

# BuckhurstHill

Parish Council Magazine Summer 2019

News and views from around Buckhurst Hill



## From the Chairman

I would like to thank my fellow councillors for bestowing their faith in me and electing me as their Chairman for this civic year. I am very honoured & humbled in taking up this position and will always endeavour to serve in the best interest of our community.

My first line of duty was electing Cllr Reynolds as my Vice Chair and I very much look forward to working together with her. I would like to also welcome our newly elected Cllr Barkham, to the council and wish him the best.

I want to take up this opportunity to thank Cllr Wright & Cllr Nagpal for their service and leadership they have provided so far as Chair & Vice Chair and continue to be an integral part of our team.

Our Parish Council is made up of eleven elected councillors. Five representing the East Ward and six the West Ward. I happen to be one of the councillors serving the East ward but as a chairman I will now be serving in the best interest of both Wards.

One of my recent initiatives has been to organise the display of 100 poppies on lampposts around Buckhurst Hill to mark the 100th anniversary of the Armistice Day. Thank you to EFDC for giving us permission in making this happen. We are hoping to repeat it every year going forward.

I would like to invite residents to forward us an article or a story of any of the heroes you may know or named on any of our war memorials in Buckhurst Hill. I believe this could be a start of a great tradition in the honour of our fallen but not forgotten. Please send this to the Parish Office [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk)

I often get asked by residents, especially those newly moved to the area, what is the Parish Council and what do they do?

Parish Councils are an essential part of the structure of our local democracy and have a vital role in acting on behalf of the communities they represent.

We:

- give views, on behalf of the community, on planning applications and other proposals that affect the parish

- undertake projects and schemes that benefit local residents
- work in partnership with other bodies to achieve benefits for the parish
- alert relevant authorities to problems that arise or work that needs to be undertaken
- help the other tiers of local government keep in touch with their local communities.

Parish Councils have a wide range of legal duties and powers such as the maintenance of community buildings, playgrounds and local events. They have the power to raise money through the local council tax (precept), although in Buckhurst Hill we have frozen the council tax for the past seven years.

Under my chairmanship, I would like to urge all the residents of Buckhurst Hill to be as actively involved as possible with the Parish Council ensuring you get your 'monies worth'. The best possible way you can do this is ensuring you complete any surveys or consultation that comes through your door and take time to read information communicated to you in your parish magazine. You can help shape the decisions your councillors make on your behalf.

We love to see residents come along to any council meetings that interests them and are welcome to speak to councillors during the public participation slot of all our meetings. The agendas and minutes can be found on the Buckhurst Hill Parish Council website. All the details of various committees & councillors are available in the magazine.

We currently recognise that certain planning rule flexibilities are causing a huge stir in the community. I would like to remind you of your rights to voice your objections if you believe an application near you is going to cause an upset in your neighbourhood. We often get queries on these once either the works have commenced or nearing completion when it's unfortunately too late. If you have any questions please check with Epping Forest planning department or come along when the Parish Council Planning and Environment Committee meet every fortnight.

One of our initiatives at the Parish is to put on events throughout the year for the residents to enjoy and build on our community interaction. Our most recent 'Pie & Mash' afternoon for the residents was thoroughly enjoyed by all. Thank you to Cllr Reynolds for all her efforts in organising this along with help from several volunteers on the day. Look out for information on social media and the Parish website for an upcoming comedy night being organised.

I look forward to working with all my fellow councillors and look forward to meeting as many residents as possible through various events in our community.

Thank you.

*Cllr Smruti Patel, Chairman, Buckhurst Hill Parish Council*

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Your Parish Council was well represented at the hearings for the inspection of the Local Plan. Councillors Sylvia Watson and myself attended to assist Ned Helme, the Barrister instructed by the Parish Council, Councillor Steven Neville was also in attendance in his joint role as Parish and District Councillor.

We had previously submitted our written representations within the agreed timetable. This was submitted by Ned Helme based upon input from your Councillors. The hearings were held in a Committee room at the Civic Offices in Epping. Most of these hearings are available on the EFDC website as webcasts.

Originally only our Barrister and Councillor Neville were listed to speak but following a request from our Barrister both Councillor Sylvia Watson and myself were allowed to put our case forward. Our main arguments were based on the unsuitability of the selected sites, especially with regard to the Lower Queens Road site, and the number of windfall properties already being provided within the Parish. The Inspector listened carefully to all of our arguments and made copious notes. I think we were given a fair hearing and that we were all very impressed with the level of detail that the Inspector already had and also noted that she had promised to make further visits to the Parish to consider the points that had been made.

