

BuckhurstHill

Parish Council Magazine **Summer 2018**

News and views from around Buckhurst Hill



From the Chairman

Local Policing... Local Justice

Never before in the history of Buckhurst Hill have we been able to say that we have our very own member of the police force, working solely to keep our inhabitants safe!

At our recent Parish Assembly, I was delighted to introduce our new Police Community Support Officer (PCSO), Kai Farrant to the residents of Buckhurst Hill. The Parish Council led by myself and Aniket Patel before me, worked tirelessly for almost four years to bring this appointment about and fulfil one of our key pledges. We now have the most welcome sight of our own PCSO out on our streets doing what many of our residents have been demanding i.e. providing a more visible police presence

on the streets of Buckhurst Hill.

I would also like to express our gratitude to Kevin O'Brien, the Parish Clerk, and the entire Parish Office Team. This achievement would not have been possible without all their efforts in support of our goal.

Obviously this service does not come for free and the Parish Council are paying Essex Police the going rate to secure Kai's services. However, we hope this investment will really pay dividends in the long run. Kai will work very closely with the Parish Council, regularly reporting at our Full Council meetings. His main duties will include: conducting high visibility patrols, dealing with minor offences, offering early intervention to deter people from committing offences, provide support for front-line policing, conducting house to house enquiries, guard crime scenes etc., or plain and simple crime detection for example by liaising with local traders, including Waitrose as they get to grips with the menace of shoplifting etc. Kai will start by taking a particular look at hotspots of local crime in the area, burglaries, unsocial behaviour, visit our schools and talk to local residents, gradually expanding his remit. So there is plenty of work for him to get on with for our benefit.

One welcomed initiative that has come about as the result of Kai's appointment, is that the regular monthly meetings the Police used to hold in the Queens Road Costa have been reinstated. Under the heading of "Coffee with Coppers" the next scheduled

meeting will be on July 20th with

another on August 14th both at 11am. Future meeting dates will be advised on the Parish Council website in due course, as well as through the usual channels.

The Parish Council are confident that we will also soon have more positive news regarding a Special Constable for Buckhurst Hill. We have been working closely with Essex Police on a recruitment campaign to find a Special Constable. There have been a number of potentially good candidates and I am delighted to say that one candidate is scheduled to commence their training in July and possibly a second candidate commencing training in January 2019.

Special constables have the majority of powers that a serving police officer has, including the power of arrest. Understandably, their training is longer and more intense than that of a PCSO but we are optimistic that before very long we will also have a Special Constable patrolling Buckhurst Hill alongside our PCSO on a regular basis.

As a Magistrate I know that it is often said that justice should endeavour to be local and not dispensed by people who have no idea of the people or the place. Policing should follow those lines as well with the police being well integrated into the area, understanding the people and the lifestyles that the majority wish to lead and aspire to; how they wish to live and what is acceptable and what is not.

I'm sure that you will join with me in wishing our new PCSO the very best of luck in his new role and with hard work, we will all be able to say that our investment in law and order will be a great enduring investment for Buckhurst Hill.

Cllr. Neville Wright



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Barbara Blossom

It is with much sadness that we report the death of Barbara Blossom, a former Chairman of the Parish Council, who passed away on 1st June 2018.

Barbara was a well-known figure amongst the Buckhurst Hill community. She had the reputation for being a “feisty lady” with a great sense of humour. She held very strong views on both local and national issues and was certainly not afraid to speak her mind on all manner of topics.

Barbara had been a gym teacher at Woodford County High School, she was awarded a medal by the Royal Life-saving Society in 2003 for 50 years’ work (she had founded the Essex branch in 1957 and her pupils had received over 3000 awards between them). Barbara’s training had included some physiotherapy modules and she regularly attended meetings of the Lea Valley Branch of the Chartered Society of Physiotherapy.

On her retirement Barbara soon became a pillar of the community. Initially she joined the committee of Buckhurst Hill Residents’ Society (BHRS). Then in the late 1990s she stood for election to the Parish Council as an Independent candidate, standing a second time representing BHRS, subsequently becoming the Parish Council’s Chairman. She was also the Chairman of the Residents’ Society, working tirelessly for the benefits of local residents. She was passionate about preserving the heritage of Buckhurst Hill.

During this time Barbara was also Chairman of the Buckhurst Hill Residents’ Society, working tirelessly for the benefits of local residents and was passionate about preserving the heritage of Buckhurst Hill.

Her interest in the National Health Service led her to become a member of the Epping Forest NHS Primary Care Trust Users’ Forum, and a member of the Epping Forest PCT Patient and Public Involvement Forum. At one time she was also a member of the Epping Forest District Police Forum.

Eleanor Spencer (Former Parish Chairman)

Barbara was a very vocal, passionate lady who was active in many local groups. When I first became a parish councillor Barbara Blossom attended one of the council meetings as a member of the public to demand that the council allow the Residents Society to advertise one of its events on the parish notice boards but at the time the council was not allowed to do this.

The following year she was co-opted onto the council and when I was Chairman helped me to set up the Historical Society and to organise coffee mornings to which many local organisations were invited to attend. She was also on the committee planning the layout of the then new parish offices.

Cllr Steven Neville

What can one say about Barbara Blossom? Passionate, yes! Civic minded, without a doubt. Formidable, certainly! You knew you’d met Barbara Blossom without a shadow of a doubt. She was important to the political history of Buckhurst Hill. Born in Yorkshire in 1924, she came to work as a teacher in the 1940s at Woodford County High School for girls before retiring to take an active role in the life and business of Buckhurst Hill. She

threw herself in to the life of the Buckhurst Hill Residents Society of which she chaired for a number of years. She campaigned along with other committee members for a parish council and in 1996 that’s what we got. She went on to serve on the parish council for its first eight years and she chaired the parish council, even though she was not part of the ruling LibDem group. She was a powerful champion for Buckhurst Hill, the elderly and looking after our wonderful NHS.

She was also a supportive member of the congregation at my church, St James’s URC at the top of Palmerston Road where she had another strong network of friends.

