



# Think Loughton

News from Loughton Town Council

Winter 2014/2015 No 67



## A claus for celebration!

**WE ARE** delighted to announce a varied programme of Christmas events in the town for all ages that will help brighten those dark winter days.

🎄 **Saturday 22 November** – a Christmas craft fayre from 11am to 3pm in the Murray Hall. In addition to stalls with lots of handmade Christmas goodies and stocking fillers, there will be entertainment throughout the day and children can come and meet Princess Elsa, the Snow Queen from the Disney film 'Frozen'.

🎄 **Thursday 27 November** – the switching on of the Christmas lights in the High Road with entertainment from 4pm arranged by the High Road Town Centre Partnership. More details at <http://loughtontownpartnership.webs.com/>

🎄 **Friday 28 November** – join the celebrations in The Broadway from 4pm with festive entertainment including the switching on of the lights followed by a special Santa carriage ride around the Debden

estate sponsored by T Cribb and Sons.

🎄 **Saturday 29 November** – a special Debden Christmas Festival on the Broadway from 12 noon – 5pm, including a free Santa's grotto, live entertainment, senior citizen's Christmas tea, stalls, children's crafts and activities. Organised by The Broadway Town Centre Partnership.

🎄 **Saturday 29 November** – the annual Light up a Life ceremony and switching on of the lights on the tree on Kings Green. The candlelit procession leaves from the foyer of Loughton Methodist Church, 260 High Road, at 4.45pm for the short walk to Kings Green for the ceremony to remember loved ones and to switch on the Christmas tree lights. The Davenant Community Choir will lead the carol singing. To sponsor a light in memory of a relative or friend contact St Clare Hospice 01279 773750, and help raise valuable funds for the important work of this charity.

🎄 **Sunday 30 November** – the annual Santa

Fun Run, in aid of St Clare Hospice, organised by Geraldine (of Geraldine Hair Fashions, 76 The Broadway). With registration at 10.30am, the 3-mile run will leave The Broadway at 11am. As well as supporting the charity, the event is being held in memory of three very special people - Dave Stannard, Joan Davis and Jane Stewart, all long serving members of the community who sadly passed away this year. Tickets cost £12 for adults, £5 for children (under 12), and include a free Santa suit. For more information contact Geraldine on 020 8508 6070.

🎄 **Monday 22 December** – the lighting ceremony of the Hanukkah Menorah at 6.30pm on Standard Green.

Local traders invite you to 'Shop Local' this Christmas so everyone benefits as this makes sense economically and environmentally. Visit the [www.oneshoplocal.com](http://www.oneshoplocal.com) website for special discount offers.



RESIDENTIAL

PROPERTY PROFESSIONALS

SINCE 1988

ROFFEYS.NET

# Contact numbers

## COUNCIL SERVICES

Loughton Town Council	020 8508 4200
City of London (Epping Forest)	020 8532 1010
Epping Forest District Council	01992 564000
Waste Management Hotline	01992 564608
Essex County Council	08457 430430
Adult Social Care	0845 603 7630
Child Social Care	0845 603 7627
Debden Library	020 8508 5869
Education & Schools	0845 603 2200
Loughton Library	020 8502 0181
Registrar of Births, Deaths & Marriages	0845 603 7632

## POLICE & FIRE (dial 999 for emergencies)

Essex Police (non-emergency)	101
or Mobile	07968 354021

## ADVICE, HELP & INFORMATION

Citizens Advice Bureau	0844 257 1909
Citizens Advice Consumer Service	03454 04 05 06
Epping Forest College	020 8508 8311
Family Care Counselling Service	01992 788499
Jobcentre Plus (Loughton)	0345 604 3719
Loughton Information Centre	020 8502 0181
NSPCC Helpline (freephone)	0808 800 5000
RSPCA cruelty line	0300 1234 999
Samaritans	08457 909090
SSAFA (Loughton Epping & Harlow)	07867 386528
Trading Standards Essex CC (business)	0845 603 7626
Victim Support (Essex)	0845 456 5995

## HEALTH & HOSPITALS

ADAS (W Essex Alcohol & Drugs Service)	01279 641347
Alzheimer's Society (Epping Forest)	01279 427522
Breathe Easy Harlow & Epping Forest	01992 573387
British Red Cross	020 8508 2162

Forest Medical Centre	020 8535 6888
Holly House (Private)	020 8505 3311
King George	020 8983 8000
Loughton Health Centre	020 8502 5000
Loughton Stroke Club	020 8508 1100
NHS Direct	111
Princess Alexandra	01279 444455
Rectory Lane Health Centre	020 8272 4600
Spire Roding (Private)	020 8551 1100
St Margaret's	01279 444455
Silverthorn Centre, Chingford	020 8430 7210
Whipps Cross	020 8539 5522

## SPORT

Avenue Lawn Tennis Club	020 8505 4704
David Lloyd Chigwell	0845 129 6783
Debden Sports Club	020 8508 9392
Loughton Athletic Club	07958 903842
Loughton Bowling Club	020 8508 3546
Loughton Cricket Club	020 8502 2064
Loughton Football Club	020 8508 4757
Loughton Leisure Centre (& pool)	01992 564574
Loughton Rugby Football Club	07969 638349
Roding Valley Cricket Club	020 8506 1001
South Loughton Cricket Club	020 7813 6053

## TRAVEL & TOURISM

Arriva (traveline)	0871 200 2233
First Essex Customer Services	08456 020121
Gatwick Airport	0844 892 0322
Heathrow Airport	0844 335 1801
London Travel Information (TfL & LOROL)	0343 222 1234
Luton Airport	01582 405100
National Express	08717 818178
National Railways Enquiries	08457 484950

Stansted Airport	0844 335 1803
Tourist Info Centre (Waltham Abbey)	01992 660336
Traveline (public transport information)	0871 200 2233

## PUBLIC UTILITIES

EDF Energy Emergency Service	0845 6014516
National Gas Emergency Service	0800 111 999
Thames Water 24 hour leakline	0800 714 614

## COMMUNITY

Age UK Essex	01245 346106
Age UK Advice	0800 169 6565
Care & Repair Service	01992 564086
Churches Together in Loughton	www.loughtonchurches.org.uk
ignite (Youth Activities)	020 8508 3643
Loughton Arts Centre	07532 053194
Loughton Voluntary Care Assoc.	020 8508 6114
Loughton Youth Project	www.lypradio.com/
Restore Community Centre	020 8508 7247
Royal British Legion (Loughton Branch)	020 8508 5044
Voluntary Action Epping Forest	
General Enquiries	01992 564178
Volunteering Enquiries	01992 564256
Women's Royal Voluntary Service	0845 608 0122

## CINEMAS

Odeon (South Woodford)	0871 22 44 007
Odeon (Lee Valley)	0871 22 44 007
Cineworld (Harlow)	0871 200 2000

## LOCAL AMENITY REFUSE POINTS

Chigwell IG7 5AA	Luxborough Lane
Waltham Abbey EN9 1JU	Brooker Road
For enquiries and opening time details contact:	
Essex County Council	0845 603 7625
www.essex.gov.uk/recyclingcentres	

## The Oak-Tree Group of Schools



### Coopersale Hall School EPPING

Boys & Girls 2 1/2 - 11  
Flux's Lane, Epping,  
Essex CM16 7PE

Tel: 01992 577133  
www.coopersalehallschool.co.uk



### Normanhurst School NORTH CHINGFORD

Boys & Girls 2 1/2 - 16  
68-74 Station Road  
North Chingford, London E4 7BA

Tel: 020 8529 4307  
www.normanhurstschool.co.uk



### Oaklands School LOUGHTON

Boys & Girls 2 1/2 - 11  
8 Albion Hill  
Loughton, Essex IG10 4RA

Tel: 020 8508 3517  
www.oaklandsschool.co.uk

Three privately owned popular Independent Schools in the Epping Forest area, each with a strong emphasis on:

- Friendly, family atmospheres
- High academic standards
- Self-confidence and discipline
- Before and after-school care
- Small class sizes
- Excellent success rates at all levels
- Impressive Inspection Reports
- Excellent partnership with parents
- Many extra-curricular activities



Choose a better school for your child

For more information visit: [www.oaktreeschools.co.uk](http://www.oaktreeschools.co.uk)



## Loughton Hall

### Care Home

Providing quality care in;

- Non-planned emergency admission
- Dementia care • Residential care
- Day care • Respite Care

**020 8502 0772**

[www.loughtonhall.co.uk](http://www.loughtonhall.co.uk)

E-mail: [manager@loughtonhall.co.uk](mailto:manager@loughtonhall.co.uk)

**Rectory Lane, Loughton, Essex, IG10 3RU**



An independent practitioner offering comprehensive eye examinations and a wide range of lenses and frames for children and adults.

Monday-Friday 8.30am-5.30pm

Saturday 8.30am-4.30pm

Late night opening available by enquiry

24 Forest Road, Loughton, Essex IG10 1DX

020 8508 1325

E-mail: [aandjopticians@msn.com](mailto:aandjopticians@msn.com)

# Clerk's Remarks



**THIS YEAR** the town council has played a far more active part in arranging the Christmas lighting on The Broadway and the High Road. Previously we provided the grant funding whilst the town centre partnerships undertook the onerous task.

For 2014, the Christmas lights will have a new look. In

discussion with the town centre partnerships, it has been agreed to run a trial using 1 metre tall real Norway spruce trees, each decorated with 200 battery-operated LED bulbs in bright white, tied to the lamp columns. These will be in addition to the tree lights on Kings Green, outside St Mary's Church, and by the arcade in The Broadway. Christmas lighting, such as the displays in Oxford Street, can be very expensive so this was an affordable option totalling around £5,900. Do let us know what you think. Our contact details are on page 4.

We thank former councillor Lance Leonard and Luke Lowrie (representing the Broadway TCP) for their involvement in the planning. We would like to see more input from the businesses in this project to brighten the town in the dark winter days. I'm sure many business owners are not aware that the town

council receives absolutely no income from their business rates. These go to central government for redistribution to district and borough councils. It is local residents who have again funded the lights.

I am pleased to confirm that the town council has received a 'clear audit'. A copy of the accounting statements for 2013/14 may be viewed on the council's website or on request at the office.