Obviously we now await the outcome of the Inspectors deliberations and will update you accordingly.

*Councillor Ken Williamson*

## Essex Community Police Shed and garden security

### Essex Community Police – advice on crime prevention in the summer months

As spring disappears into summer and we find ourselves spending more time keeping the garden tidy so we also see an increased number of shed and outbuilding thefts.

**Working in the garden:** It is easy to get engrossed in what you are doing when working in the garden, if the house is empty it is wise to close and lock the door (don't forget the key though!). Remember when you finish working in the garden or stop for a break put your tools away, "it adds insult to injury" if your tools are used to break into your house.

**New tools and lawn mowers:** Be mindful of how you dispose of the packaging to your new purchases; don't advertise it to the thieves and burglars with your empty boxes on display outside for roadside collection. Fold boxes inside out or break them up and put them in bag for collection.

**Property marking:** It's a good deterrent if your property is visibly security marked with your house number and post code such as [www.creproducts.co.uk](http://www.creproducts.co.uk) or labelled if a forensic (hidden) property marking system is used such as [www.smartwater.com](http://www.smartwater.com) or [www.selectadna.co.uk](http://www.selectadna.co.uk). You can also record the serial numbers of any property free of charge at [www.immobilise.com](http://www.immobilise.com). If your property does get stolen with property marking and/or recording on Immobilise there is a greater chance of you getting it back.

## 1st Buckhurst Hill Brownies

The 1st Buckhurst Hill Brownies had the pleasure of welcoming District Councillor Aniket Patel for a question and answer session on Friday 7th June.

As part of the new programme, one of the the themes is 'to make change happen' so the Brownies sent letters and posters to the Council regarding two important local issues; littering and the closure of Buckhurst Hill library.

Councillor Patel was very friendly and approachable and made all the Brownies feel comfortable and at ease and answered all the questions thrown at him.

The Councillor promised to look into both issues at more depth and to come back and give us all an update on the library in particular.

We would like to thank Councillor Patel for taking the time out of his busy schedule to visit us and we look forward to him visiting us again soon.



**Shed security:** With sheds coach-bolt and plate the padlock hasp sections to the frame and door, use a good quality "Close Shackle" padlock or a key operated mortice lock; don't forget the hinges ensure they cannot be unscrewed. Protect windows with a wire mesh and fit a curtain or white wash the windows to prevent prying eyes. Consider a shed alarm if you do not have one, there are shed alarms available that contact you on the phone when activated and this is a clever device with many applications [www.uwatch.co.uk](http://www.uwatch.co.uk). Products that are fit for purpose can found by looking for the "Secured by Design" or "Sold Secure" logos, or on their websites [www.securedbydesign.com](http://www.securedbydesign.com) or [www.soldsecure.com](http://www.soldsecure.com).

**New plants:** Larger plants etc. can be secured to land or rootball anchors or plant through chicken wire covering the area with soil. Cement or bolt down containers to the ground. Your local garden centre or DIY store should be able to help.

**Rogue Traders:** The rogue trader also takes advantage of the fine weather to con the unsuspecting. Although you may think you would never be taken in by them they can be very convincing especially to the elderly or vulnerable, "I am laying some gravel up the road and see you need some....." "I notice your trees or shrubs need a prune..." so many stories. Look after the elderly or vulnerable near you and step in should you need to with a little advice, also another face sometime puts the rogue trader off. Need a trader and have no personal recommendations, look at [www.buywithconfidence](http://www.buywithconfidence) for traders checked out by Trading Standards.



## Valerie Metcalfe

The usual issues fill my email box regularly – potholes, pavement, parking, and now of course the Library as well.

It is good that more potholes have been repaired, and of course the Queens Road area has, not before time, had some repairs undertaken. Essex Highways tell me of the difficulties of closing roads in such busy areas in order to do any repairs, so thank you to those of you who have been and will be affected for your fortitude in dealing with this additional problem. I am told that there is to be re-surfacing of a number of roads in the autumn this year and although there will be some disruption, I am sure the end result will be an improvement.

The other point I need to report is that Essex County Council is very aware of the footway defects which affect everywhere across the county, both in the main roads and of course in the residential areas. More money has been allocated to help solve this problem, although I am not going to pretend everyone's road is going to be instantly repaired, but we do need to have a programme of repairs. Currently, I have been asked to find the five worst areas in Buckhurst Hill to get these repaired in the first tranche over the next few months. I have asked the Parish Council to help me identify which we think are the five most serious stretches where the pavements are also most used.