I was struck at her funeral by just how wide a network of friends she had and how active she was in all sorts of ways. She was a true friend to Buckhurst Hill but that we shall be forever grateful.

Cllr Sylvia Watson

I first saw Barbara Blossom in action when, as a new resident of Buckhurst Hill, I attended a meeting organised by Buckhurst Hill Residents Society about the parking review. She certainly made an impression as one of the Parish Councillors. A few years later when I was myself a Parish Councillor Barbara came along to the parish offices to hold a “sit in” to protest against their closure. Sitting on the sofa in the reception area she made her views very clear to me. Then suddenly when she noticed some stitches in my forehead, Barbara immediately became very concerned about my injury, insisted that I sit down next to her and ordered my male colleagues to bring us both tea and biscuits. However my lasting memory of that occasion is of Barbara demanding that a form be brought to her and then admonishing my colleague for bringing the wrong form and instructing him that a yellow form was needed.

Cllr Neville Wright (Parish Council Chairman)

Although I did not personally know Barbara her reputation as a forthright individual is well known locally. She was a much respected Past Chairman and Councillor, who steadfastly worked for the interests of Buckhurst Hill residents for many years. She will also be remembered for her extensive Charity work where she was responsible for raising considerable sums of money for good causes. A great character, admired by many in Buckhurst Hill, Barbara will be sorely missed.

(The Parish Council is grateful to a number of voluntary contributors to this article. All of whom provided very similar information and experiences. We have condensed many of these contributions into the obituary above, purely to avoid too much repetition).



Barbara cutting the ribbon to open the Christmas Fayre 2015

Buckhurst Hill Station step-free access

Buckhurst Hill Station – Step Free Access Transport for London (TfL) hosted an informal drop-in session at the Roding Valley Hall on Wednesday June 13th to mark the recent opening of the Step Free Access at Buckhurst Hill Station; improving access to the transport network for thousands of people. In May 2018 Buckhurst Hill became the first step-free station under this programme, and four other stations on the east end of the Central line will become step-free by March 2022. These are Newbury Park, Snarebrook, South Woodford and Debden.

Some of London Underground’s Accessibility Event Managers took the opportunity to talk generally to their customers, hear their views and answer questions.



Right to left: Mr K O’Brien, Cllr A Patel (EFD), Mr M Vance, Cllr V Metcalfe (Essex CC)

TfL are working with the Mayor of London’s office to invest almost £200m on making 30 stations step free over the next 5 years. This is the biggest investment in accessibility in the Tube’s 155 year history. The investment across TfL will mean that by 2022, 40% of the network will be step-free – a significant increase on the current level of 27%. As well as making stations step free they also investing in other accessibility improvements such as tactile paving on stairs and making the TfL journey planner smarter at planning accessible journeys for disabled customers.

The Mayor of London, Sadiq Khan, is quoted as saying ‘I’m delighted that Buckhurst Hill Tube station is the first to benefit from the £200m boost. I know it’s going to make a big difference to help those with disabilities, parents with pushchairs or anyone who struggles with their mobility.’ Mark Wild, Managing Director of London Underground, said: ‘It’s vital that we continue to make the Underground more accessible and we are determined to do more to help our customers experience all London has to offer. County Councillor, Valerie Metcalfe along with District Councillors Aniket Patel and Stephen Neville were all early visitors to the event.

Cllr Metcalfe commented: “I really welcome the fact that Buckhurst Hill underground station became “Step-free” in May, thereby improving access to the transport network for local residents. Along with other Buckhurst Hill councillors, I have been delighted to attend today’s TfL’s drop-in event at Roding Valley Hall. TfL staff have explained to us how they had spent over £800,000 on making Buckhurst Hill station the first of five stations on the eastern section of the Central Line to become a step-free station under their 5 year investment in improving accessibility to the Tube. There were a number of exhibits on display describing their ambitious plans and details of further investment in due course at other nearby stations. We have all been pressing for this in Buckhurst Hill for many years and I am delighted that this new access will make a significant difference to the lives of many of our older and disabled residents.

Buckhurst Hill Social Isolation Project

There are times in someone’s life when they may become lonely or isolated, such as the death of a wife or a husband, the loss of friends and social networks, or even reduced mobility which means they can’t get out as much as they used to. This might lead to some residents in our local community experiencing social isolation or loneliness.

Research has demonstrated that someone who has a strong social network has a staggering 50 per cent greater likelihood of survival than those who do not. Those suffering from social isolation or loneliness are more likely to suffer from depression or develop dementia. Due to higher rates of physical inactivity they can in turn suffer from physical sickness like diabetes, stroke, or coronary heart disease.

Whether it is through the local authority, social care, community groups, housing associations, or the NHS, we need to ensure that we have a way of identifying those at risk and helping to put the right support in place.

As a member of the Epping Forest Health & Wellbeing Board, I wanted to make you aware of a project that we are working on to ensure that the right support is available for those who may need it. We are currently conducting a short piece of community research so that we can better understand how people feel about where they live and their experience of this issue. Whether you are involved in



Left to right: Luis deGoni-Parks (Essex Fire Service); Audrey Mullins (NHS); Aniket Patel (EFD)

organising local activities or are a resident who cares about the future of your neighbourhood and reducing social isolation and loneliness, we’d love to hear from you. If you would like to participate in this project by answering a few brief questions, please contact the Parish Council Office and ask for a Health & Wellbeing questionnaire.

HALLS FOR HIRE

Our two community halls are available to hire for a range of uses including Parties, Meetings, Groups and Wedding Receptions.

RODING VALLEY HALL

A traditional 1930s hall with a sprung wooden floor and stage. Its maximum capacity is 185 people with parking for 39 cars.



WOOLLARD CENTRE

A large hall with a maximum capacity of 225 people. It has two other rooms, each with a capacity of 25, and parking for 10 cars.



