

BuckhurstHill

Parish Council Magazine Spring 2022

News and views from around Buckhurst Hill



From the Chairman

What a difference a Quiz makes. Back in the mists of time my wife and I were invited to a Quiz. Unbeknown to us it was being run by the Buckhurst Hill Residents' Society. We met some very nice people who took our first subscription and invited us to attend the next committee meeting. This led to an invitation to join the Committee, which led to looking at the Planning Applications in Buckhurst Hill, which led to attending the Planning meetings of the Parish Council and the Plans South meetings of EFDC.

I was privileged to be nominated to stand in the Parish Council elections in 2016 and the Parish and District elections in 2021.

So that quiz invitation (you know who you are) changed my life and led to the honour of being elected Chair of the Parish Council.

As I said at the meeting that elected me as Chair, the circumstances that led to the appointment were tinged with concern for the wellbeing of the Councillors who resigned due to health and family issues. We all, I'm sure, wish them well.

Looking to the future, we all need to work towards whatever the new normal is going to be for all our communities. We must ensure that our local shops are supported. We need to ensure that our local transport recovers from the loss of passengers. But most of all we need to support each other and think of other people. There have been some amazing initiatives over the last two years. We should use these as a foundation for further work in the community.

There is plenty of work to do in the Parish and we are looking at ways of moving projects forward. The Parish has eleven Councillors, all with their own ideas for the community. There are over 9,000 electors in the Parish, most of whom I am sure have ideas, let us know your thoughts, your worries, tell us if you agree with what we are doing and also tell us if you think we are wrong. This is your community.

Looking at specific issues, the majority of concerns voiced to me are for speeding, potholes, state of pavements, safer road crossings and planning issues.

Speeding can be solved by all of us obeying the speed limits and driving at speeds that are reasonable for the conditions. How naïve can I be! We have all seen the 4x4's ignoring the speed bumps, cars, cyclists going through red lights as they change, even overtaking people that have already stopped at the lights, and all this achieves is just getting to the next hold up a few seconds earlier. There are speed surveys being carried out on several roads in the Parish and these will lead to proposals to make our roads safer.

Potholes and other road repair issues can be reported directly on the Essex Highways website and I urge as many of you as possible to log these problems.

Planning, I have made my concerns known on this subject in most of the previous Newsletters. My one piece of advice to anyone looking to lodge an application is "TALK TO YOUR NEIGHBOURS" at the earliest opportunity, you might be surprised that with a few tweaks everybody will be happy and you might even become friends.

Hopefully we will be able to hold some of the Social events that we have all missed over the last two years and I very much look forward to seeing as many of you as possible at those functions.

Cllr Ken Williamson, Chairman, Buckhurst Hill Parish Council

Parish council reduces share of council tax bills

Buckhurst Hill Parish Council has approved its budget and precept for 2022-23, and decreased its precept by 2 per cent – meaning a band D property will be paying £66.59 for services next year provided by the parish council instead of £68.88 in 2021-22.

A recommended budget equal to precept was rejected at the January full council meeting with members voting by majority to give residents a reduction in council tax from the Parish Council.

The precept reduction equating to £7,000 means a total of £70,000 will be taken from the council's reserves to achieve budget in 2022-23.

Councillor Gavin Chambers-Bagshaw told the meeting: "I think this is a good message to residents."

Council vice-chairman Simon Heap said a reduced precept would "limit ability in the future (for the council) to borrow money and pay it back if we are capped."

"We would then have to find money from a reduced budget."

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Jo Share-Bernia

Dear Residents,
I know we are all relieved that lockdown is over, and our daily lives, businesses and workplaces have tentatively returned to normal. I would like to update you on some of my key priorities for Buckhurst Hill in 2022 and beyond. As well as being your District Councillor, I am also a Parish Councillor for Buckhurst Hill.

At District I chair a task and finish committee for High Streets. We are looking at the changing face of our ten High Streets across the District. The changes we are making in Queens Road include the installation of more planters and banners, and we are consulting with businesses to potentially have a monthly flower market.

Supporting Local Businesses

Throughout the pandemic our Conservative-led District Council has worked hard to support local businesses by successfully distributing business grants. We have helped local businesses through their applications for business grants.

Council Tax

We have made a reduction of 2% on Council Tax in Buckhurst Hill.

Queen's Jubilee

In recent years I have worked hard to support our local community. For example: initiating with the Resident's Association, Christmas in



Queens Road, fish and chip lunch for our elderly in Roding Valley Hall and our Christmas Card Competition for primary school children to name a few. This year we have started preparations for the Queen's Jubilee.

Holocaust Remembrance Day

I recently spoke on the Holocaust Remembrance zoom meeting organised by Parish Councillor Gavin Chambers where over 50 people attended. I am also a member of the Holocaust Education Trust committee where we are working on a Memorial in Loughton supported by Epping Forest District Council through the provision of a piece of land in Loughton for the Memorial.

Essex Police

We have our own police constable in Buckhurst Hill – David Morgan – and I am delighted that Buckhurst Hill has the lowest crime rate in Epping Forest District.

Investing in our Community

Buckhurst Hill Conservatives would like to congratulate Buckhurst Hill FC on their successful renovations to the Football Club. The £2,000 grant made available by ECC has been well spent for the benefit of club members, players, and local residents. Please email me or phone the Parish Office 0208 498 9933 should you have any questions or issues. Joanne@share-bernia.com

Cllr Jo Share-Bernia

Gavin Chambers-Bagshaw

Hello Neighbour,

It's a wonderful day in the neighbourhood... Happy New Year! It only feels like yesterday I was writing a New Year article. Where did 2021 go?

Not much to update from me. I am keeping an eye on planning applications that may cause harm to our community. I promise you I will always vote against inappropriate development and stand up for it. I am also keeping a beady eye on Stacey Gardens and, of course, still dog walking in our lovely forest where I often meet many of my fellow dog walkers. Have you seen the flourish of Mandarin ducks that seem more populous this year than ever on Knighton Woods/Lords Bushes Lake?

Mandarin (*Aix galericulata*)

The males of many of our ducks are colourful and striking in their breeding plumage, but the dazzling mandarin puts all of these in the shade. This small duck is native to eastern Asia but is a very popular addition to collections of exotic wildfowl. Enough mandarins have escaped from these over the years to establish a sizeable breeding population, mainly in southern England.