The town clerk's duties are many and varied, but it was a new and challenging experience to deal with an unauthorised encampment of travellers on the Roding Valley Recreation Ground. I was very grateful for the help of Richard Gardiner, Environment & Neighbourhood Manager at Epping Forest District Council, who guided me through the start of the eviction process. It was a great relief when they left after only three

days leaving only a minimal amount of rubbish which was easily cleared away.

It's not too late to volunteer for our winter salt bag scheme. If you live in the hillier parts of Loughton and don't have a grit bin close by, please contact us as we can supply bags of salt and instructions to help you keep nearby roads and pavements safe in the event of heavy frost or snow.

Road safety – following the fatal accident in Oakwood Hill in October 2013, we are looking for volunteers to take part in a Community Speed Watch scheme. If you are interested in finding out more, please contact us.

Finally, on behalf of the councillors and staff, I wish you the compliments of the season.

*Enid K Walsh*  
Town Clerk

# Nominate a community hero

**DO YOU** know someone who has made an outstanding contribution to life in Loughton?

Loughton residents, employers, educational establishments, groups and societies are invited to submit a nomination to the town council for the prestigious Citizenship Award 2015. This annual award recognises the special achievements of people in the town, who have dedicated their time for the benefit of the local community.

Nominations can be in

recognition of long service or involvement with a voluntary organisation or local charity, good neighbourliness, organising a campaign to improve community facilities or cohesion, or for an act of bravery or courage. There are also separate awards for young people under 25 years. Please do not let the nominee know of your entry.

The closing date is 31 January 2015. Nomination forms are available from the council offices or can be downloaded from the website [www.loughton-tc.gov.uk/7locsaaw.pdf](http://www.loughton-tc.gov.uk/7locsaaw.pdf)

Winners will be presented with an illuminated scroll and a cheque for £250 made payable to their favourite local charity. The winner of the over 25 category will also be presented with the engraved silver jubilee rose bowl. Presentations normally take place during the Annual Civic Service.

Last year's winner was Janet McNeill who received the award for her dedication, inspiration and commitment as a Brownie Leader for almost 40 years.





## ROBINWILL

**CONSTRUCTION & HOME IMPROVEMENTS**  
*You Can't Beat Experience*  
**Experts In Home Maintenance**



**ROOFING DIVISION**

- ALL ROOFING & REPAIRS
- TILING & SLATING
- FLAT ROOFS
- VALLEYS
- CHIMNEY & STACKS



**UPVC CLADDING DIVISION**

- FASCIAS
- SOFFITS
- GUTTERS
- DOWNPIPES



**POLISHED PLASTER**

- POLISHED PLASTER IN ALL COLOURS & DESIGNS
- PLASTER SKIMMING
- SAND & CEMENT RENDERING
- DAMP PROOFING / TANKING
- PEBBLE DASHING



**DRIVEWAY & LANDSCAPE DIVISION**

- BLOCK PAVING
- POOL SURROUND
- NATURAL STONE
- PATIOS
- BRICKWORK
- DECKING
- FENCING



**JOINERY**

*Just ask, anything made for your individual needs*

- STAIRCASES
- KITCHENS
- BEDROOM FURNITURE
- BOX-SASH WINDOWS



**WINDOWS & DOORS DIVISION**



**CONSTRUCTION & CONVERSIONS**

- NEW BUILDS
- EXTENSIONS
- LOFT, GARAGE & BASEMENT CONVERSIONS

**EXTRA DISCOUNT FOR SENIOR CITIZENS ALSO INSURANCE AND GRANT WORK UNDERTAKEN**

**Call FREE 0800 783 3619**

• FREE ADVICE • FREE SURVEY • FREE QUOTE

Essex Office: 7 Forest Road, Loughton, Essex IG10 1DR

[www.robinwill.co.uk](http://www.robinwill.co.uk)

# Loughton Town Council

**Town Mayor:** Cllr Sharon Weston **Deputy Town Mayor:** Cllr Judy Jennings **Town Clerk:** Enid K Walsh

## Councillors

### ALDERTON WARD

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

**Cllr Ed Stacey** 020 8502 2926  
24 Russell Road  
Buckhurst Hill IG9 5QJ  
edward\_stacey@hotmail.com

**Cllr Tracey Thomas** 07930 418615  
110 Grosvenor Drive  
Loughton IG10 2LE  
traceythomas210@gmail.com

### BROADWAY WARD

**Cllr Leon Girling** 020 8418 0076  
95 Willingale Road  
Loughton IG10 2DD  
leongirling@gmail.com

**Cllr John Mahoney** 020 8502 3192  
149 Colebrook Lane  
Loughton IG10 2HP  
johnnymahoney@uwclub.net

**Cllr Margaret Owen** 020 8508 6916  
15 Lower Park Road  
Loughton IG10 4NB  
mo4labour@hotmail.co.uk

### FAIRMEAD WARD

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

**Cllr Carol Davies** 020 8508 4234  
13 Colebrook Gardens  
Loughton IG10 2HS  
carolchristmas@yahoo.com

**Cllr Judy Jennings** 020 8508 1861  
94 York Hill  
Loughton IG10 1JA  
clljennings@hotmail.co.uk

### FOREST WARD

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

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

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

### RODING WARD

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

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

**Cllr Stephen Murray** 020 8508 7548  
1 Avondale Court, Avondale Drive  
Loughton IG10 3BT  
stephen.w.murray@hotmail.com

**Cllr David Wixley** 020 8418 9284  
2 Copper Beech Court, Goldings Road  
Loughton IG10 2QH  
david.wixley198@btinternet.com

### ST JOHN'S WARD

**Cllr Stephen Pewsey** 020 8508 5582  
59 Wroths Path  
Loughton IG10 1SH  
stephen-pewsey@fsmail.net

**Cllr Caroline Pond** 020 8508 2361  
Forest Villa, 7 Staples Road  
Loughton IG10 1HP  
caroline\_pond@hotmail.com

**Cllr Chris Pond** 020 8508 2361  
Forest Villa, 7 Staples Road  
Loughton IG10 1HP  
loughton\_ponds@hotmail.com

### ST MARY'S WARD

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

**Cllr Imogen Lawrence** 020 8508 4200  
7 Roding Court, Lower Park Road,  
Loughton IG10 4NA  
imogenlawrence@btinternet.com

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

## Committee membership

**C** Chairman

**VC** Vice Chairman

### RESOURCES & GENERAL SERVICES

**C** S Pewsey  
**VC** I Lawrence  
J Angold-Stephens  
K Angold Stephens  
J Jennings  
J Mahoney  
H Mann  
S Murray  
E Stacey

### ENVIRONMENT & HERITAGE

**C** C C Pond  
**VC** C P Pond  
P Beales  
C Davies  
T Downing  
J Jennings  
I Lawrence  
M Owen  
S Pewsey

### PLANNING & LICENSING

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

### RECREATION

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

The views expressed in *Think Loughton* are not necessarily those of Loughton Town Council, and the inclusion of advertisements does not constitute an endorsement by the council of any products or services.

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

### Contacting us

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

### Deadline dates

**Edition** **Copy deadline**  
Spring 12 January 2015  
Summer 20 April 2015  
Next issue covers March to June 2015.

**We do not accept unattributed articles for publication.**

*Think Loughton* is published by **Loughton Town Council** 1 Buckingham Court, Rectory Lane, Loughton Essex IG10 2QZ  
**T** 020 8508 4200 **F** 020 8508 4400  
**E** contact@loughton-tc.gov.uk  
**W** www.loughton-tc.gov.uk

Design and layout by **Scott Dryden Graphic Design** 8 St Michaels Road, Chelmsford, Essex CM2 9PT  
**T** 01245 606042  
**E** mail@scottdryden.co.uk  
**W** www.scottdryden.co.uk

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

Advertising sales are managed by **Total Media**, Patsy's Cottage, Queen St, Sible Hedingham, Halstead, Essex CO9 3RH  
**T/F** 01787 461824  
**E** mail@totalmediamarketing.co.uk

## Town Council Meetings

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

2014	
<b>Nov</b>	19 Environment & Heritage
<b>Dec</b>	1 Planning & Licensing
	3 Resources & General Services
	15 Planning & Licensing
	17 Council
2015	
<b>Jan</b>	5 Planning & Licensing
	14 Resources & General Services (Budgets) (7pm), Recreation
	19 Planning & Licensing
	28 Council (7pm), Environment & Heritage
<b>Feb</b>	2 Planning & Licensing
	11 Resources & General Services
	16 Planning & Licensing
	25 Council

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

## News round-up

### COMMUNITY GRANTS:

Applications are invited from local charities, voluntary groups, clubs and organisations in Loughton for financial assistance from the town council for the year 2015/16. This year we have already helped 26 groups to improve or maintain their services to the community.

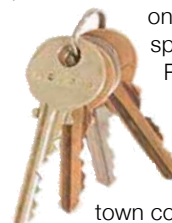


Information on this scheme and application forms can be downloaded from our website [www.loughton-tc.gov.uk/7fias.pdf](http://www.loughton-tc.gov.uk/7fias.pdf) or contact Shirley Haynes on 020 8508 4200.

The closing date is 31 December 2014.

### LOST YOUR KEYS OR GLASSES?

Mislaid belongings are often found by our park wardens on council land including on the play areas, the green spaces such as Hillyfields, the Roding Valley Recreation Ground and Willingale Road Playing Field. If you lose any possessions in these places, please contact the town council on 020 8508 4200.



**DOG MICROCHIPPING:** Our event in September attracted over 80 visitors and their dogs. In addition to the free microchipping, the Dogs Trust gave out 58 healthcare vouchers for flea control and worming and 38 vouchers for neutering.

As microchipping will become compulsory for all dog owners by April 2016, the Dogs Trust will be organising a second event in March 2015 on the Roding Valley Recreation Ground. Please register your interest with the town council on 020 8508 4200.