More details: www.buckhursthillpc.gov.uk office@buckhursthillpc.gov.uk 020 8498 9933

HALLS AVAILABILITY

Our 2 community halls currently have the following slots available for regular hire:

■ **Roding Valley Hall** ■ **Woollard Centre (main hall)**

	Morning		Afternoon	Late afternoon	Evening	
Monday	Woollard		Woollard			
Tuesday			Woollard			
Wednesday	Woollard		Woollard	Roding	Roding	
Thursday			Woollard		Roding	
Friday	Woollard		Roding Woollard		Roding	Woollard
Saturday	Woollard		Roding Woollard	Roding	Roding	Woollard
Sunday	Roding	Woollard	Roding Woollard			

Woollard Centre Meeting Rooms: some availability Monday-Sunday
Enquiries for single hire – eg parties – always welcome



The Bar Mitzvah Revolution in Buckhurst Hill

The Chabad Jewish Centre on Epping New Road is experiencing a Bar Mitzvah revolution!

As a Jewish outreach centre, dedicated to serving those not necessarily affiliated with or members of other Synagogues, the Chabad Centre of Buckhurst Hill is becoming the in place for these local Jewish families to come to for their life cycle events, especially over the last few years, for Bar Mitzvahs.

When a Jewish boy turns 13, he is initiated into adulthood with a ceremony which usually consists of the boy having prepared with a years' worth of lesson to read some blessings and a portion from the Torah in Hebrew. Chabad Buckhurst Hill has celebrated over 20 such Bar Mitzvahs over the last two years and has 13 more lined up for the next few months.

Rabbi Brandman, the director of the centre and the one who personally teaches all the boys explains: For a local boy who may not have had much in the way of Jewish education previously, learning to read hebrew and then becoming confident enough to read in front of a crowd, may seem like a daunting task. However, we are very easy going here, I teach each boy on their own level and to me, the most important thing is that the experience is enjoyable, meaningful, understood and appreciated.

Chabad has successful after school Hebrew classes once a week which give children approaching the age the opportunity to get a head start in their studies and preparation, and with a new year and the Jewish High Holy days approaching in September, it is a good opportunity for local community members to consider getting more involved.

For more information, please see: www.chabadonthehill.co.uk



BH Village Forum

Buckhurst Hill Village Forum is delighted to be able to share some exciting news. A successful Town & Village Centres Opportunities Fund has been won and our Village will have a super contemporary web site developed and maintained. All registered

businesses in BH, should be able to benefit from free links to the database not just those with buildings in Queens Road. The website will enable the local residents to find out relevant information about what is available in Buckhurst Hill but also attract visitors to the area, and equally importantly, potential business owners.

We have to say a big 'thank you' to those who donated their time freely to make the bid for the funding and also to those who have promised to do the research and collecting all the data needed to make this a really dynamic and useful tool for everyone. BHVF Facebook will keep you posted and will also look forward to hearing from everyone with your thoughts to support the businesses in BH.

@BuckhurstHillVillage

Recycling bags are stocked in the following within Buckhurst Hill:

- Buckhurst Hill Library** 165 Queens Road, Buckhurst Hill IG9 5AZ
- Buckhurst Hill Convenience Store and Post Office** 167 Queens Road, Buckhurst Hill IG9 5AZ
- Queens Food and Wine** 8 Lower Queens Road, Buckhurst Hill IG9 6DL
- Premier & Post Office** 38 Station Way, Buckhurst Hill IG9 6LN
- Valley News** 50, Station Way, Buckhurst Hill IG9 6LN
- Valley Mini Market** 158, Loughton Way, Buckhurst Hill IG9 6AR

Cllr Ryan Sparrowhawk

I wanted to thank all of the residents in Buckhurst Hill who have supported me over the past year since my marriage in August 2017. As some of you are aware, I was delighted to be able to spend time getting to know my wife's family and country better subsequently; although this lasted a little longer than originally planned due to personal reasons.

Now that we are back permanently in the UK, I relish the prospect of fulfilling my duties in full as a parish councillor.

Regards, Ryan Sparrowhawk

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

WINTER –

Copy close:

12 October 2018
delivery planned for week commencing
12 November 2018

COUNCILLOR REPRESENTATIVES TO OUTSIDE BODIES 2018/2019

ORGANISATION	REPRESENTATIVE(S)
Larger Local Councils' Forum	Chairman, Parish Clerk
Local Councils' Liaison Committee and Essex Association of Local Councils (Epping Forest)	Chairman, Parish Clerk, Cllr Mrs J Share-Bernia
Buckhurst Hill Community Association	Cllr Mr K Williamson
Buckhurst Hill Village Forum	Cllr Mr S Neville, Cllr Mrs S Patel, Cllr Mrs J Share-Bernia
Passenger Transport	Cllr Mr S Clark, Cllr Mr N Wright
Police Liaison	Cllr Mr S Neville, Cllr Mr S Clark, Cllr Mr N Wright
Roding Valley Nature Reserve	Cllr Mrs J Forker-Clark
Rural Community Council of Essex (AGM)	Cllr Mr B Nagpal
Standards Committee with EFDC	Cllr Mr N Wright



On Wednesday 13th June 1st Buckhurst Hill Guides went to the Chigwell Riding Trust for Special Needs to present the manager, Deborah Hall, with a cheque for £323.90. The guides had raised the money by filling Smartie tubes with 20ps and two of the guides had held a cake sale at their school. Deborah talked to them about the Centre and then showed them some of the ponies used by the riders. Raising money for a local charity was something the guides had to do to gain their Pearly Kings and Queens Challenge badge and the Riding for the Disabled Challenge badge. The girls had been working on these badges over the last few months. At the end of the evening Deborah presented each guide with their badge.

There are two guide units and two Brownie units in Buckhurst Hill providing a great variety of activities and opportunities, for over a hundred girls and young women in Buckhurst Hill. The units are run by a dedicated group of leaders but some are retiring after many years in guiding. To keep the units running for future generations of girls we need new volunteers. It does not matter if you have never been involved in Guiding before as full training and support is given to all volunteers. If you would like to help with guides or brownies in Buckhurst Hill then please contact Margaret 020 8504 3586.