Look out for them on sheltered lakes and slow-flowing rivers with plenty of trees around – they nest in tree holes, with the ducklings beginning life with a terrifying leap down to ground level. In their native countries, these ducks represent marriage and faithfulness, and they are unusual in almost never crossbreeding with other duck species. Please do not feed these ducks bread. They really like peas and sweetcorn. If anyone would like a tour of Knighton

Woods and Lords Bushes and are new to the area, I would happily take you around. I feed them most days except weekends as they get their fair share from weekend visitors.

The business I am supporting this



month is a local resident who sells fantastic chocolate and also vegan chocolate if you are a herbivore like me! Yes, not all Tories are meat-hunting fox hunters, despite the media portrayal.

Cllr Gavin Chambers-Bagshaw

Buckhurst Hill in bloom

This has been a work in progress for quite some time. At the last meeting of the Recreation and Community Committee it was felt that some people would start to plan for the event in the autumn. Consequently, it was agreed that we will hold an event this year with a view to a proper competition next year. This will give us some idea of the numbers of entries and also let us look into the different categories for judging.

So, whether you have a window box, patio plants, balcony, small or large garden, why not bring a bit of colour into other people's lives and possibly see the results of your labour printed in the Parish Magazine. At a later date, we will confirm the arrangements, so get thinking and planting.

Please contact the Parish Office if you are considering taking part.

Parish council presents £1,000 grant to mental health charity

A cheque for £1,000 has been presented by Buckhurst Hill Parish Council to the SPARK charity which provides mental health counselling for young people in the Epping Forest district.

The cheque was presented to SPARK manager Adele Rogers at January's parish council meeting.

The money will be spent specifically on providing counselling and mentoring support for young people from Buckhurst Hill.



SPARK manager Adele Rogers receives the cheque from parish council vice-chairman Simon Heap (left) and parish council chairman Ken Williamson

Council to investigate anti-speeding measures

Buckhurst Hill Parish Council is investigating purchasing vehicle activated speed sign cameras or speed indication signs which can be moved to different locations around the Parish.

The matter will be discussed by the planning and environment committee and could be funded with monies not now being spent on a Christmas event in the Parish.

Speed campaign petition reaches 2,600 signatures

A petition calling for initiatives to reduce speeding on Buckhurst Way, Loughton Way and Valley Hill has attracted some 2,600 signatures.

Valley Hill resident Simon Forsdyke said a survey undertaken to ask people what measures they wanted to see had shown 70 per cent (of 56 respondents to date) favouring cameras and speed humps.

Parish council to investigate library return

Buckhurst Hill Parish Council is to look into the possibility of moving its offices – currently based in an architects' practice in Queens Road – back into Buckhurst Hill Library.

Councillor Jo Share-Bernia said: "The library was a very good location for holding surgeries for residents and for residents to come in and discuss issues.

"The offices at the architects up the road are good but it wasn't supposed to be a long-term answer. This (the offices not being at the library) has gone on too long."

She added: "It is the residents of Buckhurst Hill who are requesting (a return to the library), who are bemused.

"The residents cannot access the parish council staff so this is coming from our residents. That should be respected.

"The architects' offices are inappropriate for our council staff and residents can't go in there."

Council vice-chairman Simon Heap said the staff had moved away from the library for "very valid reasons" including a rat infestation and a toilet that does not work.

He said it would be a "waste of money" to spend parish council money on the library building which is under Essex County Council ownership.

A parish council working party will consider the matter.

BHPC Christmas Card Winner Luca Blackwell

Year 6, St John's CE School, Christmas 2021



Flower planters plan for Lower Queens Road Shops

Two flower planters are set to be installed by Buckhurst Hill Parish Council, once it has been granted the required licence from Essex Highways.

The new planters will extend the planter provision across the parish and brighten and enrich the physical environment.

PCSO success

Crime has fallen in Buckhurst Hill since the parish council has employed a Police Community Support Officer, Parish Clerk Liz Petyt-Start told the November council meeting.

Parish council elects new chairman

Conservative councillor Ken Williamson has been elected the new chairman of Buckhurst Hill Parish Council.

He replaces Green Party councillor Steven Neville who has resigned as chairman but is continuing as a councillor, on both Buckhurst Hill Parish Council and Epping Forest District Council.

Mr Williamson, who was nominated by councillor Marshall Vance, thanked councillor Neville and three resigning councillors and wished them well for the future adding that the council would "act in the best interests of all of us in Buckhurst Hill".

He said the council would be looking to organise events, including events for the Queen's Platinum Jubilee and Christmas, and would be supporting residents "to ensure Buckhurst Hill remains an area we are all proud to live in".

Mr Williamson, commenting about the resignations and the possibility of by-elections, told the January council meeting: "It's something we have to live with and get over. It's such a short time since the last election (May 2021). We are where we are."

New chairmen were elected to several parish council committees:

Finance and Establishment Committee – councillor Marshall Vance

Planning and Environment Committee – councillor Gavin Chambers

Accommodation Committee – councillor Simon Heap

Recreation and Community Committee – councillor Joanne Share-Bernia

Personnel Committee – councillor Ken Williamson.

A message from the Clerk



A Parish Council here to help

The Councillors are supported by a small office team led by the Responsible

Officer, the Clerk. The parish offices are responsible for the running of the council's assets and observation of local council governance regulations including budget (precept) management which is provided from Council Tax receipts. The Buckhurst Hill Parish Council manages:

- The Roding Valley and Woollard Centre Halls
- Kings Place Playground and Roding Valley Recreation Ground (spider) and ball park
- Five allotment sites and various green spaces
- Community Events
- Notice information Boards, general local amenities such as bus shelters, benches and salt bins
- Community Grants
- Heritage Plaques
- Play in the park

In addition the Council funds the work of the PCSO and actively engages with District and County Councillors on parish issues for example planning, Highways and parking issues.

The Parish Council operates a number of committee meetings discussing local issues which are advertised through notice boards, our website and social media. Each meeting allows for public participation, so if you are a resident who has a concern, issue or idea please contact us and attend a meeting. We're here to assist, provide information and signpost with councillors elected to represent you – the residents and businesses of Buckhurst Hill. Become engaged with YOUR local parish community.

You will find us at the library
165 Queens Road;
office@buckhursthillpc.gov.uk;
Facebook@BHPCoffice; Twitter@hill_parish

Liz Petyt-Start, Clerk to the Council



Bedford House

75 Years of Adult Education and Leisure Activities

Bedford House has been buzzing with activity this academic year with courses, workshops,

art exhibition, and new volunteering opportunities.

