

BuckhurstHill

Parish Council Magazine Winter 2018

News and views from around Buckhurst Hill



From the Chairman

There is no doubt that the re-opening of the Step Free access at Buckhurst Hill Station has been a big success. The Parish Council Office has received many positive comments from residents, as have Councillors. More recently, Cllrs Neville and Share-Bernia were joined by our Clerk and representatives from Epping Forest District Council and Transport for London at a meeting held at Buckhurst Hill Station to review the improvements and to agree some further improvements; most of which have now been implemented. Bright coloured handrails to make them more visible for example. We will continue to monitor progress.

Our PCSO has been patrolling Buckhurst Hill for a little over six months now and as you will see mentioned in Chief Inspector Basford's article, he has already made a very positive impact, supported frequently by other officers. We have also received news in recent days, that our first Special Constable has completed their basic training and will shortly be embarking upon their "on-the-job" training. Further our second Special Constable is set to commence basic training in a few weeks' time. The combination of a PCSO and Special Constables patrolling Buckhurst Hill regularly clearly is a valuable tool in the fight against all types of crime committed locally.

The problems associated with parking management in Buckhurst Hill is well known to us all. The Parish Council has been pushing for a number of parking management schemes across the Parish with the full support of local District and County Councillors in cases for a number of years. So I am pleased that at last we can report that five schemes (Blackmore Road, The Windsors, Palace Gardens, Stag Lane and

Epping New Road) have finally been approved. There are still other schemes that we continue to canvass for and we will continue to keep you informed as and when fresh information becomes available.

The Parish Council is also delighted that, in partnership with the Buckhurst Hill Residents Society and U3A, it is supporting the trialling of a "Memory Café" at the Roding Valley Hall starting in January. The idea of the Memory Café is to provide a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia and their family and friends. Memory Cafés meet once a month in a relaxed environment to visit, share common interests, and enjoy refreshments. We hope that the trial will prove successful and will continue well into the future.

This November marks the 100th anniversary of the signing of the Armistice that ended the First World War. As well as attending various services around Buckhurst Hill on November 11th, fellow Councillors and I have laid wreaths on behalf of all residents at four dedicated ceremonies. As a particular mark of respect, the Parish Council has displayed 100 Poppies around Buckhurst Hill. This was also very well received and we anticipate making this an annual event.

Coming up very soon is the Annual Christmas in Queens Road event on December 7th between 3pm and 7pm. There are lots of games, activities and stalls for all the family. To mention just a few things, there will be Reindeer on display, a Puppet show in the Library and a juggling stilt-walker. Please see the advertisement on the back page. All the proceeds from the event will go to my Charity this year, which is CRY (Cardiac Risk in the Young). So please give generously. CRY will also have a stall and volunteers present on the day, should you want any information on their work. Hope to see you on the day.

As a precursor to the Christmas on Queens Road event will be the official lighting-up of our Christmas Tree at the top of Queens Road. At the time of going to press we are just finalising details of date and time, so please keep a look out for details on our website, noticeboards etc.

Finally, on behalf of all Councillors and the Parish Office Team may I wish you all a very Merry Christmas and a Happy New Year.

Cllr Neville Wright

Police Report

Thank you for the opportunity to write this article for the residents of Buckhurst Hill. I'm pleased that the Parish Council now has its own dedicated Police Community Support Officer who is in the area undertaking patrols and engaging with residents. Your PCSO has already begun to engage with local businesses and residents through Coffee with Cops and through his day to day foot patrol. He has already had a great impact with a number of stops on persons of interest which resulted in arrests for varying criminal offences. I hope that when he is seen within Buckhurst Hill that you get the time to engage with him and take the time to pass on your concerns for the local area and what you feel we can do to improve the area for you the residents.

We are now entering the darker nights where we experience and increase in offenders coming into the area to commit offences such as Burglary and Theft. I would urge you to take a few minutes and view the latest advice we are giving at www.essex.police.uk/advice/home-security/

The team now have a dedicated hub that is staffed Monday to Friday in office hours. The hub staff are responsible for our email contact with residents who can contact them with

(cont'd on p.9)

SEE INSIDE

| | |
|------------------------------|-------------------|
| Council Information | 1-5, 11 |
| Community Information | Pages 6-10 |
| Halls for Hire | Page 4 |
| Dates for Your Diary | Pages 8-9 |
| Useful Numbers | Page 7 |



Lest we forget!

This year marks 100 years since the end of the First World War with tributes in the shape of films, poetry and exhibitions taking place over the course of 2018. Armistice Day and Remembrance Sunday both fell on Sunday November 11th this year and this gave us a chance to remember not just those who fought, but what they fought for.

Earlier this year we sought Essex County Councils' permission to be able to display 100 poppies on the street furniture around Buckhurst Hill and we were delighted that they gave this consent. No doubt you will have seen them displayed in our principle roads. So a huge thank you to the officers of Essex County Council.

I would also like to thank the resident who called me last year (2017) suggesting the idea and early planning has enabled us to join the rest of the country.

Also thank you to Buckhurst Hill Community Primary School (BHCPS) gardening club who made the poppies last year to be placed around the memorials and to the Royal British Legion for the poppies this year.

Since the BHCP school took responsibility of the St Stephen's memorial, the BHCPS gardening club have been keeping the Grounds of St Stephen's war memorial at the Junction of Lower Queen's Road and Albert Road well maintained and beautiful throughout the year. This year they went one step further and organised a service at the church in conjunction with the Royal British Legion where there were prayers, poems read by the school children and the bugle played by Brian Hawkins from the 17th PALS Battalion band.

Well done to all for a great display of community spirit and I look forward to working on more community projects for the following year.

Cllr Smruti Patel, Buckhurst Hill Parish



We're watching your "speed!"