Buckhurst Hill Community Association at Bedford House

To many, the words Community Association will evoke a hall for sport and functions, a bar, and meeting rooms for local groups. BHCA, however, is different – while it does provide venues for local groups and functions, its primary role is educational – indeed, it is virtually a small adult education college.

It was founded in 1946 by a group of residents including noted painter and London Transport poster artist Walter Spradbery, who is the subject of an exhibition from 21 July at Epping Forest District Museum, and who will be celebrated on 29 September with events at the Wilderness, Buckhurst Hill. Arts and crafts classes were thus from the start central to the Association’s activities, and remain so. But it has always tried to provide something for everyone, with Leisure and Fitness classes as well – and included in the upcoming 2018-19 programme are new courses such as Drama, Garden Design, Myths of Britain, Pilates, Singing and T’ai Chi, and such 1-Day workshops as Anxiety, Basket-Making, Botanical Skin Care, Christmas Wreaths, Fashion Illustration, Halloween Willow Lanterns for children, Meditation & Mindfulness, and Microgreens Growing, amongst a total of over 80 classes and workshops.

And even before term starts on 17 September, there are regular Drop-In Yoga sessions on Wednesday mornings, an Introduction to Bee Keeping course on 4 and 11 August, and a workshop on Taking Portrait Photographs on 15 September.

If you’d like to find out more about BHCA and obtain a brochure for its 2018-19 courses, for which enrolment is now open, contact: the Office, Bedford House, Westbury Road IG9 5NW, phone: 020 8504 6668, email: enquiries@bedfordhouse.org.uk, or visit the website: www.bedfordhouse.org.uk BHCA is a Registered Charity No. 301268



Tai chi is about the journey not the arrival

Chen Mann-Ching taught tai chi in New York during the 1970s. The Chinese community brought him from Taiwan to teach them but Chen quickly discovered that the Americans were prepared to pay big dollars to learn the ancient Chinese art.

In *There are no secrets*, Wolf Lowenthal’s biography of Chen, Lowenthal tells how Chen treated his western and Chinese students differently. The Chinese were quite happy to practise a move until they got it right – for weeks, perhaps for months or even longer. The Americans wanted to learn rapidly and were impatient to move on.

It’s a cultural thing. In the west we are brought up on ultimate goals: the GCSE, the degree, the gold medal. We can’t help wanting to achieve; it is how we are brought up, how we are educated.

I remember when I was a kid going on holiday. Faced with a long journey my mother would tell me and my sister to “think of the journey as part of the holiday”. Perhaps she was wiser than I knew. Sometimes it is about the journey not the goal. Certainly this is true of tai chi. You could say that, in fact, there is no goal. Tai chi is about learning. You may start with the movements (the form) and as a new student you may be impatient to learn it – but once you have ‘achieved’ that what next? Surprise! You go back to the beginning and start again.

After the third time you begin to realise that it is all about

refinement and detail. Learning, re-learning and discovering things that you did not know, perhaps never thought possible. I have to say that some, many in fact, fall by the wayside. They say ‘it takes 1,000 to start for one to finish’. It is also true that students who have dropped out sometimes come back, years later, to start all over again. You just have to pick the right time for you.

Most martial arts have grades but any goals that there are in tai chi are yours. The toughest challenge you face, the biggest obstacle you have to overcome is yourself. I have found that, quite often, I will discover something without ever having set out to do so, an unexpected achievement, a retrospective goal.

Practising tai chi, after a while, it may be that you feel more confident, more relaxed, more able to cope with the world – your world. There is a line in the first Karate Kid which I like: Daniel asks Myaki what belt he holds. Myaki replies that the only thing he needs a belt for is to keep up his trousers. For Myaki it was just about his art – karate. For us it should be just about our art.

Tai chi is a journey: the real danger lies in thinking that you have arrived!

John Roper, The Bonsai Tai Chi Academy, 07967 666794
john@bonsaitaichi.eu www.bonsaitaichi.eu

Council Chairman: Cllr Mr Neville Wright Council Vice Chairman: Cllr Mr Bobby Nagpal

FINANCE & ESTABLISHMENT COMMITTEE Cllr Mr B Nagpal (Chairman) Cllr Mr R Sparrowhawk (Vice Chairman) Cllr Mr S Clark Cllr Mr S Neville Cllr Mrs S Patel Cllr Mrs G Reynolds Cllr Mrs J Share-Bernia Cllr Miss S Watson	ACCOMMODATION COMMITTEE Cllr Mrs S Patel (Chairman) Cllr Mr B Nagpal (Vice Chairman) Cllr Mr S Clark Cllr Mrs J Forker-Clark Cllr Mrs G Reynolds Cllr Mrs J Share-Bernia Cllr Mr K Williamson Cllr Mr N Wright Cllr R Sparrowhawk Cllr Miss S Watson	RECREATION & COMMUNITY COMMITTEE Cllr Mrs G Reynolds (Chairman) To be elected (Vice Chairman) Cllr Mrs J Forker-Clark Cllr Mr B Nagpal Cllr Mr S Neville Cllr Mrs J Share-Bernia Cllr Mr K Williamson Cllr Mr N Wright
PLANNING & ENVIRONMENT COMMITTEE Cllr Mr K Williamson (Chairman) Cllr Mrs S Patel (Vice Chairman) Cllr Mr S Clark Cllr Mrs J Forker-Clark Cllr Mr B Nagpal Cllr Mr S Neville Cllr Mrs G Reynolds Cllr Mr N Wright	PERSONNEL COMMITTEE Cllr Mr N Wright (Chairman) Cllr Mr B Nagpal Cllr Mrs S Patel Cllr Mrs G Reynolds	NEIGHBOURHOOD PLAN COMMITTEE Cllr Mrs J Forker-Clark (Chairman) To be elected (Vice Chairman) Cllr Mr S Clark Cllr Mr B Nagpal Cllr Mr S Neville Cllr Mrs S Patel Cllr Mr K Williamson
CLERK TO THE COUNCIL Mr Kevin O’Brien		
RESPONSIBLE FINANCIAL OFFICER Miss Julie Taylor		

Councillor’s Surgery –
if you would like to see a councillor, they are available before meetings by appointment. To arrange an appointment, please contact the Parish Office: 020 8498 9933 / office@buckhursthillpc.gov.uk If the matter is urgent please contact the Parish Office.