Parking will always be a problem in our area, and there are more and more demands for residents parking permits. I have had some success, but there are several other roads where petitions have been received and I hope we can achieve progress in this area over the next 12-18 months. Any petition should have the best part of 80% support from all residents affected before it can be considered, but I have asked for a consultation across Buckhurst Hill as every time we achieve what residents want in one road, it causes displacement and other roads then become affected and the problems continue.

Lastly, I want to tell you how I am working constantly with senior Cabinet Members and Officers at Essex County Council, so that in conjunction with your Parish Council, we can reach an agreement as to how the existing Library building can be retained and re-furbished. It must be used for so much more – to justify the effort and expense we need to make this a centre point of our community, and many of you have told me your ideas of what we want to see this building used for. I hope some of you heard what I said at the Council Meeting recently on this issue and I intend to continue to make sure that Essex County Council understands our passion on this issue and I will ensure that we achieve our demands.



## Gavin Chambers

Many of you know I have a healthcare background at work and was asked to write an article for this magazine. I thought I would like to take this opportunity it's to encourage residents

to consider the flu vaccine this year if you not had it before. By the time you read this winter and Christmas is just around the corner!

### 65 and overs and the flu vaccine

You are eligible for the flu vaccine this year (2018/19) if you will be aged 65 and over on March 31 2019 – that is, you were born on or before March 31 1954. So, if you are currently 64 but will be 65 on March 31 2019, you do qualify.

It's important that you benefit from having the most effective vaccine and for those aged 65 and over, this is the newly available adjuvanted trivalent vaccine.

This year, deliveries of the vaccine will be made in phases, so you may have to wait until your GP surgery or pharmacy receives their next delivery of the vaccine

### Where to get the flu vaccine

You can have your NHS flu vaccine at:

- Your GP surgery – Kings Medical is my practice I struggle to get appointments there these days so forward planning is needed.
- a local pharmacy offering the service
- your midwifery service if they offer it for pregnant women

Some community pharmacies now offer flu vaccination to adults (but not children) at risk of flu including pregnant women, people aged 65 and over, people with long-term health conditions and carers.

If you have your flu vaccine at a pharmacy, you don't have to inform your GP – it is up to the pharmacist to do that.

### How effective is the flu vaccine?

Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition.

Studies have shown that the flu vaccine will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

Over time, protection from the injected flu vaccine gradually decreases and flu strains often change. So new flu vaccines are produced each year, which is why people advised to have the flu vaccine need it every year too.

On a completely separate note I wish you all a lovely summer and if you need to speak with me please do get in touch via email on [Gavin.chambers@chambers-training.com](mailto:Gavin.chambers@chambers-training.com)

*Cllr Gavin Chambers  
(District Councillor for Buckhurst Hill West)*



## Steven Neville

The main issue at the District Council has been the Local Plan. This has been my one of my two main focusses, the other being the future of the Library. We have 3 sites in Buckhurst Hill that could go through to the adopted version of local plan. Each of which has issues relating to it. In particular I have been concerned about the residents in the flats and the shop owners in Lower Queens Road. I, along with 2 Parish Councillors: Ken Williamson and Sylvia Watson made representations as well as the Parish' Legal Representative at the recent stage: the Planning Inspectors: Hearings. We made the case as to why the 3 sites should not be in the local plan. We now have to wait for her conclusions. Some of which will come out in July.