You may have noticed some Speedwatch signs in the area lately with volunteers manning speed guns. Welcome to Speedwatch. Community Speedwatch is a national initiative where the local community, Parish Council and in our case Essex Police and Essex Fire Services are working together to reduce the number of vehicles exceeding the speed limit. In Essex it's the Safer Essex Roads Partnership. Vehicles exceeding the limit are referred to the police with the aim of educating drivers to reduce their speeds. In cases where this is ignored and evidence of repeated speeding is collated, enforcement and prosecution can follow.

Throughout Essex many groups have formed to create a community speedwatch. In Buckhurst Hill we have an active group, which has had many sessions over the summer months, even on rainy days the group was out. The group is targeting roads based on the local plan questionnaire feedback received and consultation with Essex Police.

Last year in Essex the team recorded more than 15,000 incidents of speeding, which amounts to 41 a day. The last session in Buckhurst Hill recorded over 19 speeding vehicles, one vehicle was dangerously overtaking another and a couple of vehicles driving 50% faster than the speed limit! In August 2018, throughout Essex, 2 people were killed in traffic collisions, 57 Serious Casualties, 201 Mobile Phone offences, 148 careless driving offences and 7,230 Road Safety Educational Courses delivered.

Therefore we have two requests for you.

- 1 We need more volunteers. The more volunteers we have, the safer we can make our roads for ourselves and our children.**
- 2 If you can't volunteer, please obey the speed limits. The difference between driving below and over the speed limit is, if you hit someone, you are more than likely to kill them.**

If you can volunteer, it can even be only an hour a month or an hour every two months, but it makes all the difference, please contact the Parish Council at office@buckhursthillpc.gov.uk We're a friendly team and are in need of extra helpers.

**Our vision is to make Essex a safe place to live, work and travel –
Safer Essex Roads Partnership.**

We warmly invite you to
Christmas at St John's, Buckhurst Hill
Carol Service
16th December 7pm

Christmas Eve
Family Nativity 4pm
Midnight Communion 11.30pm

Christmas Day
Family Celebration with
Communion 10.45am

St John's Church, High Road, Buckhurst Hill IG9 5RX
0208 506 2150, parish-office@sjbh.otg.uk, www.sjbh.org.uk



Highway issues

County Councillor Valerie Metcalfe reports that many residents have commented on the large number of potholes which have been repaired recently after Essex County Council has put in extra funding for its Local Pothole Repair Programme.

We have been asked to prepare an urgent list of the highest priority ones which remain on our main roads – starting with Queens Road which is long overdue for some repairs – and hope that you will see further improvements over the next few months.

Another initiative is the introduction of a "Direct Delivery Gang" which will undertake minor works, thus saving both time and money. All your councillors are working together with the County Council to look at possible devolution with additional responsibilities at a more local level. We are seeking a greater level of autonomy and community engagement and this could include reviewing night lighting where changes are requested, such as all night lighting in Palmerston Road, and also speeding up on residents parking schemes which, judging from the number of petitions received, are badly needed in many roads.

We continue to look for solutions for our local parking problems.

Cllr. Valerie Metcalfe



Cllr Bobby Nagpal

In this edition, I wanted to discuss the issue of crime and security, especially pertinent as winter rolls in and the days get shorter. Both my neighbour and I have been the victims of thefts/attempted thefts from vehicles in the past few months. What was troubling (apart from the obvious theft) was the fact that the

perpetrators were able to unlock our vehicles and steal possessions (cash and belongings) without having access to our keys or leaving any visible signs of entry. Somehow they were able to unlock the motors using some kind of portable electronic device. Interestingly, they made no attempt to take the cars. No doubt, readers will also know of someone locally who has had a vehicle stolen.

The former Parish Council Chairman, Aniket Patel, started an initiative to secure a greater police presence within our community. Our current chairman, Neville Wright with the support of the other Councillors and the Clerk within the Buckhurst Hill Parish Council have engaged with the Essex Police and District Council in for a greater police presence within our communities. As a consequence of this, the Parish have been successful in securing a Police Community Support Officer (PCSO) as well as having two Community Special Constables (CSC) currently being trained for our locality.

Police Community Support Officers (PCSOs) work with police officers and share some, but not all of their powers. A PCSO can issue fixed-penalty notices (eg for littering), demand the name and address of someone being anti-social, take alcohol off a person aged under 18 to name a few powers. A PCSO can also ask a police officer to arrest a person.

Community Special Constables (CSC) are volunteer police officers, holding the same office and the same powers as regular officers. They wear the same uniform, carry the same equipment and are deployed to the same incidents. The Police and Crime Commissioner (PCC) has made the commitment to double the size

(cont'd on p.5)



Holocaust Memorial for Epping Forest District

District Councillor Gavin Chambers recently proposed a Holocaust Memorial for Epping Forest District. This proposal received unanimous backing from all councillors across the district.

Cllr Chambers is pictured below (on right) talking with local Buckhurst Hill resident Ivor Pearl (centre) about his time in a concentration camp. Ivor is a Holocaust survivor and is also a member of the newly formed Holocaust Memorial Working Group. Howard Wise (left) is also a member of the Holocaust Memorial Working Group.

Councillor Chambers stated "We must never forget what happened between 1941 and 1945, when six million Jewish men, women and children were murdered by the Nazis and their collaborators. Their attempt to murder all the Jews in Europe, shook the very foundations of our civilisation. We must look to educate our younger people on the horrors of the holocaust and how the lessons of the past can inform our lives today and ensure that everyone works together to create a safer, better future. I am delighted that in the future Epping Forest will have its very own Holocaust Memorial.

District Cllr Gavin Chambers (Buckhurst Hill West)



Cllr Steven Neville

As you will may know the Local Plan was temporarily halted in its tracks by a Judicial Review. A property firm, CK Properties of Theydon Bois was unhappy that Epping Forest District Council (EFDC) had not had all the information ready when it put the pre-submission version of the plan before EFDC Full Council last

December and then again when asking for comments from the public on the soundness and legality of the plan. The Judicial Review was thrown out by the judge and a subsequent attempt at an appeal also failed. As a result the Local Plan has been now been submitted by EFDC to the Planning Inspectorate and a Senior Planning Inspector has now been appointed to oversee this stage of the process.

