Free of charge (pre register at parkrun.org.uk). Contact: rodingvalley@parkrun.com

Pain, balance or injury issues
In pain, balance issues, reliant on pain medication? Have a FREE face to face or phone call with a specialist physiotherapist to help answer any questions or provide the support you need. JW Physio Clinic, Ambrose House, 2 Old Station Rd, IG10 4PE. Contact: 020 3146 6837 www.jwphysioclinic.com Email: reception@jwphysioclinic.com

Total Football Academy - Ages 6-14 at Roding Valley school in Loughton. Wednesdays 6-7pm Contact Tony on 07962 371177

Total Football Mania - 6 a side leagues and vets league Roding Valley school & Debden Park school in Loughton www.totalfootballmania.com Contact Tony on 07962 371177

Walk - West Essex Ramblers (sorry no dogs). Weekends, Wed & Thurs. 020 8554 1665 / 07434 902394 www.westessexramblers.org.uk

Wing Tjun Kung Fu Roding Valley High School, Alderton Hill. All ages and abilities £8. Sundays (times vary betw 11.15am-3.15pm for each age group) 07977 132111 www.omni-martialarts.co.uk

Yoga Classes, Baillirina Yoga Tuesday 7-8pm, Loughton Methodist Church, Lifeworks Studio (rear of building) 260 High Rd, Loughton IG10 1RB Visit the website for more info / fees etc. W: www.baillirinayoga.co.uk/classes

TALKS

Arts Society Woodford Green, Bancroft's Preparatory School Hall, Whitehall Rd, Woodford Green. Member of NADFAS. 2nd Tues, 7.15 for 8pm. Membership £50. 020 8599 6281

Mothers' Union, St John's Church in Lady Chapel, Church Lane. 3rd Thurs, 10:15am for coffee & speaker. Contact: Lesley Collischon 020 8508 5694

National Trust, Refreshments & NT info. Contact: Richard Speller, Chairman, for membership details etc speller643@btinternet.com / 07774 164407. See Dates for the Diary.

St John's Wives' Group, St. John's Parish Hall, Church. Lane, Loughton, 1st & 3rd Mons 2pm (excluding August). Anne Pratt 020 8508 3539



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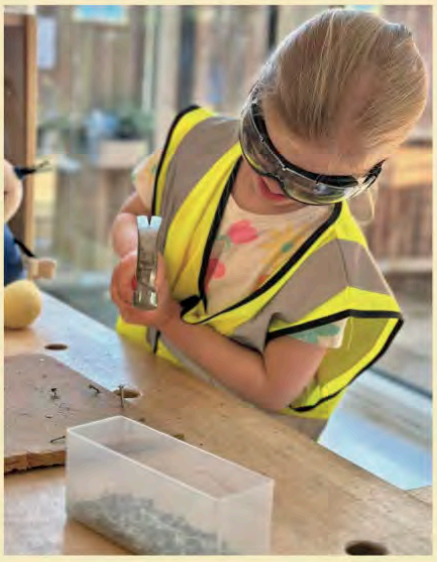
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