Useful numbers

COUNCIL, SUPPORT & ADVICE SERVICES Buckhurst Hill Parish Council Epping Forest District Council Buckhurst Hill Library Education/Welfare Registrar of Births, Deaths & Marriages Social Services Essex County Council London Borough of Redbridge London Borough of Waltham Forest Citizens Advice Bureau Department of Work & Pensions Samaritans Child Line NSPCC Age UK Rape Crisis Centre Epping Forest Careers Centre Epping Forest Volunteers Bureau Epping Information Centre Epping Forest Countrycare NHS for urgent medical concerns The Willows Centre (Counselling room at St Stephen’s Church, Alfred Rd) Support for unplanned pregnancies, free pregnancy testing, confidential care and advice, free counselling For advice and appointments www.willowscentre.org Affiliated to CARE Confidential – National Helpline www.careconfidential.com Red Cross FloodLine Essex County Fire & Rescue LOUGHTON STROKE CLUB Every 2nd and 4th Tuesday of the month (except August) at 2.00pm MOTOR NEURONE Meetings held at the Woollard Centre VOLUNTEERS REQUIRED National helpline – for people with MND and their carers ALZHEIMERS SOCIETY HOSPITALS St Margarets Princess Alexandra Whipps Cross King George Newham General The Holly Private Hospital Roding Spire (private)	020 8498 9933 01992 564 000 0345 603 7628 0345 606 1212 0345 603 7632 0345 603 7630 0345 743 0430 020 8554 5000 020 8496 3000 0344 477 0808 0345 6060265 116 123 0800 1111 0808 800 5000 01245 346 106 01296 392 468 020 8508 4110 01992 564 424 01992 564 288 01992 788 203 111 0800 121 4898 0800 1214898 0300 456 1155 0345 988 1188 01376 576 000 020 8508 0054 01604 250 505 01279 427522 01992 561 666 01279 444 455 020 8539 5522 0330 400 4333 020 7476 4000 020 8505 3311 020 8551 1100
GP’s Kings Medical Centre Palmerston Road Surgery River Surgery CLINICS Buckhurst Hill Clinic Marie Stopes Fairfield Clinic DENTISTS Gill, Patel & Anand Queens Dental Practice Valley Dental Practice White House Dental Surgery NURSING HOMES Forest Place Queens Court COMMUNITY GROUPS Chabad Lubavitch – Jewish Community Centre Details: Rabbi Brandman Ilford Hindu Centre	020 8504 0122 020 8504 1552 020 8504 7364 020 8504 0405 0345 300 8090 020 8504 9393 020 8505 8008 020 8504 5787 020 8504 9393 020 8505 2063 020 8559 0620 020 8554 1624 www.chabadonthehill.co.uk 020 8553 5471 or 020 8478 6049 020 8505 7300 020 8504 2934 020 8504 1133 020 8504 7108 020 8504 7372 020 8501 5700 020 8505 4821 020 8504 8216 020 8508 1173 020 8505 9299 020 8501 1085 020 8505 0005 020 8504 6668 020 8502 0186 101 999 01245 491491 020 8505 3353
TRAVEL INFORMATION Stansted Airport Gatwick Airport Heathrow Airport Luton Airport TFL Customer Services National Railways Enquiry Line City Link (bus & coach) Kentish Bus & Coach (Arriva) Metrobus National Express ANIMAL WELFARE Palmerston Veterinary Group RSPCA (Veterinary Advice Line) Chestnut Cat Sanctuary UTILITIES British Gas Emergency Line Thames Water Leak Line EDF Energy Emergency Line SPORTS FACILITIES Bancroft Rugby Football Club Buckhurst Hill Cricket Club & Lacrosse Buckhurst Hill Bowling & Lawn Tennis David Lloyd Centre Epping Sports Centre Loughton Leisure Centre Roding Valley Cricket Club Roding Valley Tennis Centre MINI CAB SERVICES Mason Car Services (Woodford Green) Mayflower Sadlers Chingford Radio Cars CHURCHES St John’s/St Stephen’s Buckhurst Hill Baptist St James United Reform BUCKHURST HILL VILLAGE FORUM (formerly Town Centre Partnership)	0808 169 7031 0844 335 1802 0844 335 1801 01582 405 100 0343 222 1234 03457 484 950 0871 266 3333 01947 602 146 01293 449 191 0871 781 8181 020 8505 1435 03001 234 999 01992 560 510 0800 048 0202 0800 111 999 0800 980 8800 0800 714 614 0800 056 7777 0800 028 0247 020 8504 0429 020 8504 5652 020 8504 0780 0345 129 6783 01992 565 670 020 3225 5460 020 8506 1001 020 8505 4008 020 8504 1685 020 8502 1111 020 8508 6600 020 8524 1111 020 8506 2150 020 8559 0222 020 8505 0300 020 8559 0529

Buckhurst Hill Parish Council
165 Queens Road, Buckhurst Hill, Essex IG9 5AZ
tel: 020 8498 9933 email: office@buckhursthillpc.gov.uk
web: www.buckhursthillpc.gov.uk

Dates

for your diary

...and local organisations

BUCKHURST HILL PARISH COUNCIL

Meetings held at Buckhurst Hill Library, 165 Queens Road

■ THURSDAY 19 JULY 2018

7.00pm Planning & Environment Committee
8.00pm Personnel Committee

■ THURSDAY 26 July 2018

7.00pm Full Council Meeting

■ THURSDAY 2 August 2018

7.00pm Planning & Environment Committee

■ THURSDAY 23 August 2018

7.00pm Planning & Environment Committee

■ THURSDAY 6 September 2018

7.00pm Planning & Environment Committee
8.00 Finance & Establishment Committee

■ THURSDAY 20 September 2018

7.00pm Planning & Environment Committee
8.00pm Recreation & Community Committee

■ THURSDAY 27 September 2018

7.00pm Full Council

■ THURSDAY 4 October 2018

7.00pm Planning & Environment Committee
8.00pm Accommodation

■ THURSDAY 18 October 2018

7.00pm Planning & Environment Committee
8.00pm Neighbourhood Plan (TBC)

■ THURSDAY 1 November 2018

7.00pm Planning & Environment Committee

■ THURSDAY 15 November 2018

7.00pm Planning & Environment Committee
8.00pm Finance and Establishment

Details correct at the time of going to print but may be subject to change for Statutory/Policy requirements.