In early 2019 there will be hearings about the plan and the Parish Council may well be making the case for Buckhurst Hill. The 3 sites in the plan, the shops and flats in Lower Queens Road, the car park at the bottom of Queens Road and 1 Powell Road will be contested.

Even if these sites survive the inspection stage, each one of them will have to go through a formal planning application and could be rejected at that stage. However if the sites are still in the Local Plan when it is adopted, then it gives extra weight to an application being approved as compared to if they came forward as non-Local Plan sites.

Councillor Steven Neville, Buckhurst Hill East Ward

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

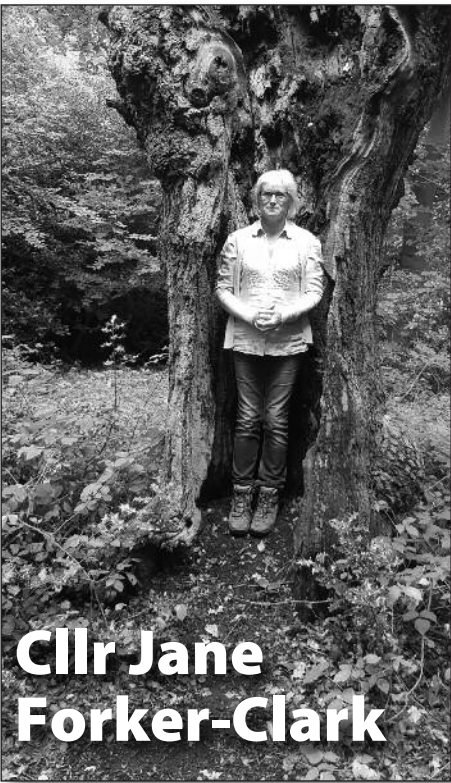
HALLS AVAILABILITY

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 | Woollard | Roding | |
| Thursday | | | Woollard | | | | Roding | |
| Friday | | | 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



Cllr Jane Forker-Clark

Back in August, I was delighted to attend a talk on “Buckhurst Hill East – A Brief History” at the Roding Valley Hall. The event was co-hosted by the Buckhurst Hill Residents Society and Buckhurst Hill U3A and was attended by more than 100 local residents. The talk was given by local historian Lynne Hazeldine-Jones and included fascinating information about the development and growth of this part of Buckhurst Hill. The whole event was much enjoyed by everyone who attended.

Sadly, we’ve missed the chance to have our say on which trees should be entered into the competition for national treasures, but perhaps we can plot our own favourites in this neck of the woods. The tree below is situated in Knighton Woods not far from Kings Place playground. Do you have a favourite tree? Send your favourite photograph to the Buckhurst Hill Parish Council together with the location for publication in the next Parish Magazine.

Finally, some of you will have seen the new Parish Council noticeboard in Hornbeam Close. It provides an opportunity for us to provide statutory and general information to residents in a part of Buckhurst Hill that has not had such a facility before. We hope that you will find this helpful going forward.



Cllr Bobby Nagpal (cont'd from p.3)

of the Special Constabulary by 2020. This means the force is looking to achieve a headcount of 700 officers.

Our PCSO has now been on duty for several weeks. One of our CSCs has recently completed their basic training and is expected to start their rounds early next year. The second of our Specials is expected to be on duty by autumn 2019.

Over the course of September, the number of crimes have fallen from August’s figure of 107 to 77 incidents. Our PCSO has made a running start and a noticeable impact:

He was responsible for finding 3 stolen cars, and spotting drug/drink drivers where 4 arrests were made.

His information has also been invaluable in other respects – The Epping Forest Council funded officers, who acting on his information, stop-checked a group of males in Buckhurst Hill and made 2 arrests for possession of knives

The policing teams as a whole have been deployed on overtime to cover the knifepoint robbery issue. As part of a wider Operation Sceptre (during National knife Crime week) joint patrols were undertaken with British Transport Police (BTP) resulting in daily patrols around that time.

The Operational Support Group (8 officers) from Headquarters were tasked to West Essex and deployed to Buckhurst Hill tube station and Epping New Road.

The special constables are also looking at patrols around tube stations.

As alluded to above, there were 2 knifepoint robberies reported in the vicinity of the Buckhurst Hill Tube Station in September where individuals were threatened & robbed of valuables (jewellery/phones etc) and, on the other occasion, to hand over their moped. Knife crime is actively prioritized by Police and immediate steps were taken.

With the number of high powered luxury vehicles in our borough, motor theft constituted around 8% of reported crimes. Car owners can play a part in deterring thieves – simple and relatively inexpensive measures includes using steering wheel locks/covers are highly effective. Those with keyless-go cars should look at purchasing a Faraday bag to protect your key-codes from being captured by electronic devices.

A further 8% of crimes reported were thefts from motor vehicles (index plates were stolen, items on display (phone, clothing etc), and workman’s tools). The obvious suggestion is to ensure all valuables are placed out of sight.

6.5% of incidents were burglaries from homes/property. The burglary prevention advice from our PSCO is to have light timers and home security, especially as the evenings are getting darker earlier.

As a final comment, crime prevention is something which requires community-wide input. During a recent meeting with Essex Police, I raised the point that most people consider there is “no point in reporting incidents since the Police take no action”. The advice from the officer was very clear – **report all incidents on 999 (for emergencies) or 101 (for non-emergencies)**. Reports are logged and a “heatmap” created which helps Essex Police allocate resources. If the command centre can see there is an elevated number of incidents in a particular location they are able to send patrol cars to the vicinity.

If locals don’t report it, the Police don’t have the valuable live data required for them to take preventative measures for future. I cannot stress enough the importance of reporting. Whilst you may not see things happening with your own eyes, there are things happening in the background.