### RODING VALLEY ANGLING CLUB

seeks new enthusiasts. Why not try a new sport? The fishing season is open all year round. Membership costs £60 per year and allows you to day fish as many times as you like. Alternatively you can just turn up at the lake on the Roding Valley Recreation Ground as bailiffs visit and charge those fishing. Day tickets cost £5 per rod, (£2.50 u16s / concessions) and under 12s can fish for free (accompanied by an adult). For enquiries and to night fish, contact Darren on 07716 061273 or email [roding.valley.angling.club@gmail.com](mailto:roding.valley.angling.club@gmail.com)

### CHRISTMAS & NEW YEAR OPENING TIMES:

The town council offices will close at 12 noon on Wednesday 24 December, reopening as normal on Monday 29 December to Wednesday 31 December and then close for Thursday 1 January 2015. The offices reopen as normal from 9am on Friday 2 January 2015.

# Allotments award 2014

**CONGRATULATIONS** go to the winner of the Best Allotment in Loughton, Rosie Partridge from the Loughton Potato Ground. Rosie, a previous winner in 2009, received the large silver cup and a £25 gardening voucher at the award ceremony held in the meeting room at the Willingale Road allotments site.

This year's professional judge, Jeff Barber, from the National Allotment Society, commented that Rosie's plot met all the criteria and remarked on her attention to detail and obvious forward planning of cultivation to avoid bare soil. Jeff was also very impressed that all the shortlisted plots were weed free given the recent weather conditions. Whilst noting that fashions in allotment growing change over time, Jeff was surprised on the low popularity this year of asparagus, herbs and blueberries, and by the number of plot holders at the different sites growing purple climbing or French beans.

The Best Newcomer Award, for allotment tenants with less than two years' experience, went to Sebastian Perri from the Roding Road site. Sebastian, who had held his plot only since April, received the commemorative shield and a certificate. The judge's comment was 'A very promising start to achieve such a lot with the clearing and cultivation in such a short time'.

Deputy town mayor Judy Jennings who presented the awards congratulated all the allotment tenants on their hard work in tending their plots despite the changeable British



Winners Rosie Partridge and Sebastian Perri

weather. Cllr Jennings also presented certificates to all the highly commended and commended plot holders.

Following the recent dissolution of the Debden Horticultural and Allotments Society after 64 years, Cllr Jennings paid tribute to the work of all the former committee members of the Society

for their hard work and dedication in undertaking the managerial role at the Willingale Road site, a role which is unpaid and can be extremely challenging. This site is now directly managed by the town council so if you are interested in taking on a plot contact the council's allotment officer, Susan Latchford.

BOOK YOUR FREE CLASS TODAY!

monkeys music



Award winning music classes for babies & young children

SOUTH WOODFORD, LOUGHTON & BUCKHURST HILL

E: [southwoodford@monkeymusic.co.uk](mailto:southwoodford@monkeymusic.co.uk)

T: 020 8989 7017

Nurturing a lifetime of music  
[www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)



## Braeside School



Buckhurst Hill, Essex, IG9 5SD

[www.braesideschool.co.uk](http://www.braesideschool.co.uk)

A School Dedicated to the Education and Well-Being of Girls from the Age of 3 to 16

### GCSE Results 2014

88% of girls achieved 5 or more A\* to C grades including English and Mathematics with 31% of all grades awarded at A\* or A



11+ Entrance Examination for Entry in September 2015  
 Tuesday 13th January 2015

To enquire as to the availability of places, arrange a visit or discuss your individual requirements please call 020 8504 1133

# Loughton Neighbourhood Watch



by Sue Taylor,  
Deputy Chair, Epping Forest Neighbourhood Watch Committee

**WE ENCOURAGE** you to visit the Loughton NHW website at <http://loughtonnhw.vpweb.co.uk/>

Neighbourhood Watch in Epping Forest is active and growing, and anyone interested in setting up a Watch group in their own road or block of flats can find information on how to start up a group or view the latest weekly update by Essex Police on burglary hotspots at <http://eppingforestnhw.vpweb.co.uk/>



# Loughton Festival 2015

**PREPARATIONS** for the 2015 Festival are underway with an interesting programme of events scheduled for May. Confirmed items include another World War 1 Day School, led by David Stevenson, about the British Empire and Gallipoli, and talks about the history of Loughton and of the Debden estate.

The organisers are looking for sponsors to support the Loughton Festival; if you would like to help or can volunteer your time and expertise, please email [loughtonfestival@aol.com](mailto:loughtonfestival@aol.com)

The 2014 Festival raised just over £2500 for the Loughton Foodbank and we thank all those involved, the volunteers and everyone who supported the events.

# Love your library

**DID YOU** know that approximately 20,000 people visit an Essex Library and over 7,500 people visit Essex libraries online every day?

If you join your local library your library card brings a wide range of free services. As well as having access to thousands of books you can download e-books, connect to Wi-Fi, use a computer and pick up information. You can join a reading group or a beginner's computer course or share rhymes at baby and toddler sessions. You will have access to the online reference library, hundreds of online magazines and online courses and local history websites. You can take advantage of a friendly community space to meet friends, read or see an exhibition.

Debden library is just inside Epping Forest College, open Tuesdays and Thursdays 1-5pm, Fridays and Saturdays 9am-1pm.

Loughton library at Traps Hill is open Monday to Saturday 9am-5pm.

Use your library online 24/7 at [www.essex.gov.uk/libraries](http://www.essex.gov.uk/libraries)

Find us on [facebook.com/essexlibraries](https://www.facebook.com/essexlibraries)  
Follow us on [twitter.com/essexlibraries](https://twitter.com/essexlibraries)



Photo © Loughton Youth Project

**LOCAL CHARITY** Loughton Youth Project celebrated its 5th birthday in September as an open youth centre and officially launched its 24-hour online local community radio station.

Located in "The Space" next to Loughton Library in Traps Hill, LYP is for young people, aged 11 - 24. It also offers employability support to young adults as well as managing a digital radio platform with 23 different weekly shows.

Manager Nick Robinson says, "We are here to listen and we are here to help young people, both as individuals and collectively".

The Space is a free, drop-in centre for young

people, open after school five days a week. The centre is equipped with:

- ✓ a pool table
- ✓ xbox and PS3
- ✓ chill out zone
- ✓ laptops and Wi-Fi
- ✓ broadcasting studio

The facilities and activities are managed and supervised by friendly, trained staff and volunteers.

To tune in and listen to LYP radio visit

[www.lypradio.com](http://www.lypradio.com)

For more information please contact [nick@lypradio.com](mailto:nick@lypradio.com) / 07967 726851.

# Youth voice

by Imogen Padwick, Epping Forest Youth Councillor

**ELECTIONS** were held earlier this year for the next cohort of youth councillors for Epping Forest.

I was fortunate enough to be re-elected for my second term and I very much look forward to continuing to highlight the issues that are important to young people and making sure young voices are heard.

I believe the way in which the youth councillors (including me!) promoted the opportunities that being a youth councillor provide, and the positive and enthusiastic way in which we have represented our areas, is a credit to all of us.



**IN ORDER** to mark Local Democracy Week (13-19 October) a conference for young people aged 11-17 was organised by EFDC's Community Development team. Almost 90 young delegates from schools and colleges across the district joined EFYC members for workshops which covered the themes of bullying, stress, alcohol, volunteering, skills and jobs and drugs.

For more news on current youth council projects and to "get to know your local youth councillor" visit [www.eppingforestdc.gov.uk/index.php/your-council/youth-council](http://www.eppingforestdc.gov.uk/index.php/your-council/youth-council) or contact Diane Butler, EFDC Young Persons' Officer [efyc@eppingforestdc.gov.uk](mailto:efyc@eppingforestdc.gov.uk) / 01992 564 365

# Develop your workforce with Epping Forest College

by Jill Nathan, Business and Relationships Manager

**EPPING FOREST COLLEGE** is the local college for the Epping Forest area with a brand new state-of-the-art campus. We offer a wide range of courses from full to part time and apprenticeships.

We are looking to work with local employers to ensure the courses on offer meet the needs of the local area. We are already working with some, and are currently upgrading our construction area and have asked local construction companies what they want from us.

Future college plans include employer forums and business breakfasts. We are available to come out to speak to your organisation or you are welcome to visit the college and see our facilities.

Employing young people to grow a business brings many benefits, from a willing and flexible workforce, enhanced computer skills, to filling skills gaps and e-communication skills. Career-minded young people are increasingly choosing apprenticeships rather than university as the preferred route to gain qualifications and build their work experience. Currently, where

employers chose to take on an apprentice they could qualify for a government grant of £1,500 per apprentice up to a maximum of £15,000.

The college has a dedicated Workforce Development team who match and support employers and young people. For more information about training and apprenticeships, for existing or new young employees, phone the Development team on 020 8502 8733 or visit: [www.efc.ac.uk/courses/apprenticeships](http://www.efc.ac.uk/courses/apprenticeships)

The college also offers management and supervisory training, both certificated, such as CIPD and a range of short courses to fill skills gaps. We can also talk to you about bespoke courses, built around what your company needs.

We are situated right by the M11, with excellent links into London with the Central Line. We have over 2300 full time students, 1200 part time and 250 apprentices. For more information contact Jill Nathan, Business and Relationships Manager on 07534 220274 or email [nathanj@efc.ac.uk](mailto:nathanj@efc.ac.uk) We look forward to hearing from you.

## Community tree strategy



**AS PART** of our ongoing work to celebrate the wonderful treescape across the town, a new tree trail for Loughton Cemetery has been created by Tricia Moxey, local naturalist.

Visit the cemetery at any time of the year to appreciate the peaceful atmosphere. In winter, the conifers and evergreens with their colourful berries provide interest and soon, the pretty flowers of cherries and wild plums herald the arrival of spring. The green canopy of summer offers welcome shade on a hot day and the changing colours of the leaves provide interest in the gloomy days of autumn.

Since the cemetery opened in the 1880s, new tree planting has been added to the existing specimens. The established trees include a large pollarded oak, thought to be some 300 years old and part of an original field hedge, and the four striking blue cedars pictured above.

The trail lists 31 different species with their locations marked on the map.

Paper copies of the trail are available in the cemetery or can be downloaded from [www.loughton-tc.gov.uk/7lcmmt.pdf](http://www.loughton-tc.gov.uk/7lcmmt.pdf)

**OPEN  
EVENT  
AT  
EPPING  
FOREST  
COLLEGE**



**Monday 19<sup>th</sup>  
January 2015**

**6.00pm—8.00pm**

No appointment necessary  
—just turn up & say **hello**.