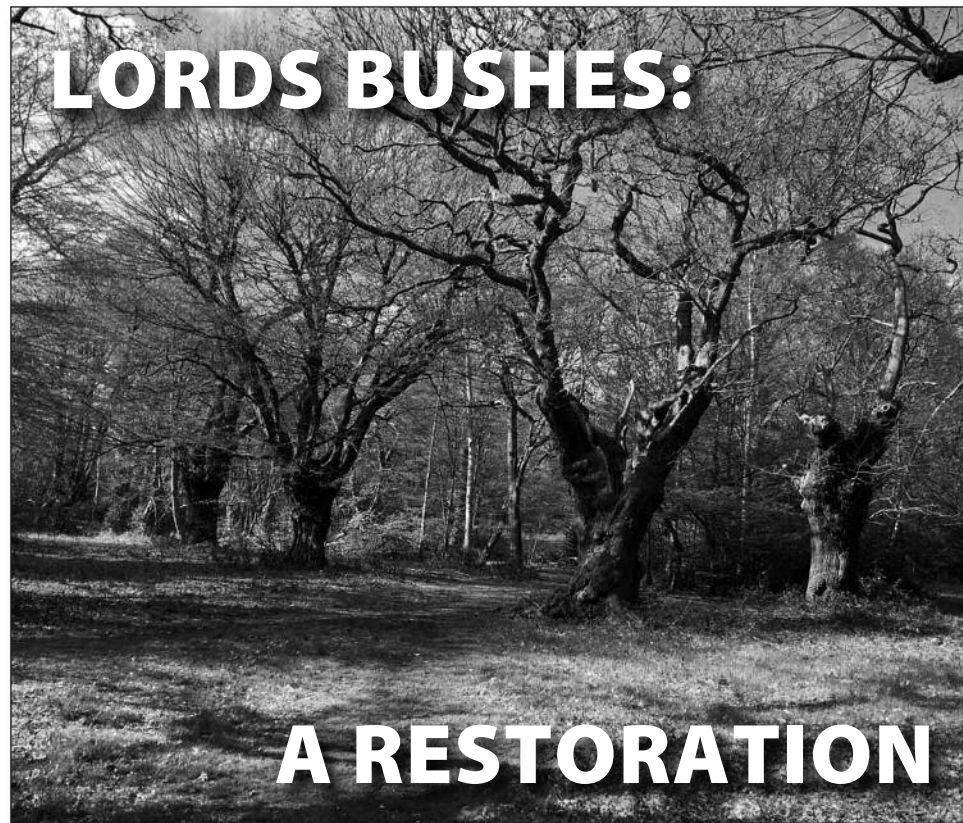
In terms of the Library I launched a petition that gained 3100 signatures, and in my capacity as a Parish Councillor proposed that the Parish ask for the Library to become a community asset which they supported and the District Council has agreed to. If Essex want to sell the building this puts obstacles in their way. I am working with my fellow parish councillors to protect this vital service. We may be asking for your help.



As part of the historic Forest of Essex, Lords Bushes is thousands of years old. Like the rest of the Forest, Lords Bushes was grazed by commoners and trees were lopped for wood. These lopped pollards were cut every 15-20 years resulting in trees that were always relatively short. The act of pollarding kept the trees in a form of youthful growth. The grazing and lopping formed wood pasture across the Forest. However, with the decline in commoners' cattle over the 20th Century and the cessation of commoners' pollarding in the late 19th Century, the once open landscape of old glades interspersed with pollards was gradually lost as small trees and bushes grew up in these open spaces. With the pollards no longer being worked, the trees became top-heavy compromising their stability and they became shaded by the infill. In the 1970s a major fire in the centre of Lords Bushes killed many ancient beech pollards and this area was colonised by another wave of thick infill.

The difference between wood pasture and woodland is the variation across the site of open and more shaded places and differences in plant height and structure, compared to a more uniform structure in woodlands. The other major distinction is the presence of pollards throughout the site which are the cornerstone of this habitat. Each tree is a habitat in itself with its more complex shape than a 'normal' tree. These crevices and bowls, that naturally form, and the deadwood that is held within the tree provide niches for specialised species. This results in wood pasture being able to support a higher biodiversity.

The City of London recognised the need to restore Lords Bushes back to wood pasture to preserve this valuable and now internationally-rare habitat, reflected in its designation as a Special Area of



Conservation and Site of Special Scientific Interest. Our conservation work began in earnest over 15 years ago restoring the old grassy glades, like Jericho Plain, and conserving and re-invigorating the ancient pollarded oaks and hornbeams, by releasing them from shade and competing vegetation.

A new generation of pollards was needed and so young trees have been topped to encourage regrowth of new branches and a broadening of their canopies. Dark shade inhibits natural oak regeneration, so opening up glades will prevent the decline of this species.

The conservation of wood-pasture does

require the felling of younger trees in some places and the encouragement of a more varied and layered structure of vegetation to protect more open habitats. Such infill can lead to the death of the ancient trees, suppression of oak regeneration and grasslands, all of which make up the unique wildlife-rich mosaic of the Forest, including at Lords Bushes.

Scientific evidence, some of it gathered from studies in Lords Bushes, has demonstrated that the restoration and 'haloing' work around the ancient trees has improved the health of these old oaks and significantly increased the rare insects that they support.

The end result of habitat restoration is not always clear to see for a few years. With the young trees and scrub being so dense, restoration habitat works like this can initially appear stark. However, within a couple of years, once the ground flora begins to re-establish the recently worked area will start to look like other restored areas like Jericho Plain, a beautiful glade studded with ancient oaks, once almost completely overgrown but now reasserting itself as part of Lords Bushes.