Whilst the above may sound like doom and gloom, it’s important to remember that Buckhurst Hill is still a safe neighbourhood and, with the collective efforts of residents and the wider community, will continue to be so for many years to come.

Cllr Bobby Nagpal

REGULAR HALL HIRERS

For further details please contact the hirer direct

Roding Valley Hall Woollard Centre

Mondays
Tumble Tots 020 8559 0617
Weight Watchers 0845 602 7076
Sing & Sign 07834 728415
Ichthus After School 07946 322835
Trodai Academy 07900 162 515

Tuesdays
Tumble Tots 020 8559 0617
Swing & Sway 07770 382011
Toddler Sense 07715 305471
Ichthus After School 07946 322835
Trodai Academy 07900 162 515
Alcoholics Anonymous 07584 194744

Wednesdays
Tumble Tots 020 8559 0617
Ichthus After School – 07946 322835
RCCG Good Success Assembly
Bonsai Tai Chi – 07967 666 794

Thursdays
Essex Martial Arts 07505 561044
BH U3A 020 8505 1005
Baby Sensory 07753 605 850
Ichthus After School 07946 322835
BH U3A Craft 020 8505 1005
Slimming World 07960 603621

Fridays
BH U3A Craft 020 8505 1005
Community Playgroup (monthly)
Slimming World 07960 603621
Ichthus After School 07946 322835

Saturdays CA (Cocaine Anonymous) 07833 096318

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

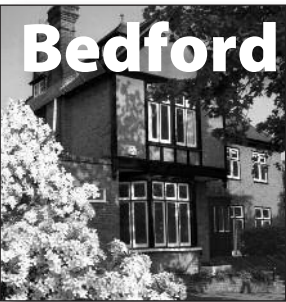
on **020 8498 9933**

Office@buckhursthillpc.gov.uk

Prices start from as little as **£30**

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 |



Bedford House Community Association

This is the new name of Buckhurst Hill Community Association which was formed in 1946 and has operated from Bedford house since 1950. It is a self-supporting registered charity providing a wide range of courses and workshops in a variety of disciplines and also acts as a centre for community activities by many local groups.

I first became involved with BHCA in 2014 and most recently as Deputy Chair and Honorary Treasurer.

Over the last 4 years we have appointed a largely new Board of Trustees.

Action has been taken to stem recurring losses which threatened the charity's financial viability and we are now operating with a small surplus each year to ensure financial stability and provide some resources for future investment.

We have modernised some of our IT but have much further to go with plans to eventually allow courses to be booked online and payments made electronically.

We have lengthened the number of weeks for each term to make better use of the premises. The range of classes and activities has also been widened including those of our partner organisations such as Leigh Languages.

Bedford House is owned by Essex County Council and we have a long term lease with them. At present we are working with them to resolve some of the longstanding problems with the building. Once these have been resolved we hope to be able to redecorate and enhance facilities in the Hall for

disabled visitors.

The new charity name is the result of a decision to convert to a Charitable Incorporated Organisation which is a new legal form developed by the Charity Commission in recent years which will give us the advantages of a limited company whilst still retaining charitable status.

The future for BHCA is now looking good but we are still looking for new trustees and volunteers to help us with the next stage of our development. If you would be interested in either of these roles then please email me for further information at tony.oliva1@ntlworld.com

The new 2018-19 programme of day and evening weekly classes and one-day workshops is now in full swing at your local centre for lifelong-learning but we still have vacancies for many of our classes and workshops. These can be joined at any stage of the year. There are one-day, half-day, or evening workshops still to come before Christmas, most providing opportunities to make your own Christmas presents and/or decorations! First Steps in Watercolour (1 Dec.); Christmas Wreaths (8 Dec.); Book folding (8 or 15th Dec., tbc).

The programme includes a wide range of weekly classes in art and crafts, fitness, exercise and general leisure subjects. There really is something for everyone, so do check out what's available in our brochure, on our website or just by giving us a ring. We also hire out our Hall and rooms.

For more details on any of the above,
contact the Bedford House Office on 020 8504 6668,
email: enquiries@bedfordhouse.org.uk,
or visit our website: www.bedfordhouse.org.uk

The holistic exercise

‘Tai chi is a holistic system’. Let me put that another way: ‘tai chi can be many different things to many people’.

I have written before about different aspects of tai chi; sometimes it is a good idea to step back and look at things differently.

So let us ask the question again: ‘what is tai chi?’

Tai chi is usually translated as ‘the great ultimate’. Or, if you add the word chuan to give us ‘tai chi chuan’, its full and proper name, you have ‘the great ultimate fist’ acknowledging its martial arts roots. But not everyone is comfortable practising a martial art and indeed it is, in my opinion, a largely misunderstood concept.

So let us look at its component parts: For many people tai chi is an exercise system; others regard it as moving meditation; for others it is a healing practice. Tai chi has a wide reputation for curing what ails you and people have made many claims for miracle cures, recoveries from serious physical injury in particular. It is widely accepted that tai chi can help improve balance in older people and I have read reports that claim cures for osteoporosis and type two diabetes. Aside from a knee

injury which caused me to take up tai chi in the first place – and I was only looking for some exercise by the way, not a ‘cure’ – I regret that I cannot personally attest to any miracles.

There are two elephants in the room: is it a martial art? And the much disputed topic ‘chi’.

Taking the last first, the existence of ‘chi’ or energy is much disputed among western practitioners. Certainly it is not part of our culture, it is not accepted by western medical practitioners. After all, you cannot measure it, take its pressure or track its flow through the body the way you can blood for example. If you could I am sure that ‘big pharma’ would come up with pills to boost it or reduce it or whatever was thought to be required. On the other hand Chinese medicine considers good chi to be the root of good health. Sickness is usually caused by blockages at various points of the body. Chi, they say, flows along meridian lines that run all through the body. Applying acupuncture needles at specific points along these meridians, chi can be stimulated and blockages cleared. The Chinese students that I have taught just take chi for granted. I have never needed

to teach them techniques to bring it into their tai chi practice.