Further information from the Parish Office: 020 8498 9933 or our website www.buckhursthillpc.gov.uk

AGE CONCERN BH

Information and advice on a variety of topics related to the elderly. Further details: Hon Secretary Mr D Lindsey 020 8262 2259

ALZHEIMERS SOCIETY

Singing for the Brain Buckhurst Hill

Further information (Office opening times:

Monday-Friday, 09:00-17:00) email: essex@alzheimers.org.uk

Thursdays 10am – 12.30pm Keeping Active... Together

Thursdays 1 – 3.30pm Active Minds

The Quakers Meeting House, Hemnall Street, Epping

Local dementia support team: 01371 872658 or

Volsessex@alzheimers.org.uk

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 COMMUNITY ASSOCIATION

Your local centre for lifelong learning – over 80 classes in art, craft, and leisure activities. See article on page 7 for more information and dates of workshops. Brochures available from the Parish Office, local libraries, or BHCA itself: 020 8504 6668, email office@bedfordhouse.org.uk or visit www.bedfordhouse.org.uk

Registered Charity No. 301268

BUCKHURST HILL FOOTBALL CLUB

More information @buckhursthillfc or

www.facebook.com/buckhursthillfc

BUCKHURST HILL HORTICULTURAL SOCIETY

Our Winter programe of talks starts in October:

■ MONDAY 1 October 2018

Subject – Plants for an East Anglian Garden. Speaker: Mr Robin Carsberg

■ MONDAY 5 November 2018

Subject – Gardening in the third age – Gizmos and Gadgets.

Speaker: Ms Anne Luder

These talks are held at St James United Reformed Church, Palmerston Road, Buckhurst Hill, IG9 5NG

Time: 7.30 – 9.30 pm

ALL VISITORS WELCOME.

Further information from Maureen 020 8504 8436 or Jill 020 8257 8996

BUCKHURST HILL LEISURE GARDENS ASSOCIATION

The Association manages local allotments on behalf of the Parish Council at Lower Queens Road, Forest Edge, Monkham, 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

7.45pm on the first Tuesday of each month at St James' URC Church, Palmerston Road. For more details contact the Chairman, Stephen Goddard on 020 8505 2570.

BUCKHURST HILL U3A

Meets at 2.00 pm on the second Thursday of every month at Roding Valley Hall (RVH), Station Way, Buckhurst Hill, Essex, IG9 6LN (car parking is available on-site).

<https://u3asites.org.uk/buckhurst-hill> or email

buckhillu3a@gmail.com or

write c/o Flat 23, Greenhill, High Road, Buckhurst Hill, IG9 5SH.

BUCKHURST HILL VILLAGE FORUM

For traders and stakeholders in Buckhurst Hill. See also page 5.

@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

EPHING 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.

GOLDEN YEARS CLUB

Tuesdays 1-3.30pm St James's United Reformed Church, Palmerston Road, Buckhurst Hill. Members and Visitors – £2 per session.

For more information telephone Janice Curd 020 8505 2384.

NATIONAL TRUST WOODFORD GREEN CENTRE

Further information from Miss Janet Collins Tel: 020 8504 9982

www.nationaltrust.org.uk

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

RODING REEL CLUB

Every Thursday 7.45pm at St John's Church Hall, High Road

Friendly Scottish Dance Group. Come by yourself or come in a group, we'll teach you to dance. For more details contact Pat 020 8529 1300.

patsdharvey@btinternet.com www.rodingreelclub.com

ST JAMES' UNITED REFORMED CHURCH

Palmerston Road. Sunday Morning Services – 9:00-10:00 Roman Catholic worship (provided by St Thomas of Canterbury) 10:30-11:30 Church worship with coffee/tea afterwards. 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 & 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

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 & Frances Fogelman Tel: 020 8529 1129

www.westessexramblers.org.uk

WOMEN'S INSTITUTE

Meetings 3rd Wednesday in each month (2nd Wednesday in December)

7.30pm St. James's United Reformed Church, Palmerston Road

For more information contact the Secretary Elizabeth Stearn

020 8504 6634

WOODFORD SYMPHONY ORCHESTRA

One of the leading amateur orchestras serving East London and South-West Essex. It was formed in 1963 and this friendly group of musicians has presented public concerts on a regular basis ever since.

The Orchestra rehearses every Thursday between 7.45pm and 9.45pm in the Dining Hall of Roding Valley High School, Loughton. New string players welcomed.

www.WSOchestra.org.uk or telephone 020 8924 9370/

020 8519 6491

Information correct at time of going to press. We would remind readers to contact organisations to confirm precise details. Please mention the Magazine when contacting organisations.

Organisations – are your details correct?

If not, let us know on 020 8498 9933/office@buckhursthillpc.gov.uk

office@buckhursthillpc.gov.uk

BUCKHURST HILL HORTICULTURAL SOCIETY

We have one remaining show to be enjoyed this year.

Details as follows:

Autumn Show: Saturday Sept 8th

Time 2.00-4.30pm
Centenary Hall, St John's Church, High Road,
Buckhurst Hill, Essex IG9 5RX.

All visitors welcome. Free entry to members,
£1.00 for non-members
Good parking facilities. Teas, homemade cakes and plants
for sale, plus stalls selling a variety of garden sundries and bulbs.