Vivienne Bewick Art Collection, celebrating 75 years – we launched the 'Vivienne Bewick Retrospective' art exhibition in October 2021 with a great Private View where we were joined by Robert Bewick and family, who shared some lovely anecdotes and memories. We are pleased to now extend the exhibition end-date for a further few months with new added materials kindly lent to us by Robert Bewick. The exhibition is free to visit but please book your visit with the Administration Office for your convenience, so that we can avoid clashing with classes taking place. Details below.

The Bewick collection will also soon be available to view digitally on our website, due to support from EFDC GrantAid generously providing match-funding thus enabling the digitalisation of the art collection. Vivienne Bewick was a local artist and one of the tutors who laid the foundation of Bedford House Community Association.

Workshops – we have a charming and creative willow weaving workshop creating garden obelisks which can be used as a feature on their own or to grow plants

against, such as roses, beans or sweet peas. It is taking place in the Hall to accommodate the tall structures. Materials are provided. For those who like painting two watercolour workshops are on offer: 'Spring Flowers' and 'Trees', and a 'Paint like Monet' workshop. A new Pop-Up Choir experience is scheduled for term 3.

Volunteering – Bedford House is now piloting new volunteering opportunities in Administration, Gardening, Maintenance and Grounds-Maintenance. Volunteering is great for sharing your existing skills, learning new skills, socialising, staying connected, maintaining mental health, wellbeing, and physical activity.

Be the first to know of new developments by signing up to our mailing list by either just sending us an email, or going to the home page www.bedfordhouse.org.uk and clicking the link 'Join the Mailing List' and leave your email address.

Bedford House is easy to find at 4 Westbury Road, Buckhurst Hill IG9 5NW. Look out for the large sign and carpark on the left-hand side of the road when going down from Palmerston Road. Bedford House is within walking distance from Buckhurst Hill tube station, and three bus routes, 167, 20 and 179.

If you require any further information, please email Enquiries@Bedfordhouse.org.uk or phone 020 8504 6668. www.bedfordhouse.org.uk

Buckhurst Hill Memory Cafe

We reopened in September, a few old faces joined us. In January we have now got some new friends and more old faces. We meet on the 2nd Friday of each month at Roding Valley Hall from 10 until 12. We provide refreshments and enjoy singing, bingo and a quiz – or just relax and chat. We welcome anyone who is a bit lonely or isolated, has dementia or just in need of someone to chat with.

Any enquiries please contact antthefirst@gmail.com or call on 07743 097 973

Is alcohol costing you more than money?

Every day of the week somewhere in the country there is a meeting of Alcoholics Anonymous.

AA was started in the USA in 1935 by two ex-drinkers who had discovered the power of 'one alcoholic talking to another alcoholic' in order to stay sober. Since then the fellowship of Alcoholics Anonymous has grown and currently around 2 million alcoholics attend AA meetings round the world.

We have found that there is not a 'typical' profile of an alcoholic, anyone who thinks they have a problem with alcohol can attend a meeting. Alcoholism is no respecter of race, gender, class or age it can happen to anyone. We are an abstinence based programme and the only requirement to join us is to have a desire to stop drinking. Members support each other by meeting frequently and following a few simple steps. We have found that once we have stopped drinking it is not a chore to attend the meetings, in fact those attending their first AA meeting are often surprised by the laughter they witness between the people there.

If you are reading this and have a concern about your own drinking you are welcome to come to the meeting at Woollard Centre on a Tuesday lunchtime at 12:30. If you would prefer to talk to find out more information first here are the ways you can do that:

Contact National helpline 0800 917 7650,
Southern service office 020 7407 0700, help@aamail.org or visit www.alcoholics-anonymous.org



Download the LoyalFree app

Loyal Free is a place promotion app designed to boost footfall and sales by encouraging consumers to shop local safely.

The digital platform showcases local information for residents and visitors including exclusive deals and loyalty schemes, fun local events and interesting trails.

Join as a business

For businesses, the app provides another way you can promote your business to local customers. Your business will benefit from advertising opportunities and customer insights.

There is no cost to joining Loyal Free as it is being supported in partnership with Epping Forest District Council.

To find out more about how you can put an offer on Loyal Free please contact Duncan Haslam, Deputy Towns Centre Project Manager

Email dhaslam@eppingforestdc.gov.uk or call 01992 564 264

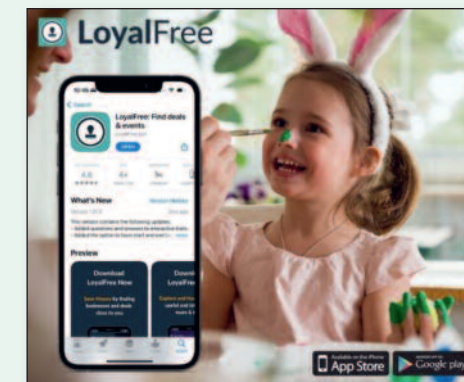
Want to get more from shopping locally?

Customers can save money

There are approximately 100 local deals and offers from a variety of local businesses on Loyal Free.

Deals range from discounts on coffee and cake to discounts on beauty treatments and clothing.

You can download the LoyalFree app for free: Download LoyalFree or search 'LoyalFree' on the iOS and Google Play store.



Waste Knot want not – a new initiative

The Waste Knot composter is sited on the Lower Queens Road allotment site in Buckhurst Hill. It recycles food waste turning it into compost. Waste Knot CIC seeks to close the loop in local food production by taking food waste from local cafes, restaurants and takeaways and turning it into compost through the use of a Ridan composter; an in-vessel aerobic composter (IVC). The compost produced will be used as a growing medium to fill raised beds in which local people will be taught how to grow their own vegetables and fruit. Excess compost will be provided to the allotment group for use on the plots. The aim is to begin here and use this as a demonstration area and to encourage schools and other community venues to compost food waste on their sites. A longer term aim is to have the project housed somewhere with kitchen facilities so the Waste Knot CIC can expand skills to both growing and cooking of produce.

Queen's Platinum Jubilee 2-5th June

Are you interested in volunteering for platinum jubilee events? If the answer is YES please get in touch with us, we'd love to hear from you!

020 8498 9933

office@buckhursthillpc.gov.uk

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Keller Williams,

the world's largest estate agent, provides a bespoke personal real estate service dealing in both sale and lettings and is available 7 days a week. David says, "I take on only a small number of clients at a time to ensure our time is dedicated.

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David Karrass
Real Estate Property Expert
M: 07939 051 833



Social Club

for the blind

We provide a warm and friendly social club for people with age-related sight problems.

Would you like to join us? Do you know anyone who would benefit from joining us? Are they becoming lonely and isolated? It's all completely free.