The reason that tai chi has such a reputation for boosting health is that its practice stimulates chi flow which in turn boosts the immune system.

Mention the subject of martial arts and people immediately think about fighting – Bruce Lee, Claude van dam Blam, kicking, punching WINNING! I am sorry, if that is what you want, go somewhere else. There was a tai chi school that taught as a hard martial art; I noted from its website that students were responsible for providing their own ‘body armour’. Nothing like anything have ever seen anywhere else. Certainly noT what we do.

As a non-load bearing exercise system tai chi is, in my opinion, unparalleled. If exercise is what you want want it will keep you supple and flexible, it will tone you up too – perhaps a bit surprising that – and it will keep you sharp as it requires a lot of concentration. It will also help your balance and there has been much research into that aspect so given that as we get older our balance can deteriorate for all sorts of reasons, it is a good practice to be involved in.

And you may gather from that, age is no barrier in tai chi.

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

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

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 S Patel
Cllr Mrs G Reynolds
Cllr Mr N Wright

ACCOMMODATION COMMITTEE

Cllr Mrs S Patel (Chairman)
Cllr Mr B Nagpal (Vice Chairman)
Cllr Mr S Clark
Cllr Mrs J Forker-Clark
Cllr Mr B Nagpal
Cllr Mrs G Reynolds
Cllr Mrs J Share-Bernia
Cllr Mr K Williamson
Cllr Mr N Wright
Cllr Mr R Sparrowhawk
Cllr Miss S Watson

PERSONNEL COMMITTEE

Cllr Mr N Wright (Chairman)
Cllr Mr B Nagpal
Cllr Mrs S Patel
Cllr Mrs G Reynolds

CLERK TO THE COUNCIL

Mr Kevin O'Brien

DEPUTY CLERK/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 | 020 8498 9933 |
| Cruse Bereavement Care | 0845 266 9710 |
| Epping Forest District Council | 01992 564 000 |
| Buckhurst Hill Library | 0345 603 7628 |
| Education/Welfare Registrar of Births, Deaths & Marriages | 0345 603 7632 |
| Social Services (Adult) | 0345 603 7630 |
| Social Services (Children) | 0345 603 7627 |
| Essex County Council | 0345 743 0430 |
| London Borough of Redbridge | 020 8554 5000 |
| London Borough of Waltham Forest | 020 8496 3000 |
| Citizens Advice Bureau | 0843 816 6252 |
| Department of Work & Pensions | 0800 731 7898 |
| Samaritans | 116 123 |
| Child Line | 0800 1111 |
| NSPCC | 0808 800 5000 |
| Age UK | 0800 055 6112 |
| Rape Crisis Helpline | 0800 160 1036 |
| Epping Forest Careers Centre | 0345 604 3719 |
| Epping Forest Volunteers Bureau | 01992 564 291 |
| Epping Information Centre | 01992 564 288 |
| Epping Forest Countrycare | 01992 564 224 |
| NHS for urgent medical concerns | 111 |
| 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 | 0800 121 4898 |
| www.willowscentre.org | |
| Affiliated to CARE Confidential – National Helpline | 0800 028 2228 |
| www.careconfidential.com | |
| Red Cross | 0300 456 1155 |
| FloodLine | 0345 988 1188 |
| Essex County Fire & Rescue | 01376 576 000 |

LOUGHTON STROKE CLUB

Every 2nd and 4th Tuesday of the month (except August) at 2.00pm

020 8508 0054

MOTOR NEURONE

Meetings held at the Woollard Centre

VOLUNTEERS REQUIRED

National helpline

– for people with MND and their carers

0808 802 6262

0300 222 1122

01737 363222

HOSPITALS

St Margarets

01992 561 666

Princess Alexandra

01279 444 455

Whipps Cross

020 3416 5000

King George

0330 400 4333

Newham General

020 7476 4000

The Holly Private Hospital

020 8505 3311

Roding Spire (private)

020 8551 1100

GPs

| | |
|-------------------------|---------------|
| Kings Medical Centre | 020 8504 0122 |
| Palmerston Road Surgery | 020 8504 1552 |
| River Surgery | 020 8504 7364 |

CLINICS

| | |
|-------------------------------|---------------|
| Buckhurst Hill Clinic | 020 8504 0405 |
| Marie Stopes Fairfield Clinic | 0845 300 8090 |

DENTISTS

| | |
|----------------------------|---------------|
| Gill, Patel & Anand | 020 8504 9393 |
| Queens Dental Practice | 020 8505 8008 |
| Valley Dental Practice | 020 8504 5787 |
| White House Dental Surgery | 020 8504 9393 |

NURSING HOMES

| | |
|--------------|---------------|
| Forest Place | 020 8505 2063 |
| Queens Court | 020 8559 0620 |

COMMUNITY GROUPS

| | |
|--|--|
| Chabad Lubavitch – Jewish Community Centre | 020 8926 2376 |
| Details: Rabbi Brandman | www.chabadonthehill.co.uk |
| Ilford Hindu Centre | 07880 783 910 |

SCHOOLS

| | |
|-------------------------------------|---------------|
| Buckhurst Hill County Primary | 020 8505 7300 |
| St John's C of E School (Primary) | 020 8504 2934 |
| Braeside School (Private) | 020 8504 1133 |
| The Daiglen School (Private) | 020 8504 7108 |
| Loyola Preparatory School (Private) | 020 8504 7372 |
| Chigwell School (Public) | 020 8501 5700 |
| Bancroft School (Public) | 020 8505 4821 |
| West Hatch High School | 020 8504 8216 |
| Roding Valley High School | 020 8508 1173 |

NURSERY SCHOOLS

| | |
|-----------------------------------|---------------|
| Buckhurst Hill Baptist Pre-School | 020 8505 9299 |
| Asquith Nursery | 020 8501 1085 |
| Queens Pre-Nursery | 020 8505 0005 |