There is always a magnificent display of dahlias
as well as vegetables, fruit, shrubs, flowers, flower
arrangements, cookery and childrens' entries.
Anyone can exhibit in any of the classes.
For help and advice contact

Maureen – 020 8504 8436

email: mbriggs@uwclub.net

or Jill – 020 8257 8996

email: jill998@btinternet.com

**For more information about
the Society visit our website
bhortsoc.co.uk**

We look forward to seeing you!



OPEN DAY

As part of National Allotments Week we are opening up one of our allotment sites for people to experience a little of fruit and vegetable gardening. Everyone is welcome to come along to meet our plot holders, see what we grow and share knowledge on

**Saturday 18 August 2018
between 12 noon to 4pm**

**at Lower Queens Road Allotment, opposite
Buckhurst Hill Community Primary School**

We will have workshops, produce on display and information on how you too can bring growing fruit and vegetables into your life.

For more information about Buckhurst Hill Allotments visit our website: www.buckhursthillallotments.co.uk

Buckhurst Hill Residents' Society



As we always say, BHRS tries to mix fun events with the more serious issues of protection of the Green Belt and challenging the Local Plan. Well we've just had a favourite event and that's for sure!

BHRS was delighted when asked to organise a Market Project for St John's Primary School again this year. Year 4 took a walk down Queens Road examining some of the history of the buildings using photographs *provided by local historian and committee member, Lynn Jones*. Interviews with nineteen of the businesses were arranged for the children. Many are members of the Society and all were keen to support the learning opportunities for the children.

The next two weeks were then a very industrious period as the classes worked on producing their own stock to sell. From Father's Day cards to Queens Road logo designer shopping bags and from cakes decorated to link to their business to thoughtful book marks. Each business was also designed a unique advertising poster!

Then Friday 15th June was the big day. BHRS volunteers set out the stalls and like magic the children, with their super staff and parents, turned Queens Road into a little Market! *Some products really indicated thought about the shops, like the home made dog biscuits on sale by Dogaholic and the home made cakes with glasses outside the opticians. Others were delightful in sharing the children's learning like the papier mache Grecian urns and the pottery dishes made.*

St John's elected that the profits go to this charity BHRS is supporting this year, which is very exciting. During the afternoon the children told their customers about Rainbow Trust Charity so well.

Lots of photos from the event are on Facebook @bhresidentsociety please do take a look. And please do join BHRS.

www.buckhursthillresidents.co.uk

Facebook @bhresidentsociety

Twitter @BHRS2016



LOCAL MEMBERS OF THE ROYAL BRITISH LEGION TO REPRESENT BUCKHURST HILL AT WW1 COMMEMORATIONS IN BELGIUM

Members of the Buckhurst Hill Branch of The Royal British Legion are to join thousands on a pilgrimage of Remembrance to the World War One battlefields that will culminate in a parade and ceremony in Ypres as part of the end of the First World War centenary commemorations this August.

The Royal British Legion event, known as Great Pilgrimage 90 (GP90), takes place between the 5th and 9th of August and will be one of the largest in the charity's history.

GP90 will mark 90 years since the original Royal British Legion Pilgrimage in 1928, which saw 11,000 World War One veterans and war widows visit the battlefields of the Somme in France and Ypres in Belgium, a decade after the conflict ended.

That Pilgrimage culminated in a march through Ypres to the Commonwealth War Grave Commission's Menin Gate Memorial for a ceremony to commemorate the launch of The Hundred Days Offensive and in remembrance of those who never returned.

Local Legion members, Roderick Grosstephan and Chris Marshall will represent the Buckhurst Hill Branch and the local community at the event, as Standard Bearer and wreath layer respectively.

Roderick and Chris will tour some of the same battlefields and cemeteries visited by those on the 1928 Pilgrimage, before marching along the original route through Ypres, to the Menin Gate on the 8th August, bearing their branch standard and a wreath.

They will join more than 2,200 other Legion representatives and dignitaries, including Civic and military guests from the UK, Commonwealth and Northern Europe who are taking part. Once at the Menin Gate, Chris will lay a wreath on behalf of the Buckhurst Hill community.

Jeff Curd, Chair of the Buckhurst Hill Branch of The Royal British Legion, comments: "Great Pilgrimage 90 is a unique opportunity for the Legion community to come together and bear our Standards along the same route in Ypres taken 90 years earlier by the veterans and widows of the First World War. The Buckhurst Hill Branch looks forward to proudly representing our local community at the event."

As local champions of Remembrance, the Buckhurst Hill Branch of The Royal British Legion is looking to work in partnership with their community to bring their unique Remembrance message to the Menin Gate, on their wreath, where it will be displayed in a wreath installation for viewing by the general public until the end of August.

The parade will start at midday and we encourage the public to make the trip across to Ypres for the 8th August and fill the Market Square to watch the parade, Hundred Days

Offensive ceremony and then enjoy an afternoon of musical entertainment including The Central Band of the Royal British Legion.

If you want to find out more about GP90 or your local Royal British Legion branch, then please contact Jeff Curd (Email: jeff_bucksbunch@hotmail.com).

BH U3A

We are a very friendly, social and learning organisation, if you are over 50, not in full time employment then you are more than welcome to join. Our membership is £20 p.a. runs from April to March, and allows you access to all our groups and events.

We meet monthly on the 2nd Thursday of each month, with a guest speaker, from 2pm-4pm at Roding Valley Hall, we currently have around 20 groups and organize outings on a regular basis.

For more information please email buckhillu3a@gmail.com or visit our website <https://u3asites.org.uk/buckhurst-hill>



Annual Parish Assembly & Annual Council Meeting

May is a particularly busy time for the Parish Office team and Councillors as we have to prepare for both the Annual Parish Assembly and the Annual Council Meeting, two of the biggest events in our calendar. Often though, residents are a little puzzled about the difference between the two meetings, especially as they are frequently held only a few weeks apart.