**New part-time courses  
starting in January 2015**  
Check website for details.



**(020) 8508 8311**

**www.efc.ac.uk**



ACE Security and Electrical Ltd

- INTRUDER ALARMS
- CCTV
- FIRE ALARMS
- ACCESS CONTROL

**A LOCAL BUSINESS BUILT ON RECOMMENDATION**  
 Protecting Local People  
 And Property Since 1981  
**TRUSTED AND RECOMMENDED**



CALL US TODAY FOR A FREE SURVEY AND QUOTE

## 020 8532 5230

[www.acesec.co.uk](http://www.acesec.co.uk)

32-33 Oakwood Hill Industrial Estate  
 Oakwood Hill, Loughton  
 Essex IG10 3TZ



■ **18 Nov, 1.45–4pm Wartime Memories** Uta Mahmood New Vistas, Loughton Club, 8 Station Road 01992 574552

■ **19 Nov, 2.30pm National Trust at Dunwich** Alex Bass All Saints Church Hall, Inman's Row, Woodford Green £3 non-members NT Woodford & District Centre 020 8508 9541

■ **21 Nov, 8pm Medieval London Houses** John Scofield Herts & Essex Architectural Society (HEARS), St Michael's Church, Roding Road. £2.50 non-members 020 8508 2512

■ **22 Nov, 12-3pm Christmas fayre** Murray Hall, 106 Borders Lane 020 8508 4200 (see p1)

■ **23 Nov, 10.45am Messy Church** St Michael & All Angels Church, Roding Road. Experience a totally different church with craft activities/songs (all ages) 020 8418 7944

■ **23 Nov, 3.30pm Choral service** to celebrate Christ the King. William Byrd's Mass For Four Voices (in Latin) Holy Innocents Church, High Beach 01992 760492 / gill\_hopkins@yahoo.co.uk

■ **27 Nov Loughton High Road Christmas lights switch-on.** Loughton High Road TCP (see p1)

■ **27 Nov, 7.45pm Christmas decoration** Essex Handicrafts Association Woodlands Branch 020 8508 7657

■ **28 Nov Broadway Christmas lights switch-on & Santa parade** Broadway TCP (see p1)

■ **29 Nov, 11.30am–3pm Children's Advent Craft Activity Day** Buffet meal, desserts & pancakes Holy Innocents Church, High Beach 01992 760492 / gill\_hopkins@yahoo.co.uk

■ **29 Nov, 12-5pm Debden Christmas Festival** Broadway TCP (see p1)

■ **29 Nov, 4.30pm Light up a Life** Candlelit procession from Loughton Methodist Church, 260 High Road to Kings Green & short ceremony St Clare Hospice

■ **30 Nov, 10.30am (11am start) St Clare Hospice 3-mile Loughton Santa fun run** from Geraldine Wilson Hair Fashions, The Broadway. (see p1)

■ **30 Nov, 2pm The Woodford Singers** Free Advent & Christmas concert on St Andrew's Day, light refreshments (retiring collection)

■ **2 Dec, 1.45–4pm Cooking:** Roman-style Chris Lydamore New Vistas Club, Loughton Club, 8 Station Road 01992 574552

■ **4 Dec, 10.15am War Memorial Trust:** their work inc protection & conservation £4 incl tea/coffee English-Speaking Union, Murray Hall, 106 Borders Lane 020 8505 9001 / 01992 812454

■ **4 Dec, 8pm World War 1 & Magna Carter** Frank Baldwin Baptist Church, 92 High Road £3 (non-members) NT Woodford & District Centre 020 8508 9541

■ **8–23 Dec, 10am–4pm Christmas Fair:** handmade craft & artisan collection - ideal as gifts. Loughton Arts Centre, 187B High Road [www.loughtonartscentre.org.uk](http://www.loughtonartscentre.org.uk)



■ **11 Dec, 7.30pm Carol singing:** Plough PH Holy Innocents Church, High Beach 01992 760492 / gill\_hopkins@yahoo.co.uk

■ **11 Dec, 8.30pm Carol singing:** Volunteer PH (as above)

■ **12 Dec, 8pm Carol singing:** Kings Oak PH (as above)

■ **13 Dec, 7.30pm Christmas Concert** The Roding Players Orchestra, St Mary's Church, 201 High Road (tickets on the door)

■ **17 Dec, 7pm Informal carol service:** theme of bells. Seasonal refreshments, Christmas cake & yule log Holy Innocents Church, High Beach 01992 760492 / gill\_hopkins@yahoo.co.uk

■ **17 Dec, 8pm A Babe Is Born** Family Christmas concert St Mary's Church, High Road, Chigwell, IG7 6QQ £8 (u16s free) inc mulled wine & mince pies (in advance/on the door) 07958 763213 (retiring collection for Vitalise) [www.chigwellchoir.org](http://www.chigwellchoir.org)

## Debden Park High School

A Specialist School in the Performing Arts

Record exam results yet again!

### 75% 5 A\* - C Including English and Maths

We would like to congratulate all of our outstanding Year 11 students achieving record breaking GCSE exam results this year!

In September 2015 we will open our sixth form, as part of Epping Forest District Sixth Form Consortium. At Key Stage 5, our sixth form offers a wide range of A-level courses including Maths, English and the Sciences. Together with the pastoral support and career guidance we offer to all of our students, these courses allow our students to build directly on the knowledge and skills developed with us at Key Stage 4 while preparing them for a future at University and beyond.

**Light up a life**  
 Remember a loved one,  
 support a hospice

## Chigwell Victory Hall

Function hall for hire  
 in Chigwell,  
 up to 120  
 people



Haimault Road, Chigwell, Essex IG7 6QX  
 Bookings: 020 8508 0313



INVESTORS IN PEOPLE arts colleges

- **18 Dec, 7pm** Carol singing: Gilwell estate (as above)
- **18 Dec, 8.30pm** Carol singing: The Owl (as above)
- **5 Jan, 1.30-3.30pm** History of Art: 1600 to present day John Parker WEA 10-week course £70 Loughton Bowls Club, Eleven Acre Rise 020 8281 1536 / mrspdale@googlemail.com
- **6 Jan, 10am-12pm** London & the Slave Trade Heather Pascall WEA 10-week course £70 Loughton Bowls Club (as above)
- **6 Jan, 12pm** New Year's lunch Bald Faced Stag, Buckhurst Hill New Vistas, Loughton Club, 8 Station Road 01992 574552
- **7 Jan, 12pm-12pm** Decoding Stonehenge Lionel Sims WEA 10-week course £70 Lopping Hall, 189 High Road



- **7 Jan, 10am-12pm** Natural History of a Changing World Tricia Moxey WEA 10-week course £70 Jack Silley Pavilion, Tidy's Lane, Epping
- **8-10 Jan, 8pm** Up Pompeii comedy by Miles Tredinnick Theydon Bois Drama Society, Village Hall, Coppice Row £8 01992 812250 http://theydondrama.org
- **15-17 Jan, 8pm** The Curious Savage by John Patrick, directed by Jean Cooper Loughton Amateur Dramatic Society, Lopping Hall, 189 High Road £10 07552 736110 www.lads.org.uk
- **20 Jan, 1.45-4pm** In Bedroom Slippers Across Siberia Kate Poole New Vistas, Loughton Club, 8 Station Road 01992 574552
- **22 Jan, 7.45pm** Applique Essex Handicrafts Association Woodlands Branch 020 8508 7657
- **23 Jan, 8pm** From Old Town to New Town: Vernacular & Classical in Edinburgh David Stevenson HEARS, St Michael's Church, Roding Road. £2.50 (non-members) 020 8508 2512

- **3 Feb, 1.45-4pm** Epping Forest District Museum Tony O'Connor New Vistas, Loughton Club, 8 Station Road 01992 574552
- **5 Feb, 10.15am** In Kosovo with Edith Durham Elizabeth Gowling £4 incl tea/coffee English-Speaking Union, Murray Hall, 106 Borders Lane 020 8505 9001 / 01992 812454
- **7 Feb** Sing Day: Vivaldi's Gloria www.chigwellchoir.org
- **17 Feb, 1.45-4pm** Views of Loughton Chris Pond New Vistas, Loughton Club, 8 Station Road 01992 574552
- **18 Feb, 11.30am & 2.30pm** Blunderbus Theatre Co presents Hugless Douglas Epping Hall, St John's Road, Epping CM16 5JU. £5 (children aged 3-7 & must be accompanied by an adult). EFDC 01992 564226 (book from 12/01/15 Mon-Fri 10am-4pm) www.eppingforestdc.gov.uk



- **20 Feb, 8pm** Some Traditional Buildings of Gloucestershire Elphin & Brenda Watkin HEARS, St Michael's Church, Roding Road. £2.50 (non-members) 020 8508 2512
- **26 Feb, 7.45pm** Bookmarks - Pattern Darning Essex Handicrafts Association Woodlands Branch 020 8508 7657
- **14 Feb, 11.30am-3pm** Children's Lent Craft Activity Day Buffet meal & pancakes Holy Innocents Church, High Beach 01992 760492 / gill\_hopkins@yahoo.co.uk

**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**

# ASSOCIATED GLASS

**Your Home is Personal**

At Associated Glass our aim is to provide the very best in windows, doors and conservatories so that you can make your dream home a reality. A family business we hold customer service and product quality high, that is why you see us as "local providers choice" from satisfied customers.

**All installations come with our 10 year backed guarantee**



Call for a free quote: **020 8508 3821**  
or email: **info@associatedglass.co.uk**  
11 Forest Road, Loughton, Essex IG10 1EB

**www.associatedglass.co.uk**

# FREE EYE TEST

Valid for one test booked on or before 28 March 2015. Present voucher at time of test. Cannot be exchanged for cash, used with other vouchers or redeemed by customers already entitled to a free NHS eye test. One per person, at named Specsavers stores only.