ADULT EDUCATION

| | |
|--------------------------------------|---------------|
| Buckhurst Hill Community Association | 020 8504 6668 |
| Epping Forest College Loughton | 020 8508 8311 |

ESSEX POLICE

| | |
|-----------------|--------------|
| Non-emergency | 101 |
| Emergency | 999 |
| Chelmsford (HQ) | 01245 491491 |

YOUTH ORGANISATIONS

| | |
|--------------------|---------------|
| Air Training Corps | 020 8505 3353 |
|--------------------|---------------|

TRAVEL INFORMATION

| | |
|--------------------------------|---------------|
| Stansted Airport | 0844 335 1803 |
| Gatwick Airport | 0844 335 1802 |
| Heathrow Airport | 0844 335 1801 |
| Luton Airport | 01582 405 100 |
| TFL Customer Services | 0343 222 1234 |
| National Railways Enquiry Line | 03457 484 950 |
| City Link (bus & coach) | 0871 266 3333 |
| Kentish Bus & Coach (Arriva) | 0344 800 4411 |
| Metrobus | 01293 449 191 |
| National Express | 0871 781 8181 |

ANIMAL WELFARE

| | |
|--------------------------------|---------------|
| Palmerston Veterinary Group | 020 8505 1435 |
| RSPCA (Veterinary Advice Line) | 03001 234 999 |
| Chestnut Cat Sanctuary | 01992 560 510 |

UTILITIES

| | |
|----------------|---------------|
| British Gas | 0800 048 0202 |
| Emergency Line | 0800 111 999 |
| Thames Water | 0800 980 8800 |
| Leak Line | 0800 714 614 |
| EDF Energy | 0800 056 7777 |
| Emergency Line | 0800 028 0247 |

SPORTS FACILITIES

| | |
|--|---------------|
| Bancroft Rugby Football Club | 020 8504 0429 |
| Buckhurst Hill Cricket Club & Lacrosse | 020 8504 5652 |
| Buckhurst Hill Bowling & Lawn Tennis | 020 8504 0780 |
| David Lloyd Centre | 0345 129 6783 |
| Epping Sports Centre | 01992 565 670 |
| Loughton Leisure Centre | 020 3225 5460 |
| Roding Valley Cricket Club | 020 8506 1001 |
| Roding Valley Tennis Centre | 020 8505 4008 |

MINI CAB SERVICES

| | |
|-------------------------------------|---------------|
| Mason Car Services (Woodford Green) | 020 8504 1685 |
| Mayflower | 020 8502 1111 |
| Sadlers | 020 8508 6600 |
| Chingford Radio Cars | 020 8524 1111 |

CHURCHES

| | |
|------------------------|---------------|
| St John's/St Stephen's | 020 8506 2150 |
| Buckhurst Hill Baptist | 020 8559 0222 |
| St James United Reform | 020 8505 0300 |

BUCKHURST HILL VILLAGE FORUM

(formerly Town Centre Partnership)

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 13 December 2018

7.00pm Planning & Environment Committee

■ THURSDAY 3 January 2019

7.00pm Planning & Environment Committee

8.00 Recreation & Community Committee

■ THURSDAY 17 January 2019

7.00pm Planning & Environment Committee

8.00pm Personnel Committee

■ THURSDAY 31 January 2019

7.00pm Planning & Environment Committee

8.00pm Full Council

■ THURSDAY 14 February 2019

7.00pm Planning & Environment Committee

8.00pm Accommodation Committee

■ THURSDAY 28 February 2019

7.00pm Planning & Environment Committee

8.00pm Neighbourhood Plan Committee (TBC)

■ THURSDAY 14 March 2019

7.00pm Planning & Environment Committee

8.00pm Finance & Establishment Committee

■ THURSDAY 28 March 2019

7.00pm – Planning & Environment Committee

8.00pm – Full Council

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

Volssessex@alzheimers.org.uk

BEDFORD HOUSE 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 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

Meetings 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, Monkams, 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

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.

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

Police Report *(cont'd from p.1)*

questions or information. This email address is EppingForestCPT@essex.pnn.police.uk

We also have two social media accounts where we have listened to residents about wanting to be kept updated on our activity as well as the current crime trends. These can be found on Facebook at www.facebook.com/EPBrentwoodandEppingForest/ or on twitter @BrentEppingCPT.

Finally we have been rolling out a number of community events such as Coffee with Cops and Local Community Meetings with your dedicated Police Officer. These are advertised via the Parish Council as well as our social media sites but can be found listed on www.essex.police.uk/your-area/brentwood-epping-forest/.

*Lewis Basford, District Commander,
West LPA Epping Forest and Brentwood, Essex Police.*

Memory Café

A 'Memory Café' will be held in the Roding Valley Hall on the second Friday of the month 10.00 am-12 noon, starting on Friday 11 January 2019.

The Café will be more successful if we can recruit a body of volunteers to help for all or any part of 9.30am - 12.30pm once a month. This help could be making tea, washing up, talking to the guests, organising games and so on.

If you would like to volunteer please contact the Buckhurst Hill Residents' Society via:

enquiries@buckhursthillresidents.co.uk

or leave a message with your name and phone number on **020 8504 2951**.

The Society is delighted that this has become a joint venture with the U3A and the

Buckhurst Hill Parish Council

—BUCKHURST HILL—



A place for people with Dementia and their carers to come and relax, play games, sing or just drink tea or coffee, eat biscuits and chat in a friendly atmosphere.

10AM - 12PM RODING VALLEY HALL
Station Way, Buckhurst Hill, IG9 6LN

Starting on Friday 11 January 2019 then every 2nd Friday of the month





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

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

SPRING –

Copy close: **15 February 2019**

delivery planned for week commencing **18 March 2019**



Buckhurst Hill Residents' Society

Buckhurst Hill Residents' Society members very much enjoyed taking part in the event 'Singing in the Wilderness', that EFD Museum brought to Buckhurst Hill on Saturday 29th September. The Society was asked by the museum to join in helping, so a group of members ran several games on the day raising funds for St. John's school. In addition the Society gave some prizes to a group of children to help with their game.