The Annual Parish Assembly is often referred to as the Parish Meeting. It is a feature unique to Parish and Town Councils as it must be held by law each year (Local Government Act 1972). It is a meeting of the parish electorate that offers them the opportunity to learn more about the work of the Parish Council and to discuss local issues. It is not a Parish Council meeting although the Parish Council Chairman will call the meeting and will usually chair the event. There is no prescribed format for this meeting and its recommendations are not binding on the Parish Council.

At this year's meeting the Chairman gave a presentation on the Parish Council's "Annual Report" and this was followed by more detailed reports by each of the Committee Chairmen. We also had an insight of external organisations that operate within Buckhurst Hill, including from Buckhurst Hill Community Association, Buckhurst Hill Residents Society and Girl Guides and Brownies.

Also at this year's Parish Assembly, the Chairman Cllr N Wright had the pleasure of presenting a cheque for £1056.00 to Miss Hannah Hockin, Corporate and Events Fundraiser for Carers UK. Hannah also gave a brief presentation outlining that across the UK today 6.5 million people are carers, supporting a loved one who is older, disabled or seriously ill. There are currently estimated to be around 6000 people becoming unpaid carers each and every day here in the UK. The charity is run by its 42,000 members and 700 volunteer's



trustees who have to be looking after someone in the family, for example an older relative. They are proud to work in partnership with other organisations and to help with care. They rely on the support of organisations like Buckhurst Hill Parish Council, other charity funders, personal donations and receive 10% of their income in support from the Government. The charity provide help and advice to unpaid carers on matters such as allowances and entitlements. They also work jointly with other charities to assist with help looking after people in the private social network. There are 6.5 million in the UK. She again thanked everyone for their generosity.

You may remember in the Spring 2018 edition, we ran an Easter egg competition and a number of local residents entered this competition. There was more than one resident who guessed correctly and so a member of the public attending the Parish Assembly was asked to draw the winner. As a consequence the winner was Mrs Valerie Thame. Mrs Thame was contacted after the meeting and was subsequently presented with her prize.

The Annual Meeting of The Council, is a much more formal meeting. It is the initial meeting of the Civic Year, where the Council Chairman is appointed and the various Committees are organised. This year Cllr Neville Wright was re-elected as Council



Chairman for the third time and Cllr Bobby Nagpal as Vice Chairman. Also decided are the Parish Representatives to outside bodies for the forthcoming year.

This meeting is also when the Parish Councils Annual Governance & Accountability Return (AGAR) is signed off, ie the previous year's annual financial return. The Council's accounts are scrutinised twice a year by an independent Internal Auditor and at the end of the financial year they are scrutinised again by an independent External Auditor. (Our accounts and annual returns are available to view on our website).

Sadly, Val our hard working Deputy Clerk and Responsible Financial Officer for the past eight years will soon be leaving us. Val will be enjoying more time with her husband Brian and her voluntary work within the mental health sector. On behalf of all the Councillors and Parish Office Team, Cllr Neville Wright publically thanked Mrs Val Evans for her years of service and, with Cllr Patel presented Val with flowers, a food hamper and RHS yearly membership.

Cllr N Wright also gave best wishes to our new Deputy Clerk/Responsible Financial Officer Miss Julie Taylor, who will be taking over from Val on the 1st June. See Photos.



Miss J Taylor, Mr K O'Brien, Mrs S Patel, Mrs S Clark, Mr S Clark, Mr K Williamson, Mr N Wright, Mrs V Evans, Mr B Nagpal, Mrs J Forker-Clark, Mr K Farrant

SUMMER 2018



Roding Valley Recreation
Ground,
Roding Road, Buckhurst Hill,
IG9 6BU

Tues 7th Aug 10am to 12pm
Tues 14th Aug 10am to 12pm
Tues 21st Aug 10am to 12pm

Play in The Park is all about playing and having fun outdoors.

The Play In The Park Team bring along a range of sports equipment and arts & crafts resources for children and young people to enjoy. The team help organise activities and games ALL TOTALLY FREE OF CHARGE!



For more information please contact Michelle Pickett, Community Engagement officer on: 01992 564269

THE READING AGENCY AND LIBRARIES PRESENT



SUMMER READING CHALLENGE 2018

14 July – 1 September in all Essex Libraries

There's mischief occurring in Essex Libraries this summer!

The Summer Reading Challenge 2018, which is produced by The Reading Agency and delivered by libraries, is **Mischief Makers**. Children are being asked to read books and, with the help of Dennis, Gnasher and other classic Beano characters, find the treasure in Beanotown.

By reading or sharing books children will earn stickers (including some special smelly stickers) and if they complete the challenge they will receive a certificate and a medal.

Children aged 10 and over can take part in the ImagiNation 2018 challenge where they can create artworks or write reviews inspired by the books they have read.

For more information go to libraries.essex.gov.uk



Library Volunteers

Come and help visitors to the Library on the Parish Council's 'Self Service' days. Volunteering has a meaningful, positive impact on our community and there are so many benefits for you too –

Learn and develop new skills

Gain a sense of achievement and motivation

Boost your career options

Discover new interests and hobbies

Live new experiences

Meet new people

A regular commitment would be required but there is **flexibility** as long as you are willing to make a regular contribution

Find out more by contacting us on 020 8498 9933

or office@buckhursthillpc.gov.uk.



Police Special Constable for Buckhurst Hill

A Buckhurst Hill Community Special Constable will:

1. Be integrated into a Community Policing Team
2. Start and end their duty as close to their community as possible, potentially from another agency's premises
3. Spend the majority of their time within the council area's neighbourhoods.
4. Be visible and accessible in local communities on uniformed, foot or cycle patrol.
5. Help address local issues and priorities as informed by the local council and police intelligence-led tasking.
6. Patrol hot spots identified through intelligence or which have been deemed to be priority areas.
7. Respond to police-related incidents within the council area.
8. Engage with local communities and support further recruitment of Specials.
9. Attend suitable local council meetings where available to do so.
10. Have regard to the Council's aims and objectives in their voluntary service.

So if you're interested in really looking after your little piece of the world go to www.essex.police.uk/join-the-police/special-constabulary/buckhurst-hill-community-special-constables/