**Loughton** 231 High Road. Tel 020 8498 6740  
**Epping** 162-164 High Street. Tel 01992 563 330

specsavers.co.uk



**COLOURBOX  
MONTESSORI  
NURSERY**

**Church Lane, Loughton  
(in main church hall)**

**Sound Montessori  
Principles & Traditional  
Values**

**Free Entitlement Sessions  
for Children 2-4 years**

**Qualified & Experienced  
Staff**

**07963 569563**

**www.montessorigroup.co.uk**



# Loughton remembers 1914-18



LED BY IWM

*They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them.*

**AS PART** of the four year commemorations of the First World War, the town council held a special service in Loughton Cemetery on 23 August 2014 to mark the centenary of the award of the Victoria Cross to Private Sidney Godley.

This moving event was attended by councillors, residents and representatives from the Royal British Legion, the Royal Fusiliers Association and the Royal Society of St George.

The service was led by Revd Geoffrey Smith from St John's Church and a bugler from the Royal Fusiliers played the Last Post and Reveille. Epping Forest youth councillors, Evangeline Foster and Matthew Tinker called out the names of the WWI fallen who are buried in Commonwealth War Graves in the cemetery.

Ed Pond, son of councillors Caroline and Chris Pond, read his moving poem, *The Line Was Sidney*, specially written to mark the centenary.

## The Line Was Sidney

They came on strong  
They came for us  
They came for me, I willed them not to pass  
They became nothing as they entered my sights  
Killer ants at the end of the Vickers  
A field grey trigger in my mind  
Them or me  
I was the line  
For vital minutes, the only man

They came on strong  
They came for us  
I took it on, I would never have passed

This was where I was in a full moon world  
A violent player on a tragic stage  
They'd handed me this fire to wield  
To burn or be burned  
I was the heel  
Of War's boot, stuck right in

They came on strong  
They came for us  
They came for me, they had to pass

A Jerry medic found me, my enemy now  
A kindly face with a concerned brow  
He held my skull and called me brave  
Brave or not  
I'd done my bit  
Denying ground, our duty's name

I'd done my bit  
Nearly did for me  
After Armistice, came a VC  
They came on strong  
They came for us  
They came for you, they did not pass

**Ed Pond**



## Sidney's story



**PRIVATE SIDNEY GODLEY** was born in 1889 in East Grinstead but spent most of his childhood in Bexley. At the age of 14 he left school to start work as a plumber before joining the Royal Fusiliers in 1909 aged 20.

After war was declared on 4

August 1914, the Fusiliers were amongst the first regiments to embark for France, travelling straight to the Front in Belgium. Sidney, along with the rest of the 4th Battalion, arrived at Mons on 22 August.

The job of the British Expeditionary Force was to prevent the German Army from crossing the Mons-Condé Canal and entering France. Sidney's company was positioned to defend the most dangerous points in the whole line, the Nimy and Ghlin bridges on an exposed area along the canal. The Germans attacked on 23 August, and so began the Battle of Mons.

Outflanked by overwhelming force, the main British Expeditionary Force had to retire, but the Fusiliers guarded the vital bridges steadfastly with machine guns. Despite terrible losses they prevented the Germans from crossing the canal.

**The defence of Nimy Bridge by David Rowlands**

Sidney's duty was supplying ammunition for the machine guns, but when all his comrades perished he continued to hold the bridge single-handedly under very heavy fire. Despite being badly wounded, he took charge of the gun.

When the order came to withdraw back to the Marne river, Godley remained to cover the retreat and continued firing until he ran out of ammunition. He then smashed the machine gun and threw the pieces in the canal before being captured by the Germans. His wounds were treated, and he was imprisoned in a camp at Döberitz.

He was immediately recommended for the Victoria Cross, one of the first of the 1914-18 war and the first private to receive this award; his citation read, "This afternoon Private Godley showed particular heroism in his management of the machine guns, Lieutenant Dease having been severely wounded, and each machine gunner in turn shot. Under extremely heavy fire he had to remove three dead bodies to get to the gun." He learnt in prison that he had received the award, and as a result was allowed to dine with the German officers at Christmas!

Sidney received his Victoria Cross from King George V at Buckingham Palace in 1919.

After the war he married Ellen Norman and worked as a school caretaker and also for several military charities. After retiring, he and Ellen lived at 164 Torrington Drive until his death on 29 June 1957. He was buried with full military honours here in Loughton Cemetery.



# Colin's snippets



by Colin Freeman Essex Police Essex Watch Liaison Officer

**WELCOME** to another edition of Colin's Snippets. I'm not going to get involved with the issues around street lighting, but, as the nights are drawing in, I thought that I would write a few thoughts and suggestions relating to personal safety and security.

On the run up to Christmas with many shops opening late in the dark evenings and with the primeval instinct to hunt out the best bargains, we can often forget how vulnerable we are in these situations. Particularly women who are shopping alone and returning to their cars laden with items the opportunist thief would love to get his hands on.

- Carry your travel card, keys, a phone card or mobile phone, in your pocket. If your handbag is snatched, you can still get home. You can also telephone to tell someone what has happened.
- Know the train and bus times. Plan your route. Don't be caught out standing at bus stops or on railway stations for any longer than you have to.
- Always carry a personal attack alarm and be ready to use it.
- Don't meet aggression with aggression unless as a last resort. Your voice is your best weapon. Yell or scream until someone takes notice.
- Avoid danger spots. Walk in the centre of the pavement away from the shadows where an attacker can lay in wait.
- Don't walk alone wearing headphones. You won't hear trouble approaching until it is too late.

■ I often see people walking along holding a mobile phone to their ear, totally oblivious to what is going on around them. Nothing is that important to talk about if it puts your safety and well-being at risk at the same time!

■ Finally, avoid cars that are parked with the driver in them and the engine running and walk facing the oncoming traffic to avoid kerb crawlers.

It only takes a little thought and common sense to dramatically decrease your chances of becoming a crime victim.

Colin Freeman can be contacted via colin.freeman@essex.pnn.police.uk

## The Local Plan

**WORK IS** underway by Epping Forest District Council on the preparation of a new Local Plan that will guide development in the district up to 2033. New policies will be used to deal with planning applications and to provide land allocations.

The public consultation period on the draft plan is now scheduled for May – July 2015 but look out for further updates. We encourage all residents to play their part in this important process affecting our town. To find out more visit

[www.eppingforestdc.gov.uk/index.php/contact-us/consultation/planning-our-future](http://www.eppingforestdc.gov.uk/index.php/contact-us/consultation/planning-our-future)

## Planning applications

**A REMINDER** that if you or one of your neighbours has submitted a planning application to Epping Forest District Council, and you wish to ask the town council to support or object to the proposals, you must contact us without delay. As a consultee in the planning process, we have to meet the same government set response deadline as any member of the public. You are welcome to appear in person at a town council meeting to make the case for or against a particular application. However, anyone wishing to speak must have pre-registered by contacting the council no later than 3pm on the day of the meeting. Speakers have a maximum of 3 minutes in which to address the committee. Under the council's rules only those pre-registered may speak during the meeting. More information may be found at [www.loughton-tc.gov.uk/3agmin.htm](http://www.loughton-tc.gov.uk/3agmin.htm)

## Police update



from Sergeant Simon Dear, Neighbourhood Policing Team

**COME** and talk to your local police officers. To find out more about what's going on in the local area, Essex Police are holding Local Community Meetings approximately every eight weeks within Loughton, Buckhurst Hill and Chigwell. These meetings will be advertised on the Essex Police website for the neighbourhood at [www.essex.police.uk/my\\_neighbourhood/epping\\_forest\\_district.aspx](http://www.essex.police.uk/my_neighbourhood/epping_forest_district.aspx)

## Great opportunity for Epping Forest College art student



**RENEE MURRAY** from Loughton was given the opportunity of designing a book cover for a poetry book. The book written by Julie Vanner has been published and is available in America and on Amazon. She is now working with Julie to illustrate a children's book.

Renee joined Epping Forest College two years ago on the Btec Extended Diploma in Art and Design. She achieved Distinction Distinction Merit and is now at UEL studying her second passion photography.

I asked Renee what she has

gained from the course. 'Mainly confidence in my abilities and the chance to learn so many new skills. The teachers are lovely and I miss them so much. I know that I have made friends for life and I would recommend anyone to go to the College for a really good experience'.

Renee hopes to have enough skills and abilities to be able to set up her own business as an artist and photographer. She is already well on her way!



## T. Cribb & Sons

Family owned Funeral Directors & Carriage Masters



**Independent family owned and run**  
Serving the families of East London for over 130 years



- Private Chapels of Rest
- Memorials
- Repatriation
- Rolls Royce & latest Jaguar XJ Fleet
- Golden Charter Pre-Paid Funeral Plans

**73 THE BROADWAY, DEBDEN IG10 3SP**  
**TEL: 020 8508 7127**

**262 HIGH ROAD, LOUGHTON IG10 1RB**  
**TEL: 020 8502 1883**

**24 Hours Emergency Service 0800 917 4729**  
**[www.tcribb.co.uk](http://www.tcribb.co.uk)**





## COULD YOU BE THERE WHEN I CALL?

A lot of people need us. That's why our volunteers are always around to give anyone who is struggling to cope the space and time to talk.

Find out about joining us  
[www.samaritans.org/volunteer](http://www.samaritans.org/volunteer)  
[Redbridge@samaritans.org](mailto:Redbridge@samaritans.org)

Redbridge Samaritans is grateful for the financial support of 

**SAMARITANS**  
REDBRIDGE

Samaritans is a registered charity. To protect people's privacy, the photo has been posed by a model.

## Distributors Wanted

Run your own business without the usual risks... and help people save money!

- choose your own hours
- full training and support
- up-front bonuses
- earn a second income
- on-going commission
- no stock to carry

**Find out more!**  
 TOTAL MEDIA MARKETING.  
 0800 074 2856  
[totalmedia@uwclub.net](mailto:totalmedia@uwclub.net)  
[www.yourtimebank.biz](http://www.yourtimebank.biz)

**Earn a second income in your spare time**

## German Car Specialists

# PMW

★BMW ★Mercedes ★Audi ★Volkswagen

### We service & maintain all cars

- ★ Competitive prices
- ★ Tyres ★ Mot's
- ★ Air con service
- ★ Factory trained technicians
- ★ Courtesy cars available
- ★ Free local collection & delivery



For a competitive quote or to book an appointment call

Epping branch **01992 572242**  
 Loughton branch **020 8508 0947**

[www.pmwgermancarspecialists.co.uk](http://www.pmwgermancarspecialists.co.uk)

## Looking for a venue?

### The Murray Hall

Borders Lane, Loughton

 **020 8508 4200**




- community events
- clubs and societies
- conferences
- dances
- concerts
- performances
- private parties



"Hall was immaculate" "Will use again and recommend" "Helpful staff"

# Abbeyfield

Abbeyfield Loughton Society Limited  
 Rider House,  
 121 High Road, Loughton



**We have vacancies at Rider House.**  
 The home is for persons aged fifty-five and over seeking care with independence.  
 Nursing care is not provided but can be arranged with outside agencies.