Lynn Jones, the Society's expert Local Historian was an expert curator in the pop-up exhibition brought to the hall. Before the day itself, the Society had taken on putting up posters locally and had even asked members to sew together costumes for the children to perform their dances in. The day brought so many along to see this part of Buckhurst Hill, which in the past had regularly been the venue of great community events, thanks to our local artist Walter Spradbery and his wife opera singer Dorothy D'Orsay.

Buckhurst Hill Residents Society very much enjoyed being part of the whole day's events.

Being a member of the Society does not mean having to give your time but helps to keep Buckhurst Hill a great community. 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

Activities at St. James' United Reformed Church

As we prepare for Christmas, we begin a series of three Advent Studies beginning on Wednesday 5th December at 10:30am with our minister, Revd. Ulrike Bell leading them. Anyone interested would be welcome to join us.

Ben Self, A Christian Aid speaker is coming to lead our morning service on Sunday 9th December at 10:30 and we will have a Gift Service on Sunday 16th December, with gifts of toys and Christmas food being given to White's Home in Woodford. On Friday 21st December, we will have a Carols and Mince Pies Evening from 6:30-8pm and on Sunday 23rd December there is a Lessons and Carols Service at 10:30am.

Sing Immanuel, a Christian choir will be having a Christmas Concert in our church on Saturday 22nd December at 4pm, which should be wonderful to hear.

Some of us will be Carol Singing at the Queen's Road Festival on Friday 7th December and we will be singing carols again at Woodford Station on Wednesday December 19th from 5:30-6:30pm, in aid of Redbridge Single Homeless Project. Anyone wishing to join us would be very welcome.

We have a regular *Shell and Staff* craft group which meets at St. James' at 2pm, usually on the first Monday of the month. It is free to come along and in December we will meet on Monday 3rd in the Church Room.

Please join us for any or all of these events.

Isabel Bala (Church Secretary)



On August 18 Buckhurst Hill Allotments held its first ever open day at the Lower Queens Road Allotments site, one of the five it manages for the Parish Council.

The open day was part of the National Allotments Week whose theme for 2018 was 'Living and Growing'. The theme highlighted the importance of growing your own food and aimed to encourage everyone to incorporate fruit and vegetable gardening in some way in to their lives; however small.

"Herbs on a balcony, an apple tree on a patio, strawberries in hanging baskets or tomatoes in a big pot by the back door – ripe and ready to pop in a salad." Growing at home can help people hone their horticultural skills and raises awareness for children of how and where their food is produced. Helping people to be more aware that growing, at home or on an allotment, benefits the wellbeing of individuals, society and the environment.

The Open Day was a great opportunity for the Buckhurst Hill Allotments to connect with the wider community with plot holders sharing their knowledge and experience with visitors. The day was well attended and provided an opportunity to raise some funds towards the Allotments 'easy access' disability initiative from the donated produce, cakes and sales of refreshments. Parish Councillors Ken Williamson, Jane Forker-Clark and Sam Clark came along and stayed a while to enjoy the event

Buckhurst Hill Allotments aim to make the Summer Open Day an annual event. So, will be opening their gates again during the 2019 National Allotments Week, to share their joy in gardening and communal endeavour and to get everyone living and growing.

To see more photos of the Open Day and find out more about the Allotments visit website: www.buckhursthillallotments.co.uk

Buckhurst Hill Village Forum



supporting business & residents

Buckhurst Hill Village Forum continues to meet four times a year. Meetings are open to all businesses in Buckhurst Hill and are designed to encourage the sharing of ideas, challenges etc. for both the High Street and local cottage industries.

Members of the County, District and Parish Councils regularly attend. The Buckhurst Hill Residents Society frequently

sends a representative, as do the local churches.

The most recent project is the development of a website directory for all businesses in Buckhurst Hill; including shops, offices and those that are run from home but offer a service to our village. This directory will be a free service for everyone, both for residents to use to find what is available in Buckhurst Hill and for businesses to use for advertising. It has come about as the result of a widespread consultation and of a successful bid to Epping Forest District Council – Economic Development Fund last year. The first pages have just been viewed for feedback. The Forum committee is really looking forward to receiving comments and input from residents and local businesses alike in due course.

Local Councils

There are 3 levels of local councils serving the parish of Buckhurst Hill – Essex County Council, Epping Forest Council and Buckhurst Hill Council. Each has a specific areas of responsibility and some overlap! Here is a list of what each level does. The list is not exhaustive and seeks to focus on the requirements of Buckhurst Hill: further details are on the website.

Essex County Council

www.essex.gov.uk

contact@essex.gov.uk 0345 743 0430

Arts and Entertainment • BITE cards • Births, Ceremonies & Deaths • Blue Badge Scheme • Bus Passes • Care for the Elderly • Child Care • Civic Amenity Sites • Common Registration – Common Land and Village Greens • Council Meetings • Cycle Paths • Disabled Parking (disabled badges) • Drains – highways drains • Dropped Kerbs • Economic Development • Educational / School Services • Emergency Planning • Essex Record Office • Essex Youth Service • Fire and Rescue Services • Footpaths & Bridalways • Gritting and Salting • Health and Social Care • Highways • Lamp posts • Libraries and Archives • Pavements • Planning • Police • Pollution • Public Seats and Shelters • Public Transport • Roads • Roadside verges and Roundabouts • Social Services • Street Lighting • Trading Standards • Traffic Management • Tourism • Waste Disposal and Management