**We meet on first and third Thursdays of the month from 2-4pm
St Anne Line Church, 7 Grove Crescent, South Woodford E18 2JR**

**For more information please contact: 07840 850 838
or email: susanmann9@yahoo.com**

We look forward to hearing from you

Slimming World
taste the **freedom**
BUCKHURST HILL

Groups open
Wednesday 5pm Woollard Centre
Thursday 5.15 or 7pm Loughton Way
Friday 9.15 am Call Lorraine
07960 603621
slimmingworld.co.uk
0344 897 8000

COPY CLOSE DATES FOR NEXT EDITION

Items are welcomed from all local organisations, subject to space and may be edited. Email to office@buckhursthillpc.gov.uk
SUMMER – Copy close:
10 June 2022 –
delivery planned for week commencing
18 July 2022

My name is Stuart Woodroff-Turner and I am hoping to re-connect with extended family.

Could whoever is attending to the pictured grave at St. John's C of E Church, Buckhurst Hill, please contact me on 07513 641 717?

Thank you. Stuart



What's happening at the Hub?

News from Noah's Ark Community Hub

St Elisabeth's Hall, Chestnut Avenue, Buckhurst Hill

A lot has been happening at the Hub lately. These are just some of the groups we currently have running.

Knit and Natter

Our Knit and Natter group meets on a Thursday afternoon at 2.30pm. Knit and Natter is a craft group that meets together to chat and make friends while doing something creative. We aim to be making 'Knitted Knockers' as a more comfortable alternative to plastic prosthetics for women who are currently dealing with breast cancer, and baby hats for a local maternity unit. All are welcome whether you are a seasoned knitter or not!

Bereavement Friends

Our Bereavement Friends meet every 2nd Wednesday of the month between 2.30pm and 4pm. This is a safe space with support for those who have been bereaved whether recently or in the past.

Two by Two Stay and Play Group

This is for children aged 0-4 and their parent/carers, where we play, do crafts, read stories and sing songs. We meet every Monday in term time at 1.30pm. It is free to attend, and refreshments are served. This group is held at St Stephen's Hall, Albert Road, Buckhurst Hill.

Noah's Ark Community Pantry – Coming Soon!

We have partnered with an organisation called Feeding Britain to bring a Community Pantry to Buckhurst Hill. This will offer affordable food for those who may be feeling the strain of rising food prices and energy bills. It will run on a membership basis. If you would like any more information on this or any of our other groups please get in touch.

If you would like to register an interest in becoming a member of the pantry please contact Julie at Julie@noahspreschool.org 07862 755 307



St John's Church



Spring is here and with it a feeling of revival and fresh starts, perhaps this year more than most with the easing of COVID restrictions to something a lot more like normal life.

This season you can join us for a celebration of Mother's Day and of course

Easter. We will have services at 8.00pm on Maundy Thursday, 12noon on Good Friday and 10.45am on Easter Sunday (which will include an egg hunt for the children in The Rectory garden).

There is plenty to join in with at St John's. We have an active network of friendly homegroups for all ages and genders, friendship groups and social activities. Little ones are most welcome, our popular stay and play, Little Fishes, runs term time on a Thursday morning in our church halls.

Children and families are always welcome and we have Sunday School throughout the year alongside our 10.45am service. In addition there is a play space for babies and toddlers in the main church. We do have quieter services on a Sunday morning at 8.45am and a café style service at 7.00pm.

Take a look at our social media pages to keep up to date with what is happening Facebook: [stjohnschurchbuckhursthill](https://www.facebook.com/stjohnschurchbuckhursthill) or Instagram: [stjohnschurch_buckhursthill](https://www.instagram.com/stjohnschurch_buckhursthill).

You are always welcome at St John's.

Drinking more than before, maybe dabbling with drugs?



We're Here and We're Free®

In the spirit of Tradition 6, C.A. is not allied with any sect, denomination, politics or institution

Do you have a friend,
family member or maybe even yourself,
who perhaps is drinking more than normal
or abusing drugs, either illicit or prescription?

If you, or someone close to you needs help, please come along
or suggest they do. No commitment, no cost of attending,
just a genuine desire to help others,
CA now has three weekly meetings in Buckhurst Hill.

The Woollard Centre, 2 Roding View, (Corner of Roding View
and Buckhurst Way), Buckhurst Hill IG9 6AQ
Saturday 8am to 9.15am. Meeting contact details:

Patrick 07788 425 392, Andy 07833 096 318
Also Friday 4pm to 5pm. Contact Raj 07939 434 029
or Anish 07916 178 280

We also meet Tuesday 7pm to 8.15pm, St John's Church,
High Road, Buckhurst Hill IG9 5RX
Cocaine Anonymous Helpline Number 020 8007 1130

www.ca-london.org

Update from Buckhurst Hill



Buckhurst Hill u3a is fully open and functioning again: our monthly meetings are being well attended at almost pre-pandemic levels, all our interest groups are operating, and outings and theatre visits are once again being planned.

We are home to many interest groups including Art Appreciation, Book Club, Bridge, Crafts, Creative Writing, Family History, Forest Walks, Gardening, History, Photography, Scrabble and Ten Pin Bowling to name but a few and we have arranged a full calendar of interesting speakers for 2022.

We are a very sociable group enjoying frequent coffee mornings and Lunch Club outings, trips to the theatre and coach outings further afield.

Our membership year runs from 1st April to 31st March. We are now open for membership renewals and new members: our annual subscription remains at £20, although if you do have all communications by post rather than by email, an additional amount is payable as a contribution towards the cost of printing and postage.

Our monthly meetings have returned to Roding Valley Hall, Station Way, Buckhurst Hill, IG9 6LN and are held on the second Thursday of the month starting at 2.30pm (doors open at 2pm).

Measures are in place to try and ensure a Covid safe meeting environment. Prospective new members are invited to attend a monthly meeting to 'try before you buy'!

The u3a Movement brings together people who have finished working full time or raising their family to develop their interests, continue learning just for pleasure, making new friends, and having fun whilst doing so.

If you are in your "third age" and would like to learn more about Buckhurst Hill u3a further [information about all our Groups and activities can be found on our website at: www.u3asites.org.uk/buckhurst-hill](http://www.u3asites.org.uk/buckhurst-hill)

Alternatively, please contact our membership secretary, Christine Slade, on 020 8505 1005 or by email at membership@buckhillu3a.org for further information



St. James URC, Palmerston Rd, Buckhurst Hill

We have a series of special services this SPRING:

March 27th 10.30am
Mothering Sunday
Parade Service
led by Gerald Lee

April 15th 11am
Good Friday
Meditation

April 17th 10.30am
Special Service
Led by a speaker from
The Leprosy Mission

Contact the Church
for more info on
020 8505 0300
(mornings only)

We have a weekly **Prayer Time** on Zoom, hosted by Gerald Lee each Wednesday at 1.30pm and again at 7.30pm, and anyone can come to our **Prayer Space** each weekday morning to light a candle or pray in a quiet space.