For more details please contact our chairman on 020 8500 3045, or visit our website:  
[www.abbeyfieldloughton.org](http://www.abbeyfieldloughton.org)

# Regular activities

Amendments to: [vivienne.messenger@loughton-tc.gov.uk](mailto:vivienne.messenger@loughton-tc.gov.uk)

## ALLOTMENTS

**Loughton Potato Ground**, Baldwins Hill. [www.loughtonpotatoground.wordpress.com/](http://www.loughtonpotatoground.wordpress.com/)  
**Roding Road Allotment & Leisure Gardens Association**, Roding Road. [www.rodinroadallotments.co.uk/](http://www.rodinroadallotments.co.uk/)  
**Willingale Road Allotments**, Loughton Town Council 020 8508 4200

## ANIMAL TRAINING

**Epping Green Agility Club** (for dogs), Sunnyside Stables, Epping Green. Mondays & Wednesdays, 7.30-9pm (indoors). Mrs Widlake 020 8508 5254  
**Forest Dog Training School Club**, Debden Park Community Centre. Tuesdays, 6.30-7.30pm. 020 8508 3468 / [fdts1@aol.com](mailto:fdts1@aol.com)

## ARTS & CRAFTS

**Creative Art Classes** LifeWorks Centre, Loughton Methodist Church, 260 High Road. £10. Tuesdays & Thursdays. 07944 589998 [www.ruthdronsfield.co.uk](http://www.ruthdronsfield.co.uk)  
**Created Crafts**, Trinity Church, Mannock Drive. 2nd Thursdays, 7.45pm Pam 020 8508 7657  
**Essex Handicrafts Association**, Woodlands Branch, Trinity Church, Mannock Drive. 4th Thursdays, 7.45pm. Pam 020 8508 7657  
**Loughton Arts Centre**, 187B High Road (by Lopping Hall). Monday-Saturday 10am-4pm. Local artists & photographers work. 07532 053194 [www.loughtonartscentre.org.uk](http://www.loughtonartscentre.org.uk)  
**Shoobox crafters** Thursdays 1-3pm & alternate Thurs 6-8pm. Loughton Methodist Church, 260 High Road. 020 8508 9983  
**The Arts Bar**, Lopping Hall. 2nd Fridays from 7pm. For creative people to meet, view the latest exhibition at Loughton Arts Centre & meet the artist. [www.loughtonartscentre.org.uk](http://www.loughtonartscentre.org.uk)  
**Woodford & District Floral Arrangement Group**, Churchill Room, Wanstead Library, Spratt Hall Road, E11. 3rd Mondays, 6.45pm for 7.30pm. Visitors £4 [www.nafas.org.uk/flower\\_clubs.html](http://www.nafas.org.uk/flower_clubs.html)

## COUNSELLING

**Family Care Counselling Service**, Epping Forest Branch, 5A Greenyard, Waltham Abbey EN9 1RD. 01992 788499 / [familycarelou@aol.com](mailto:familycarelou@aol.com)  
**Loughton Bereavement Service**. Free counselling service. John 020 8508 6333  
**Samaritans**. Free, confidential emotional support for the distressed & despairing available 24/7. 020 8553 9900 / 08457 909090 / [jo@samaritans.org](mailto:jo@samaritans.org) / [txt 07725909090](tel:07725909090)

## EDUCATION

**Music Lessons**, Loughton Music Academy, High Road. 020 8502 2992 [www.loughtonmusicacademy.co.uk](http://www.loughtonmusicacademy.co.uk)  
**WEA (Workers' Educational Association)** Loughton & Epping Branch. Mrs Pat Dale 020 8281 1536 / [mrspdale@googlemail.com](mailto:mrspdale@googlemail.com) [www.wea-essex.org.uk](http://www.wea-essex.org.uk)

## FAITH

**Kingsley Spiritualist Church**, Kingsley Hall, Kingsley Road. 1st & 3rd Fridays, 7.30pm  
**St Michael's Church**, Roding Road. Causeway Prospects Service for adults with learning difficulties & their families/friends/carers. 1st Sundays, 3.30pm. 020 8418 7944  
**Toddler Church**, Loughton Methodist Church, 260 High Road. (0-5 yrs old plus fellowship). Tuesdays (term time), 10am. 020 8508 1834

## FOOD

**Farmers Market**, Centric Parade, High Road. 1st Sundays, 9am-2pm. David Linnell 020 8508 2932

**Loughton Foodbank** Wednesdays, 10.45-11.45am St Mary's Church, 201 High Road & Saturdays, 2-4pm Restore Centre, 68 The Broadway. 07402 032313 [www.loughton.foodbank.org.uk](http://www.loughton.foodbank.org.uk)

## GENERAL INTEREST

**Bell ringing**, St John the Baptist Church, Church Lane. Tuesdays, 8-9pm (in tower). No experience necessary. David Southgate 020 8508 7530 / [davidsouthgate@talktalk.net](mailto:davidsouthgate@talktalk.net)  
**Belly dancing**, Loughton Club, 8 Station Road. Wednesdays 7-9.30pm. Sonya Collins 07759 076443 / [soniyabellydancer@btinternet.com](mailto:soniyabellydancer@btinternet.com)  
**Epping Forest Conservation Volunteers**, The Warren, Epping New Road. 1st, 3rd & 4th Sundays. Kevin Mason 8529 9273 / [efcv2@yahoo.co.uk](mailto:efcv2@yahoo.co.uk) [www.efcv.co.uk](http://www.efcv.co.uk)  
**Epping Forest Countrycare**, EFDC's Countryside team. Volunteering projects in district's nature reserves. Thursdays 10am-4pm. 01992 788203 [www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare](http://www.eppingforestdc.gov.uk/index.php/out-and-about/countrycare)  
**Epping Forest & District Stamp Club**, Roding Valley High School, Alderton Hill. 2nd Tuesdays, 7.30pm. 020 8505 5620  
**Essex Wildlife Trust Work Parties**, Roding Valley Nature Reserve. Wednesdays, 10am-4pm. Warden Patrick Bailey 020 8508 1593  
**Film Loughton**. Film screenings locally. [www.filmiloughton.btck.co.uk](http://www.filmiloughton.btck.co.uk)  
**Forest Musical Theatre Company** St Michael's Church, Roding Road. Tuesdays & Wednesdays (rehearsals). [sally@forestmusical.co.uk](mailto:sally@forestmusical.co.uk)  
**Forest Creative Writers**, Jazz Archive Library, Loughton Library, Traps Hill. Thursdays (term time) 12.45-2.45pm. Peter Relph 020 8508 6313  
**Friends of Light & Healing**, Kingsley Hall, Kingsley Road. An evening of clairvoyance. Alternate Thursdays, 7.30 for 8pm. 020 8508 3266  
**HEARS - Herts & Essex Architectural Research Society**, St Michael's Church, Roding Road. £2.50 non-members. 4th Fridays, 8pm. David Stevenson 020 8508 2512 [www.hears.vpweb.co.uk](http://www.hears.vpweb.co.uk) See Dates for the diary.

**Hornby Railway Collectors Association**, St John's Church Scout Hall, Church Lane. Alternate 1st Thursdays 5-10pm. £2. David Southgate 020 8508 7530 / [davidsouthgate@talktalk.net](mailto:davidsouthgate@talktalk.net)  
**Loughton Amateur Dramatic Society**, Lopping Hall, High Road. Martin Howarth 020 8508 8644 [www.lads.org.uk](http://www.lads.org.uk) See Dates for the diary.  
**Loughton Astronomical Society**, Scout Hall, Theydon Bois. LAS Astrokyds (6-14 yrs). Thursdays 8-10pm. Brian Morton 01992 815804 [www.las-astro.org.uk](http://www.las-astro.org.uk)  
**Loughton Bowling Club Bridge Section**, Eleven Acre Rise. Thursday afternoons. 020 8502 0237  
**Loughton Bridge Club**, Oak View School, Whitehills Road. Mondays & Wednesdays 7.20pm (term time). [keiththompson3@btinternet.com](mailto:keiththompson3@btinternet.com) [www.bridgewebs.com/loughton/](http://www.bridgewebs.com/loughton/)  
**Loughton Calligraphy Club**, Wesley Hall, Loughton Methodist Church, 260 High Road. Saturdays, 10am-12 noon. Val Pearce 020 8508 1494  
**Loughton Camera Club**, Lopping Hall, High Road. Wednesdays, 8-10pm. 01992 575505 [www.loughtoncameraclub.org.uk/](http://www.loughtoncameraclub.org.uk/) [Loughton\\_Camera\\_Club/Welcome.html](http://Loughton_Camera_Club/Welcome.html)  
**Loughton & District Historical Society**, Loughton Methodist Church, 260 High Road. Guests: £1.50. 2nd Thursdays, 8pm [www.loughtonhistoricalsociety.org](http://www.loughtonhistoricalsociety.org)  
**Loughton & Epping Forest Amateur Radio Society**, All Saints House, Romford Road, Chigwell Row, IG7 4QD. Alternate Fridays, 7.45pm. 020 8502 1645 [www.lefars.org.uk](http://www.lefars.org.uk)