Epping Forest District Council

• Abandoned Vehicles • Advertising Signs • Allotments • Anti-Social Behaviour • Arts and Entertainment • Building Control • Bylaws • CCTV • Cemetery & Crematorium • Charitable Street Collections • Children's Play Areas • Concessionary Fares • Council Housing • Council Meetings • Council Tax inc benefits • Country Care • Crime and Safety • Drains – private sewers • Economic Development • Elections • Electoral Register • Epping Forest Care line • Emergency Planning • Environmental Services – health • Foliage Control • Graffiti • Grass Cutting • Heritage & Conservation • Homelessness • Housing • Leisure Centres/ sports centres • Licencing (all forms) • Litter • Local Plan • Mayor • Noise Nuisance and Control • North Weald Airfield • Parking – car parks and residential permits • Parks including playing fields • Planning (decisions & building) • Pollution • Public Seats and Shelters • Recreation facilities • Refuge Collection and recycling • Road signs – street nameplates • Roadside verges and Roundabouts • Roding Valley Recreational Ground • Street Cleaning • Tree Preservation Orders • Waltham Abbey Museum • Waste Collection

Buckhurst Hill Parish Council

• Allotments – managed by Buckhurst Hill Leisure Gardens Association • Bylaws • Parish Council Meetings • Litter • Ball Court /Multi Use Games Area – Roding Valley Recreation Ground • Benches • Bus Shelters (4) • Christmas Card Competition • Christmas gifts for seniors in the parish • Christmas on Queens Road – in partnership with BH residents Society • Christmas Lights • Community Halls – Woollard Centre and Roding Valley Hall • Library Self Service – in partnership with Essex County Council • Magazine • Neighbourhood Plan • Notice Boards • Open Spaces • Planning (comments) • Planters • Playgrounds – Kings Place and Roding Valley Recreation Ground • Salt bins • Website



Virtually every area and road within the Parish has some form of parking problem, from commuters school drop off, businesses using the local roads for staff parking or just too many cars.

This article is about how changes were made in two specific roads, namely Stradbroke Grove and The Meadway. Both roads had a Monday to Friday one hour restriction to discourage commuter parking. Following the opening of Westfield at Stratford and then The London Stadium the section of Stradbroke Grove between Palmerston Road and The Meadway became a single lane for much of the weekend, causing great difficulty for some residents to leave their drives and with potential for serious accidents and indeed arguments. There were also reports of cars being parked on Friday evening and being left until Monday morning. Following requests from some residents I discussed the situation with Cllr Valerie Metcalfe who advised on the way forward. A meeting was held at which Cllr Metcalfe and the late Cllr Gary Waller explained the situation to approximately 20 residents. The suggested way forward was to put a petition to North Essex Parking Partnership (NEPP) who would implement any changes if the proposal was accepted. It was agreed that there was no point in putting forward a scheme for the portion of Stradbroke Grove between Palmerston Road and The Meadway because the parked vehicles would just be displaced to the other end of Stradbroke Grove and The Meadway hence the inclusion of both roads.

Following this meeting I canvassed every house in both roads with a very high percentage of householders taking part in the petition. The petition had three parts firstly to extend the one hour restriction to include Saturday and Sunday, secondly to extend the period for an additional hour i.e. a restriction for 2 hours every day and finally an additional one hour restriction in the early evening. Not everybody agreed with all three parts of the petition but there was a very high percentage agreeing with the first proposal. Before the petition was presented to NEPP an item was put on the Agenda of a Planning and Environment Committee requesting the support of the Parish Council, which was unanimously given. After the scheme for a one hour restriction for every day of the week was adopted by NEPP after some 18 months Notices were placed on lampposts in the two roads and then a Notice was published in the local newspapers. The scheme became effective on the 7th September.

There are many other areas that are requesting new restrictions or changes to existing restrictions, any scheme must take into account the area to be covered and have the majority of residents in the affected area backing the proposal. I am currently looking at further schemes in the area.

As well as parking restrictions as a Parish Council we are pressing for more policing for existing restrictions. We are also looking at the illegal use of Disabled Parking Permits and parking on pavements and grass verges.

If there is a specific problem you wish to discuss, please contact the Parish Office, who will pass on the information to one of your Councillors.

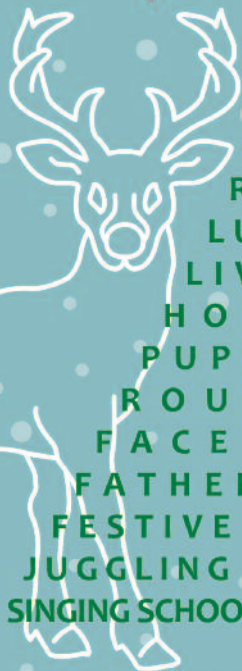
Ken Williamson



BUCKHURST HILL RESIDENTS' SOCIETY
& PARISH COUNCIL PRESENT

★ CHRISTMAS ★

AT THE TOP OF QUEENS ROAD
FRIDAY 7th DECEMBER 3.00-7.00PM



CHESS
CAROLS
REINDEER
LUCKY DIP
LIVE MUSIC
HOG ROAST
PUPPET SHOW
ROUNDAABOUT
FACE PAINTING
FATHER CHRISTMAS
FESTIVE FOOD & DRINK
JUGGLING CHRISTMAS TREE
SINGING SCHOOLS & COMMUNITY GROUPS

This Year's Charity:
Cardiac Risk in the Young (CRY)



coffee
with
cops

Your chance to get to know your Local
Community Policing Team over a coffee.
Ask questions, voice concerns – tell us how
we can help you.

Coffee with Cops

Over the next few months, officers will be hosting coffee events in Buckhurst Hill to give the public the opportunity to talk with them.

Residents of Buckhurst Hill can join our officers to ask any questions they have about policing in their community or any other topics residents would like to discuss.

Thursday 13th December 17.30 – 18.30

Thursday 17th January 17.30 – 18.30

Wednesday 13th February 17.30 – 18.30

To be held at:

IG9 Café

4 Lower Queens Road, Buckhurst Hill, IG9 6DL

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/