A **Men's Breakfast** takes place at 9am on the first Saturday of each month and newcomers are welcome.

A **Craft/Prayer Group** is held on the first Monday of each month at 2.30pm.

We will be having a five-week **Lent Study** on Zoom, beginning on Wednesday 2nd March at 7.30pm. On Tuesday 1st March at 10.30am we will be having a **FairTrade Coffee Morning** entrance £2.25, including a raffle ticket.

If you have not been to one of our church services we would love to see you, and you would be most welcome to attend any of the events listed above.

Isabel Bala (Church Secretary)

Dates

for your diary

...and local organisations

ACTION FOR FAMILY CARERS

Thursdays 10am-12.30pm Keeping Active Together
Thursdays 1pm-3.30pm Active Minds
From 1st July will move to the Jack Silley Pavilion,
Stonards Hill Recreation Ground, Epping, CM16 6SS
General enquiries: 03007 708090

ALCOHOLICS ANONYMOUS MEETING

Tuesdays 12.30-1.30. Woollard Centre, Loughton
Way. 020 7407 0700/National helpline 0800 917 7650

ALZHEIMERS SOCIETY

Email: essex@alzheimers.org.uk/
Volssessex@alzheimers.org.uk
Dementia Connect Support Line: 0333 150 3456
Woollard Centre 020 7407 0700
National Helpline 0800 9177650

BEDFORD HOUSE COMMUNITY ASSOCIATION

Your local centre for lifelong learning –
over 80 classes in art, craft, and leisure activities.
Contact: BHCA on 020 8504 6668, email
office@bedfordhouse.org.uk
or visit www.bedfordhouse.org.uk
Registered Charity No. 301268

BUCKHURST HILL BAPTIST CHURCH

Corner of Palmerston Road/Westbury Lane.
Lighthouse Coffee Shop open Mon 9am-4.30pm,
Tue-Thur 8.30am-4.30pm, Fri 8.30am-2.30pm.
Sunday Morning Service 10.30am with children's
activities. More events on the website
www.bhbc.org.uk

General enquiries: 020 8559 0222 info@bhbc.org.uk

BUCKHURST HILL BOWLING AND LAWN TENNIS CLUB

Great for exercise and fun. The outdoor bowls
season extends until early October and the tennis
courts are in use all year round. Coaching for all ages
is available. For further details contact
Bowls – Madeleine Davis bowls@bhbltc.co.uk
or 020 8504 4057. Tennis – Brigid Leworthy
tennis@bhbltc.co.uk or 020 8554 6528
Website: www.bhbltc.co.uk

BUCKHURST HILL FOOTBALL CLUB

More information @buckhursthillfc or
www.facebook.com/buckhursthillfc

BUCKHURST HILL HORTICULTURAL SOCIETY

Mon March 7 AGM – Growing and using plants in
containers – Speaker Robin Carsberg. Mon Oct 3 –
Soil, sweat and tears – Speaker Brian Carline.
Mon Nov 7 – Details TBC

2022 Show dates Sat 9 Apr, Sat 9 Jul, Sat 10 Sept.
Should you require further information please
contact Jill – 020 8257 8996 or email:
Jill998@btinternet.com. www.bhhortsoc.co.uk

BUCKHURST HILL LEISURE GARDENS ASSOCIATION

The Association manages local allotments on behalf
of the Parish Council at Lower Queens Road, Forest
Edge, Monkham's, Palace Gardens and River
Housing (Boxted Close) Contact Marcia Levan-
Harris. email: bhallotments@gmail.com
tel: 07789 003284 for availability of plots.

BUCKHURST HILL RESIDENTS SOCIETY

Meetings held at St James' United Reformed Church,
Palmerston Road. Non-members are very welcome
to attend. Further information from:
Emails: enquiries@buckhursthillresidents.co.uk
Facebook: @bhresidentsociety Twitter: BHRS2016
Website: www.buckhursthillresidents.co.uk
Correspondence: c/o Broomes Newsagents,
34 Queens Road IG9 5BY

BUCKHURST HILL ROYAL BRITISH LEGION

Meetings are held at 7pm on the first Tuesday in the
month at St. James' URC Church, Palmerston Road
(except August and January). Non-members are very
welcome to attend. For details of the monthly talks:
www.branches.britishlegion.org.uk/branches/buckhursthill
or telephone Stephen Goddard,
President, 020 8505 2570.

BUCKHURST HILL U3A

Meets at 2.00 pm on the second Thursday of every
month at Woollard Centre, Roding View, Buckhurst
Hill, Essex, IG9 6AD (car parking is available on-site).
www.u3asites.org.uk/buckhurst-hill
or email hallhire@buckhillu3a.org or write c/o 165
Princes Road, Buckhurst Hill, Essex, IG9 5DW

BUCKHURST HILL VILLAGE FORUM

For traders and stakeholders in Buckhurst Hill.
@buckhursthillvillage
buckhursthillvillageforum@gmail.com

CHABAD JEWISH CENTRE

Chabad Buckhurst Hill is a Jewish Community
Centre and Synagogue serving the local community
and wider West Essex. For more information or to
contact the Rabbi – see
www.chabadonthehill.co.uk

CHRIST EMBASSY EPPING FOREST DISTRICT

Woollard Centre, 50 Loughton Way, Buckhurst Hill,
Essex IG9 6AD Services: Wednesdays 7pm-9pm,
Sundays 10.30am-12.30pm. Contact 07572 548396
Email: ceeppingforestdistrict@outlook.com

COMMUNITY, CULTURE AND WELLBEING ACTIVITIES

Adult Street Dance Tuesdays 9-9.45am
The Limes Centre, Limes Avenue, Chigwell IG7 5LP
Dance your way to fitness and move your body to
old school classics, learning basic street dance
foundations. Dance movements learnt will be put
together into a new routine each week. Option to
stay after the class until 9.55am for class debrief and
community talk. First class FREE, then £5.20 per
session.