**Loughton & Roding Chess Club**, Loughton Bowling Club, Eleven Acre Rise. Tuesdays, 7.30pm. 020 8508 3546

## HEALTH

**ADAS (W Essex Alcohol & Drugs Service - by appt)** Rectory Lane Health Centre 01279 641347 / [admin@adasuk.org.uk](mailto:admin@adasuk.org.uk) [www.adasuk.org](http://www.adasuk.org)  
**Breathe Easy (British Lung Foundation)**, Tony Carr 01992 573387  
**Loughton Memory Café (Alzheimer's Society)**, Church Hall, Loughton Methodist Church, 260 High Road. 1st & 3rd Mondays, 10am-12pm 01279 427522 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)  
**Loughton Stroke Club**, Loughton Baptist Church, 90 High Road. 2nd & 4th Tuesdays, 2pm. 020 8508 1100  
**ProActive (W Essex Prostate Cancer men's self-help group)** St Margaret's Hospital, The Plain Epping CM16 6TN. Friday monthly 1-3pm. John Woods 07747 374692 [www.proactive.me.uk](http://www.proactive.me.uk)  
**Walks - Life Walks**. EFDC health scheme. Karen Williams 01992 564222 / [kwilliams@eppingforestdc.gov.uk](mailto:kwilliams@eppingforestdc.gov.uk)

## LEISURE ACTIVITIES FOR CHILDREN / YOUNG PEOPLE

**2324 (Chigwell) Squadron, Air Training Corps**, Buckhurst Hill. Mondays & Thursdays evenings (13-17 yrs). 020 8505 3353 [www.2324squadron.org.uk](http://www.2324squadron.org.uk)  
**7th Epping Forest Scout Group**, St Edmund's Church, Traps Hill. Tuesdays: Scouts boys/girls (10½-14½ yrs) 7.30-9pm. Thursdays: Beavers boys/girls (6-8 yrs) 5-6pm & Cubs boys/girls (8-10½) 6.30-7.30pm. Keith Davis 07553 376181  
**16th Epping Forest Beavers** Trinity Church Hall, Mannock Drive. Mondays: Beavers (6-8 yrs) 5.45-7pm. Fridays: Cubs (8-10 yrs) 6.30-8pm Linda Brede 020 8508 4867 / [lulu.brede@ntlworld.com](mailto:lulu.brede@ntlworld.com)  
**30th Loughton Scout Group**, St John's Church, Church Lane. Beavers (6-8 yrs), Cubs (8-10 yrs) & Scouts 10-14 yrs. Paul Snowdon GSL 020 8508 4336 / [info@30thloughton.co.uk](mailto:info@30thloughton.co.uk)  
**41st Epping Forest Scout Group**, Loughton Baptist Church, High Road. Mondays 5.45-9pm, Thursdays & Fridays, (6-18 yrs) 6-9pm - girls/boys. 020 8923 2378  
**Baby & Toddler** 20-min session. Debden Library, Epping Forest College, Borders Lane. Fridays, 10am. 020 8508 5869  
**Baby & Toddler** 20-min session. Loughton Library, Traps Hill. Tuesdays 10.30am; Thursdays 2.20pm. 1st Saturdays (Daddy Cool) 11am. 020 8502 0181  
**Baby & Toddler Group** St Edmund's Parish Hall, Traps Hill. Thursdays 9.30-11.30am (term time) 07770 891912 / [stedmundsplaygroup@gmail.com](mailto:stedmundsplaygroup@gmail.com)  
**Cheeky cherubs stay & play** Loughton Club, 8 Station Road. Tuesdays 9.30-11.30am. 07711 883860 / [cheekycherubstayandplay@aol.com](mailto:cheekycherubstayandplay@aol.com)  
**Epping Forest Community Theatre** 4 groups: Loughton Children's Theatre (LCT) & Loughton Youth Theatre (LYT) LCT: Musical Theatre, Grosvenor Hall, Grosvenor Drive. Mondays 4.30pm (school yrs 3-6). LYT: Backstage Crew, various venues. Mondays 4.30pm (school yrs 5-11) LCT: Rising Stars, LifeWorks Centre, Loughton Methodist Church, 260 High Road. Tuesdays 4pm (school yrs R-2). LYT: Musical Theatre, Grosvenor Hall. Grosvenor Drive. Wednesdays 4.30pm (school yrs 7-11) [www.efctheatre.org.uk](http://www.efctheatre.org.uk) 020 3086 8186  
**Duke of Edinburgh's Award**, Loughton Youth Centre, 106 Borders Lane Tuesdays 6.30-8.30pm (term time) (14½-19 yrs) 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)

**Girlguiding Loughton South**. Rainbows, brownies & guides (girls 5-13yrs). Leadership opportunities available. 07908 491411. [www.loughtonsouth.webspaces.virginmedia.com](http://www.loughtonsouth.webspaces.virginmedia.com)  
**ignite (children's & youth activities)** St Mary's Church 020 8508 3643  
**Little Angels Baby & Toddler group**, St Michael's Church, Roding Road. Mondays 10am-12 noon (term-time) 020 8418 7944  
**Little Oak's Children's Centre**, Torrington Drive. Fun, educational & varied activities for children (0-5) plus support for parents. 020 8418 7904  
**Loughton Youth Project**, The Space, Loughton Library, Traps Hill. 24-hour online community radio station. Free afterschool / evening café weekdays. Nick Robinson [www.lypradio.com/](http://www.lypradio.com/)  
**Noah's Ark Toddler Group**, Oakwood Hill Estate Community Hall. (U5s). Tuesdays & Thursdays (term time) 10-11.30am. £1 (per family) Catherine Wait 07582 119932  
**Onwards and Upwards**, Loughton Youth Centre, 106 Borders Lane. Tuesdays 4-6pm, 14-19 & not in work or training? Support, free internet, tea & toast. 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)  
**Rainbows, Beavers, Brownies, Cubs & Scouts groups**, St Michael's Church, Roding Road. 020 8418 7944  
**Reindeer Explorer Scouts**, St Edmund's Church, Traps Hill. Girls/boys (13½ -18 yrs). Fridays. Dave Martin 07889 189261  
**Russian drama studio**, Kingsley Hall, Kingsley Road. Wednesdays & Thursdays 4.30-6.30pm. Anastasia 07528 567844 [www.petrushka-studio.co.uk](http://www.petrushka-studio.co.uk)  
**Sunrise Children's Centre**, Alderton Hall Lane. Fun, educational & varied activities for children (0-5) plus support for parents. 020 8502 5799  
**Toddler Time**, St John's Parish Hall, Church Lane. Fridays (term time), 2-3.15pm. Parish Office 020 8532 0060  
**Tot's Time**, St Mary's Church, 201 High Road. Mondays 9.30-11am (term time). 020 8508 3643 [www.stmarysloughton.com](http://www.stmarysloughton.com)  
**Youth Club**, Loughton Youth Centre, 106 Borders Lane. Thursdays 7-9pm (term time) (13-19 yrs). Free activities. 01279 404401 / [vicky.young@essex.gov.uk](mailto:vicky.young@essex.gov.uk)

## MUSIC

**Loughton Acoustic Club**, The Gardeners Arms, York Hill. 2nd Tuesdays, 7.30pm. £3 [theclub@thephrstudio.co.uk](mailto:theclub@thephrstudio.co.uk)  
**Loughton Folk Club**, 8 Station Road. Live acoustic music. Thursdays, 8pm. Jim 07762 146623 / [loughtonfolkclub@googlemail.com](mailto:loughtonfolkclub@googlemail.com)  
**Roding Players** Orchestra rehearsals, Roding Valley High School, Alderton Hill. No audition. Mondays, 7.30-9.30pm. Miles Harwood 020 8505 4329 [www.rodinplayers.co.uk/](http://www.rodinplayers.co.uk/)  
**South West Essex Choir**, Loughton Methodist Church, 260 High Road. Tuesdays, 7.45-10pm. 01992 812606 [www.southwestessexchoir.org.uk/](http://www.southwestessexchoir.org.uk/)

## SOCIAL

**The Buffaloes**, Loughton Club, 8 Station Road. A charitable brotherhood - members (18+). Tuesdays & Thursdays, 8.30pm. [mldja.worsfold@yahoo.co.uk](mailto:mldja.worsfold@yahoo.co.uk) [www.loughtonclub.blogspot.com](http://www.loughtonclub.blogspot.com)  
**Civil Service Retirement Fellowship**, Loughton Library (Jazz Room), Traps Hill. 3rd Monday, 2pm. Mrs E Vale 020 8508 2459

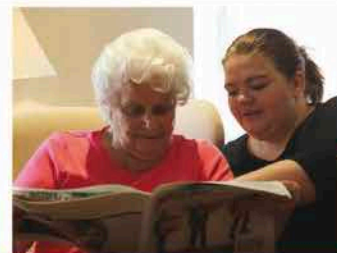
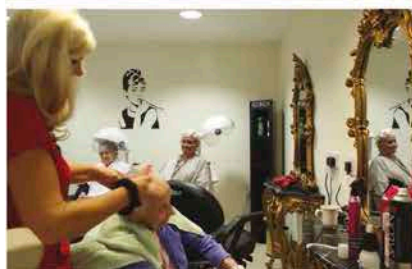
**13** **Dancing Club - Sequence & ballroom dancing**, Royal British Legion Loughton Branch, 118 Church Hill. Wednesdays, 2-4pm. £1.50 (incl tea & biscuits). Margaret 020 8504 0998  
**Forest Probus Club**, County Hotel, 30 Oak Hill, Woodford Green, IG8 9NY. 2nd Fridays. Lunch & speaker. Michael Housley 020 8529 6500  
**Friday Market**, St Michael's Church, Roding Road. Fridays, 10am-12 noon  
**Loughton Probus Club**, Gilwell Park, Chingford. 4th Tuesdays (lunch). Secretary Derek Allen 020 8504 3074 www.probusloughton.org.uk/  
**Over 50s Club**, Oakwood Hill Estate Hall. Daily programme of activities. 020 8508 5743  
**Rotary Club of Loughton & Buckhurst Hill**, The Blue Boar, Market Place, Abridge, RM4 1UA. Thursdays 6.15pm except last Thursdays 12pm www.loughtonrotary.org.uk  
**Royal British Legion Loughton Branch**, 118 Church Hill. Mondays & Thursdays, 8pm (bingo). Tuesdays, 1-4pm line dancing. Every 2nd & 4th Wednesday evenings (fun quiz night & prizes). Saturday evenings. 1st & 4th Sunday lunchtimes (jazz group) 020 8508 5044 www.britishlegion.org.uk  
**Tea Club - Senior Citizens**, St Michael's Church, Roding Road. Alternate 3rd Saturdays 3-4.45pm. 020 8418 7944  
**The Royal Naval Association**, Royal British Legion, 118 Church Hill. Social evening, music & dancing. 3rd Wednesdays, 8pm. 020 8508 5044  
**Wesley's Café**, Loughton Methodist Church, 260 High Road (unsupervised toddler play area). Weekdays, 10am-4pm. Saturdays, 10am-12.30pm (Tuesdays - term time, 11am)