Active Living – Zoom Wed 13:30-14:00, at home
via Zoom. Active living is a gentle introduction to
getting back in to exercise. The class is low impact
with the option to stay seated throughout. If you
have been struggling to get some movement back in
to your life this is the perfect stepping stone for you.
Our priority is supporting you mentally and
physically throughout your journey. Join us each
week for some light movement and a social chat. £2
per session

Active Living Monday 9:15-10am, Epping Forest
District Museum, Sun Street, EN9 1EL. This class is
free for 6 weeks if you are an EFDC resident.

Cycling for Health Sunday and Wednesday
mornings. Various locations in and around Lee
Valley Regional Park. Routes are generally traffic-free
and rides are approximately 10-15km (6-11 miles).
£5 per ride + £5 for optional bike hire.

Keep Fit Fridays 10-11am. Loughton Bowls Club,
Eleven Acre Rise, Loughton, IG10 1AN. Please bring
your own mat to this upbeat exercise class. £5.20 pay
as you go. Savings available when using a Loyalty
Card.

Lifewalks Four regular walks per week. Meeting
places and routes across the district. Guided social
walks around the countryside. Distances range from
just under one mile to three miles. £2.60 pay as you
go, savings available using Privilege Card.

Pilates Fridays 11-12pm. Loughton Bowls Club,
Eleven Acre Rise, Loughton IG10 1AN. Stretch and
core session with Lucy. £5.20 pay as you go. Savings
available when using a Loyalty Card.

Street athletics Saturdays 10:15 – 11:15am
Roding Valley Rec ground, S View Rd, Loughton
IG10 3LG (Athletics track). Street Athletics sessions
will help participants improve athletics skills such as
co-ordination, balance and speed through athletics
games all whilst having fun! Suitable for ages 4-12.
£3.60 per session

Street tennis Saturdays 8:45am-10am. Roding
Valley Rec ground, S View Rd, Loughton IG10 3LG
(Tennis Courts). Street Tennis is all about having fun
and playing games! All while improving skills such as
co-ordination, movement and improving your
tennis ability! Play fun games with our coaches, this
sessions is the perfect introduction to Tennis!

Suitable for ages 4-12. £3.60 per session
Strength & Balance Mondays 10:30-11:30am and
11:45am-12:45pm. Epping Forest District Museum,
Sun Street, EN9 1EL. Strength and Balance is a class
designed to help improve every day tasks. With each
class ensuring to exercise each muscle head to toe to
help build strength and improve your daily lifestyle.
This class is low impact, we use bodyweight and
work with resistance bands always ending with some
work on our core and balance. Each week the group
will work together in a light and sociable
atmosphere. £5.20 pay as you go. Savings available
when using a Loyalty Card.

Strength & Balance Wednesday 2:15- 3pm. At
home via Zoom. Strength and balance is a class
designed to help improve every day tasks. With each
class ensuring to exercise each muscle head to toe to
help build strength and improve your daily lifestyle.
This class is low impact, we use bodyweight and
work with resistance bands always ending with some
work on our core and balance. Each week the group
will work together in a light and sociable
atmosphere. £2 per session.

Walking Football Tuesdays 11:30am-12:30pm.
Town Mead Football Pitches, 112 Brooker Rd,
Waltham Abbey EN9 1JH. A slow-paced version of
the beautiful game, Walking Football is aimed at
getting players back into the sport. £3.20 per session.
Wildcats – Girls Football Fridays 5-6pm during
term time. Town Mead Football Pitches, 112 Brooker
Rd, Waltham Abbey EN9 1JH. Whether you want to
learn new skills or have fun, have a go at football or
make new friends, this session is perfect for you! £2
per session.

Revive Tuesdays and Thursdays 1-1:30pm. At home
via Zoom. Revive Zoom Class – A session including
Pilates, Stretching and Mindfulness to get you
moving in the middle of the day. £2 per session
Easter Activities for Children and Young People
Very soon the Community Culture and Wellbeing Team
at EFDC will be opening bookings for their Easter
programme. Activities are set to include the following...
and more!

Arts Award Explore at Epping Forest District
Museum – a nationally recognised accreditation for
young artists 8 – 14 years old

Family Fun drop ins at Epping Forest District
Museum

Multisports Days in Epping and Loughton
Play in the Forest at High Beech
Easter Egg Hunt at Epping Forest District Museum
Play in the Park across the district (free activity).

As usual, all bookable activities can be found at
eppingforestdc.bookinglive.com and the museum's
opening hours can be found at
www.eppingforestdc.gov.uk/museum
For further information or booking support, readers
can call 01992 564 226.

DRINK OR DRUG HELP: CA

Group of men and women who have overcome their
struggle with drink and/or drugs, and are here to
help others. Families, friends and professionals also
very welcome. Saturday morning 8am to 9.15am,
Woollard Centre, 2 Roding View, Buckhurst Hill,
Essex IG9 6AD. See p. 7. Contact details: John 07798
838 161 or Ben 07919 412867

EPPING FOREST & DISTRICT STAMP CLUB

Meetings take place on the 2nd Tuesday of the
month at 7.30pm. Roding Valley High School,
Alderton Hill, Loughton. For more details contact
Roger Pearce 020 8281 1386.

EPPING FOREST DISTRICT MUSEUM

39-41 Sun Street, Waltham Abbey, EN9 1EL
Georgie Meadows: Stitched Drawings 29 January-30 April 2022

On tour from the Welcome collection. This
exhibition brings together 24 textile artworks which
explore personal experiences of ageing and
dementia. Meadows, a Monmouth-based artist and
retired occupational therapist, crafts uniquely
affecting and compassionate portraits, translating
line drawings of people she knows or has cared for
into stitched works. Using a domestic sewing
machine to sew through two pieces of cloth,
separated by wadding, Meadows creates delicate
pieces whose tangled threads are both a metaphor
for the scrambling of neural connections during
degenerative illness and a tender and tactile form of

portraiture. No booking required for this
free exhibition.

Wildlife Photographer of the Year 21 May-27 August 2022

The world-renowned exhibition, on loan from the
Natural History Museum in London, will open at
Epping Forest District Museum on 21 May 2022,
featuring exceptional images which capture
fascinating animal behaviour, spectacular species
and the breath-taking diversity of the natural world.
FRIDAY HILL BRIDGE CLUB
Horticultural Club, Larkshall Road, Chingford.
We meet Wednesday afternoon from 1.00pm till
4.00pm. We are a very friendly club and are looking
for new players, beginners or more advanced, to join
us. For more information carol.lacome@gmail.com
07957 776107

GOLDEN YEARS CLUB

Tuesdays 1-3.30pm St James' United Reformed
Church, Palmerston Road, Buckhurst Hill. Members
and Visitors – £2 per session. For more information
telephone Janice Curd 020 8505 2384.