**SPORT**  
**All-ability Trampoline Club** (disabled people to 19 yrs), Debden Park High School, Willingale Road. Wednesdays 6.45pm-7.45pm. Loughton Flyers Trampoline Club & EFDC. Fabrizio Ferrari 01992 564567 / ferrari@epingforestdc.gov.uk  
**Amici Badminton Club**, Roding Valley High School Sports Hall, Alderton Hill. Mondays, 8-10pm. Age 30+. Suzanne 07940 313691 / Chris 07713 004996  
**Avenue Lawn Tennis Club**, 18 The Avenue - friendly family club. 020 8508 9440  
**Chigwell & Epping Forest Orienteering Club**. Monthly local event & non-local events every weekend. Helen 020 8502 1629 chig.org.uk  
**Colebrook Royals FC**, Grange Farm Pavilion, Grange Farm Lane, Chigwell IG7 6DP. Saturdays & Sundays. 020 8418 9166 http://colebrook.intheteam.com/  
**Epping Forest Sportability Club (EFSC)** Multi-sports club for young people with mild-moderate physical & learning difficulties. Oak View School, Whitehills Road. Saturdays 10am-2pm (term time) efsclub@hotmail.co.uk www.efsportability.com  
**Insanity Fitness Class**, Murray Hall, 106 Borders Lane. Tuesdays 7-9pm 07904 190047 / mandykirimloo@sky.com  
**Jumping Jens**, St Michael's Church, Jubilee Hall, Roding Road. £4. Tuesdays & Thursdays, 8-9pm. 07866 127522  
**Karate Club** Trinity Church, Mannock Drive. Wednesdays, 6.30-7.30pm 020 8508 7657  
**Katy Little School of Dance**, Loughton. Ballet, tap, jazz, examinations & shows. 4 yrs to adults 07712 106941 / www.katylittleschoolofdance.co.uk

**Keep Fit**, Lincoln Hall, 125 High Road. All ages. £5. Tuesdays & Thursdays, 10.30-11.30am. 020 8470 0807  
**Loughton Athletic Club**, The Pavilion, South View Road (Roding Valley Recreation Ground). Tuesdays, 7pm. 07958 903842 www.loughtonac.org.uk  
**Loughton Fencing Club**, Debden Park High School, Sports Hall, Willingale Road. (8 yrs - adult). Wednesdays, 7.30-9pm. 01992 522462 www.loughtonfencingclub.co.uk/  
**Loughton Football Club**, Avondale Close. 8-18 yrs + senior team. Sundays (youth teams), Saturdays (seniors) & weekday evenings (training). Keith Campen 020 8508 4757 www.loughtonfc.com  
**Loughton Karate Club**, Loughton Club, Station Road. All ages (from 5+) & all levels welcome. Sundays 4-5.30pm. Stephen O'Brien 07758 341584  
**Loughton Mountaineering Club**, Victoria Tavern, Smarts Lane. Hill walkers & climbers welcome. Mondays, 8.30pm. www.loughtonmc.org  
**Loughton Rugby Football Club**, Hornbeam Road, Buckhurst Hill. Wednesdays (training), 7.15pm. Duncan Kaye 07969 638349 www.pitchero.com/clubs/loughton  
**Loughton Swimming Club** Mondays, 7pm. Beryl Dearn 020 8559 1557  
**Old Buckwellians Football Club**, Roding Valley Recreation Ground. Saturday League + over-35s team. Wednesday evenings (training). Simon Burnage 07808 329318 www.oldbucks.co.uk  
**Roding Valley Angling Club**. New members welcome. Darren 07716 061273 / roding.valley.angling.club@gmail.com

**Walk - West Essex Ramblers** (sorry no dogs). Saturdays, Sundays, Wednesdays & Thursdays. 020 8502 1628 www.westessexramblers.org.uk  
**Yoga - Loughton Bowling Club**, Eleven Acre Rise. (Age 50+) For all abilities & medical conditions. Monday, Wednesday & Friday mornings. EFDC Sports Dev 01992 564561  
**Yoga classes** Kingsley Hall, Kingsley Road. Intermediate & beginners Mondays 7pm Lorraine 07903 944767 www.yogalorraine.co.uk

**TALKS**  
**Bancroft's Decorative & Fine Arts Society**, Bancroft's Preparatory School Hall, Whitehall Road, Woodford Green. Member of NADFAS. 2nd Tuesdays, 7.15pm for 8pm. 020 8531 1140  
**English-Speaking Union**, Murray Hall, 106 Borders Lane. 1st Thursdays, 10.15am for 10.45am. £4 incl tea/coffee. 020 8505 9001  
**Loughton Women's Institute**, Lincoln Hall, High Road. 1st Wednesdays, 2.15pm (except 2nd Wednesday in January) Elna Green 020 8508 4514  
**Mothers' Union**, St John's Church in Lady Chapel, Church Lane. 3rd Thursdays, 10.30am for coffee & speaker. Ivy Southgate 020 8508 7530  
**National Trust**, £3 non-members. Refreshments & NT information. 020 8508 9541 See Dates for the diary  
**New Vistas Club**, Loughton Club, 8 Station Road. Guest speakers. Tuesdays 2pm. Juliet Hipkin 01992 574552  
**St John's Wives' Group**, St John's Parish Hall, Church Lane. Gloria Blanchard 020 8508 6328



## Excellence in Dementia Care

Woodland Grove is a happy home, filled with love, laughter and bubbling with activity. Following on from the success of our residential care, we are now delighted to announce that our Dementia Care Suite is now open and ready to welcome residents who are living with Dementia.

If you know someone close to you who is living with Dementia and in need of specialist care, you might want to talk to us about the possibilities open to them, our professional team will explore all the options available with you. When the time is right we will be on hand to help with the transition into care and ensure everything is seamless, and comfortable as possible.

Whether you are considering Long Term Care, or a Respite break, for yourself, a family member or friend, we would be happy to see you, why not join us for a coffee, a chat and a look around our facilities, our doors are always open. We look forward to meeting you.

Now taking bookings for Respite Care over the Festive season.

# At your service

Home cleaning

Daily Housekeeping

One Off Clean

Carpet Cleaning

Book a cleaner online  
cleanwell-london.co.uk

Tel: 020 8418 9242

We don't just clean, we care



**FURNITURE  
REPAIRS**

and

**RE-UPHOLSTERY  
SERVICE**

Repairs To Antique  
& Modern Furniture

Chairs Reframed

25 Years Experience



Free Estimates

Good Range Of  
Pattern Books

No Job Too Small

**JOHN CHISWELL**

Formerly Chiswell Bros., Forest Road, Loughton

**020 8508 3997**



**Think  
Loughton**

**to promote your business  
in the next issue of Think Loughton  
contact**

Elaine or Tony Dryden  
on **01787 461824**

Email: [mail@totalmediamarketing.co.uk](mailto:mail@totalmediamarketing.co.uk)

**BATHROOM BUSINESS**

**C. G. WHITE**

IMPEY WET ROOMS ■ SIMPSONS ■ MERMAID ■ GROHE  
MIRA ■ AQUALISA ■ CROSSWATER ■ STUART TURNER  
LAKES ■ BRISTAN ■ ROPER RHODES R2 ■ CARRON  
BAUHAUS ■ EASTBROOK ■ CALYPSO FURNITURE

THE RADIATOR CO ■ SAMUEL HEATH

*EXTENSIVE RANGE OF TILES*

*Ideal  
Standard*

Mon-Fri 8am-5.30pm; Sat, 8.30am-5.30pm  
**EASY PARKING**

**020 8502 5550**

**4 LOWER ROAD LOUGHTON ESSEX**

**LOUGHTON'S PREMIER  
HOT BIKRAM YOGA STUDIO**

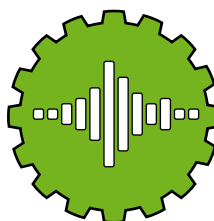
**BIKRAM  
YOGA  
ESSEX**

**30** DAYS  
UNLIMITED  
YOGA CLASSES **£35**

**INTRODUCTORY OFFER  
AVAILABLE TO ALL NEW MEMBERS**

228c High Road, Loughton, IG10 1ET  
[www.bikramyogaessex.com](http://www.bikramyogaessex.com) ■ 020 8508 0376

**LOUGHTON'S PREMIER  
INDOOR CYCLING STUDIO**



**CYCLE  
RHYTHM**

**30** DAYS  
UNLIMITED  
CYCLE CLASSES **£35**

**INTRODUCTORY OFFER  
AVAILABLE TO ALL NEW MEMBERS**

228c High Road, Loughton, IG10 1ET  
[www.cyclerhythm.com](http://www.cyclerhythm.com) ■ 020 8508 0376

**Scott  
Dryden**  
Graphic Design

Logo design | Stationery design  
Brochures, leaflets, folders | Posters and flyers  
Adverts | Magazines and newsletters  
Website design | Website hosting

[www.scottdryden.co.uk](http://www.scottdryden.co.uk)  
01245 606042  
[mail@scottdryden.co.uk](mailto:mail@scottdryden.co.uk)

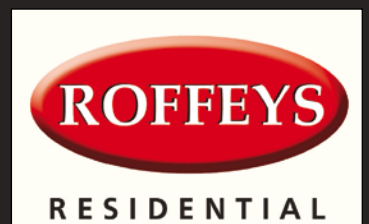


## **Newnham Close, South Loughton**

*Roffeys presents this lovely example of an extended and upgraded, four bedroom family home located within a select cul-de-sac off Spring Grove. The attractive residence is conveniently located within walking distance of the High Road and tube station, as well as local primary and secondary schools. Energy rating = E*

**£850,000**

**EXCLUSIVE AGENTS**



**ROFFEYS.NET**

The Apex, Station Road, Loughton IG10 4NZ

**T: 020 8508 0101**