INDOOR BOWLS@DAVID LLOYD (New Horizons) Tuesdays, multiple time slots.

David Lloyd Chigwell, Roding Ln,
Chigwell IG7 6BQ
Session 1 – 09:30 – 11:30 (6 Spaces on each rink –
5 rinks). Session 2 – 11:45 – 13:45 (6 Spaces on each
rink – 5 rinks). Session 3 – 14:00 – 16:00 (6 Spaces
on each rink – 5 rinks). £5.20 pay as you go. Savings
available when using a Loyalty Card.

NATIONAL TRUST WOODFORD CENTRE & DISTRICT www.nationaltrust.org.uk

Whether you are a National Trust member or not,
everyone is welcome to join us at our series of local
talks, outings and even holidays. Meetings take place
at Memorial Hall, South Woodford and All Saints
Church Hall, Woodford Green throughout the
autumn, winter and spring months. Good company,
interesting topics and friendship, socialising with
local people.

MEETINGS 9th March at All Saints Church Hall still
on 'Audiology in the 21st Century' 2-30pm by two
Audiology Principals NHS, 6th April at 2-30 pm at
All Saints Church Hall, AGM 'A Stroll through
Snaresbrook' by Lynn Jones



They will not 'cure' anything, though the practice might make you
feel better about whatever it is that you've already got.

There is no doubt that, when done properly, as an exercise system
tai chi is hard to beat. It is difficult to say why. The movements are

RODING PLAYERS ORCHESTRA

This enthusiastic group of musicians meets weekly
on Monday evenings. 7.30pm at Roding Valley High
School, Loughton, Essex. New members welcome
For more details www.rodingplayers.co.uk.

ST JAMES' UNITED REFORMED CHURCH

Palmerston Road Sunday Morning Service 10.30-
11.30. Church worship with tea/coffee afterwards to
which all welcome
www.forestgroupurc.co.uk/buckhurst-hill-urc.html

ST JOHN'S CHURCH

High Road, Buckhurst Hill. Sunday services – 8.45am
and 10.45am. 7pm informal worship. Everyone
welcome! Regular Events and Community Life:
Church Lunches, Friday Coffee Mornings, Senior
Men's Fellowship, Men's and Ladies' meals, Ladies
Social, Pre-school Children and their Carers,
Mothers' Union, Bereavement and Support Group
For further information, telephone 020 8506 2150.
www.sjbh.org.uk

WANSTEAD AND WOODFORD BLIND CLUB

Every 2nd and 4th Thursday of the month from 2 –
4pm. Meeting at the United Reform Church in
Woodford. We provide a warm and friendly social
club for people with age related sight problems and
it is free to join. Lindsey Kennedy Chairman 07803
128 859

WEST ESSEX RAMBLERS

As a member of the Ramblers' Association, our Group
offers a wide range of facilities. We are a friendly
group. Come along on some of our walks to see if you
would like to join. Contacts: General Enquiries – John
Francis 020 8527 3938 or John Juchau 020 8502 1628.
Membership Enquiries – John and Frances Fogelman
Tel: 020 8529 1129

www.westessexramblers.org.uk

WHITE HEATHER DANCERS

Every Thursday 8pm at St John's church hall, High
Rd, Buckhurst Hill, IG9 5RX. Friendly Scottish dance
group. Bring yourself, or come with friends. Never
danced? Now is a good time to start. It's good for
meeting people. Dancing ticks all the boxes!
For more information call Alan 020 8504 3376 or
www.EFSA.org.uk

WHY TAI CHI?

Ask a beginner what they
expect from tai chi and the
answer is likely to be a puzzled
look. They will have seen all
those graceful movements on
YouTube and reckon that's for
them. They may have other
ideas but, most likely, won't
have a clue about the real
possibilities offered by tai chi.
Health is a reason often given
but this is likely based on a
misunderstanding. Any form
of exercise will improve your
health. Tai chi and its partner
system gigong are not magic.

slow and non-load-bearing so don't strain things too much. Soft is
what we aim for. The weight shifting may have a lot to do with it and
research has shown that it does improve balance. Also, unbelievably,
it is aerobic. The way we breathe which forms, or should form, a large
part of our practice is probably the reason for this.

Breathing has always been rather taken for granted in the West.
Certainly us lay people take it for granted and seldom think about it.
Until recently the medical and scientific establishments also seemed
barely to give it a thought either. Conversely in the Orient and in
India breathing is a science, at times an art.

Western medical practitioners, scientists and even the good old
NHS are recognising the benefits of abdominal breathing. If you
breathe so that your belly expands rather than your upper chest, the
air still passes through the whole of your lungs. It has been shown
that this makes for better oxygenation of your body including
internal organs. The NHS certainly recommends this type of
breathing as an aid to recovery from surgery. Dr Peter Gryffin covers
the theory in his book *Mindful Exercise*.

Then the thorny issue of self-defence is something that can put
people off. Don't let it! Tai chi is based on a martial art. Every move,
every position has an application for defence or attack. We test these
to give us a solid structure, a bit of a push, a bit of a shove but no
more. Also, knowing why you are moving in a particular way into
a particular position is a great help in learning the form.

So there can be many reasons why someone takes up tai chi and
in addition a tai chi class can be a great social evening. You do meet
some nice people – and there is always tea and biscuits.

Buckhurst Hill in Bloom Competition 2022

Residents are invited to submit an application for ‘Buckhurst Hill in Bloom’. This may be of a garden, window box or allotment – the choice is yours!

Please submit name and address and type of entry to office@buckhursthillpc.gov.uk

WOMEN'S INSTITUTE

Meetings 3rd Wednesday in each month (2nd
Wednesday in December) 7.30pm St. James' United
Reformed Church, Palmerston Road. For more
information contact the Secretary Elizabeth Stearn.
020 8504 6634

WOODFORD SYMPHONY ORCHESTRA

Rehearsals on Thursday evenings at 7.30pm at
Roding Valley High School, Loughton.
The WSO Spring Concert 'An Evening in France' on
Saturday March 26th, 7.30pm at All Saint's Church,
Woodford Wells, features Manuel Cini playing *Saint Saëns's Piano Concerto No.2*. Also music by Fauré and
Bizet. For further details:
www.WSOOrchestra.org.uk
or telephone 020 8924 9370

POPULAR ST CLARE HOSPICE'S 10K RACE SET TO TAKE PLACE THIS APRIL



St Clare Hospice is once again staging its popular 10k road race, now in its 28th year, starting and finishing from the Hospice in Hastingwood, Harlow on Sunday 10th April.

The fundraising event for the local charity is open to all abilities. It is ideal for regular running club members looking to boost their training, as well as those who are new to running but looking for a challenge. Wheelchair racers are also welcome and have become an integral part of the event. The race is UK Athletics affiliated and chip-timed – so it offers the perfect opportunity to get a new PB for the 2022 race season. There are also trophies up for grabs in the following categories: male, female, seniors, juniors and wheelchair athletes and every participant will get a medal.

Last year, the St Clare 10k saw around 400 participants raise more than £11,000 for the Hospice – a target which St Clare is hoping to beat this year.

Event Organiser, St Clare Challenges and Events Fundraiser Dani De'ath, said, "The atmosphere at this race is always great, and

that's because people know that every kilometre they cover, they are raising money for our nurses, doctors and care teams to put life into days of people living with a terminal illness. Entry is £13 for an affiliated racer and £15 for a non-affiliated racer, and many people go that extra mile and raise sponsorship on top. Just £100 could pay for two patients to receive a 90 minute Hospice at Home visit from our nursing assistants. That care makes such a difference to local people and their families.

"We have downloaded the race times from our 2021 event onto our website, so if you are looking for a time to beat, check them out."

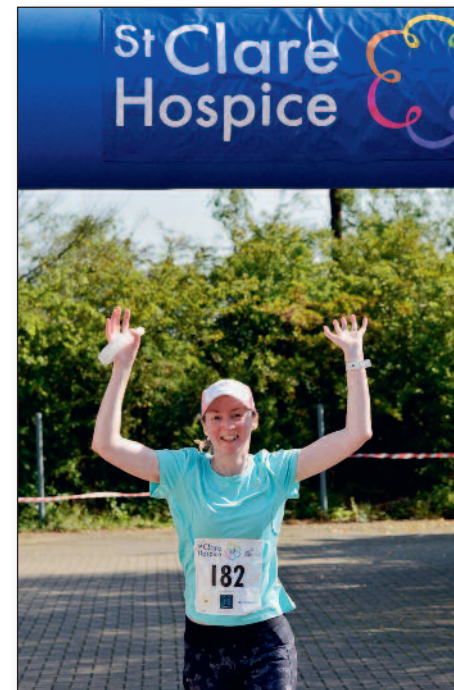
Sign up for the St Clare Hospice 10k here www.stclarehospice.org.uk/event/st-clare-10k-april-2022/ and for more information please contact Challenges and Events Fundraiser Dani De'ath. Call on 01279 773738 or 07718257704 or email dani@stclarehospice.org.uk

stclarehospice.org.uk

[/stclarehospice](https://www.facebook.com/stclarehospice)

[@hospicestclare](https://www.instagram.com/hospicestclare)

[@stclarehospice](https://www.twitter.com/stclarehospice)



Vincenzo and Rosa Pilla were extremely lucky to first discover the flavoured chocolate almond on Honeymoon in Sardinia, May 2013.

In 2015, they reached a crossroads in their lives. After lots of searching,

'A classic façade with a sophisticated and delicious centre... Let it take you on a journey of delicious, explore all your senses.'

researching, planning and decisions... They fell in love with MAXTRIS.

Spontaneously they decided to go on a 3000 mile road trip from Buckhurst Hill to Naples, Italy, in their FIAT 500.

They took a huge leap of faith, trust and passion in what they were about to import.

They went to visit the factory, meet the owners, learn the history: striving to combine tradition and innovation.

They were obviously totally impressed.

A Sweet Affair. They fell in love. They found so much love and passion for this product, and it truly comes from the heart.

Rosa and Vincenzo of The Immaculate Collection are the exclusive importers of the MAXTRIS flavoured chocolate almonds.

These mouthwatering toasted almond

centres are wrapped in luxurious flavoured chocolate and coated in a crunchy shell.

The perfect gift with a delicious twist.

In England, they travel all over, showcasing their delicious centres.

Rosa and Vincenzo's range of products, which cater for different dietary requirements, can be purchased via their website www.theimmaculatecollection.co.uk

Apply discount code: BH10 for 10% off

Please follow their mischief on Instagram & Facebook @TICVR so they can share updates and share love and smiles.

They can be contacted via their website or social media pages.

HAVE YOU SEEN BHUMI?



**Missing,
last seen on
19 November,
on Lower Queens Rd,
Buckhurst Hill, IG9**



He is a grey, short-haired cat with yellow/green eyes.

He is neutered and microchipped. Approx. 4 years old,

Bhumi is a very timid and shy cat, medium sized and of lean/muscular build.

We are offering a reward for his safe return to us.

If anyone sees him, we'd love it if they could take a photo or video and send it to us either via SMS/WhatsApp or on the FB page with details of where he was seen.

Tel: 07585 870 361

Promote your Business or Event by advertising in the Parish Magazine

If you would like to find out more about advertising in this magazine, please contact the Parish Office on

020 8498 9933 office@buckhursthillpc.gov.uk. **Prices start from as little as £30**



It's still not too late to come and join us this term at Tumble Tots Chigwell!

Our classes run Monday to Saturday in Loughton, Chigwell and Buckhurst Hill.

We offer the following classes: 6 months to walking, Walking to 2 years, 2-3 years, 3 years to school age & 4-7 years

Enhance your little one's skills of balancing, climbing, agility and co-ordination in a safe and caring environment with high staff-ratio!

TAKING BOOKINGS NOW FOR SPRING TERM at www.tumbletots.com/chigwell





FREE initial consultation

EXPERIENCED

CREATIVE

PRACTICAL



Social Club For The Blind

We are a warm and friendly
social club for people with
sight problems



Would you like to join us?
Do you know anyone who would
benefit from joining us?



Helps protect against loneliness and isolation

2nd and 4th Thursday
Each month
2pm – 4pm

St Anne Line Church
7, Grove Crescent
South Woodford
E18 2JR

For information contact:
07840 850838
susanmann9@yahoo.com



We look forward to hearing from you



The Council is seeking a casual

Recreation and Amenities Assistant (caretaker)

The post involves caretaking and cleaning
at the Community halls; health and safety inspections;
and minor repairs and maintenance of the council assets.
Hours will be up to 16 pw.

£10.82 ph plus mileage @ 60p per mile, in accordance
with the Council's terms and conditions of employment

INTERESTED?

Contact the Parish Clerk, Liz Petyt-Start

020 8498 9933
office@buckhursthillpc.gov.uk