From 2020 onwards, the management of Lords Bushes will aim to consolidate the work of the last two decades, keeping the ancient pollards free from competition, looking after the young pollards and keeping the glades and paths open.

*Dr Jeremy Dagley,  
Head of Conservation*

*Dr Sally Gadsdon,  
Environmental Stewardship Officer  
Epping Forest, City of London Corporation*



## COUNCILLOR REPRESENTATIVES TO OUTSIDE BODIES 2019/2020

### Larger Local Councils' Forum

Chairman, Parish Clerk

### Local Councils' Liaison Committee and Essex Association of Local Councils (Epping Forest)

Chairman, Parish Clerk, Cllr Mr N Wright

### Buckhurst Hill Community Association

Cllr Mr K Williamson

### Buckhurst Hill Village Forum

Cllr Mr S Neville, Cllr Mrs S Patel,  
Cllr Mr N Wright, Cllr Mr J Barkham

### Passenger Transport

Cllr Mr S Clark, Cllr Mr N Wright, Cllr Mr S Neville

### 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 Mrs J Forker-Clark

### EFDC Standards Committee

Cllr Mrs S Patel

## 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



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

Founded in 1946 by local residents including London Transport poster artist Walter Spradbery, art and craft classes have always loomed large in BHCA's programme, and for 2019-20 it will be offering new classes in Watercolour (Monday evening) and Oil Painting (Tuesday evening) as well as long established courses in Drawing, Painting, Calligraphy, Needlecraft, Pottery, Glass Fusing, Printmaking, and Sculpture in Clay. But there is also a wide range of Leisure and Fitness classes, with something for everyone including Aerobics, Creative Writing, Forest Walks, Pilates, Bridge, Yoga, Ballet for Adults, Myths of Britain, Poetry Appreciation, Mindfulness, and Line Dance.

As well as continuing courses, BHCA also offers a programme of one-day workshops which from September will include Christmas Wreath Making, Glass Tree Decorations, Botanical Skin Care, Drawing Caricatures, Gardening, Life Drawing, Photography, and Willow-Weaving a Garden Obelisk, while over the summer there will be Drop-In Yoga sessions on Wednesday mornings and an Introduction to Beekeeping session on 4 August.

As well as its own classes and activities, Bedford House is a base for the Leigh Language School, and a number of local groups including several for children. Bedford Hall, and rooms in Bedford House, are available to hire at reasonable rates.

The BHCA 2019-20 programme, starting 16 September, will offer nearly 70 courses and workshops – why not try one? For more information or to obtain a brochure contact the BHCA Office on 020 8504 6668, email enquiries@bedfordhouse.org.uk or go to the website: [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk)

BHCA is a registered charity No. 1178692

## Buckhurst Hill's Poirot: (Mathieu) Louis Jules Daufresne

The St John's Church Gardening Team recently found an interesting grave near the Kissing Gate that leads on to Church Road. He was presumably a Belgian refugee living in Buckhurst Hill during WW1. The centenary of his death was commemorated on the 28th of February 1919. Anyone who can throw any light on Mathieu please get in touch. A much better known Belgian refugee during WW1, known to everyone in the UK today was **Poirot**, who met Agatha Christie in South Devon during WW1. Could **Daufresne** be someone in a similar position to **Poirot**? 'Buckhurst Hill's Poirot'?

The inscription on the grave reads as follows:

**Ici repose Mathieu  
Louis Jules Daufresne  
de la Chevalerie Belge, Decade en Exil  
Le 28 Febrier 1919  
A l'age de 28 ans**

*Steven Goddard, Royal British Legion, Buckhurst Hill Branch*





Once a year, towards the end of May, the local Jewish Community come together for a large Cross Communal BBQ and Fun Day. The event is a joint project of all the local community organizations and spearheaded by Rabbi Odom Brandman and the Events Team at Chabad Buckhurst Hill. The community certainly came out in force last month for an amazingly successful afternoon with over 375 people participating, everyone enjoyed rides, entertainment, music, great food and a real communal and festive atmosphere.

Rabbi Brandman said “It was fantastic to see 16 local organizations come together to support and promote an event that brings people together. The biggest thanks really has to go to our dedicated volunteers Greg Warren and Howard Wise who led the planning and set up of the afternoon.

Special features this year was a Circus Workshop where the

children could learn juggling and other circus tricks and a huge 30ft bouncy gladiator dual. This year, two of the Rabbis, Rabbi Mendy Brukirer of Aish Essex and Rabbi Odom Brandman from Chabad Buckhurst Hill entertained the crowd by having it out on the gladiator dual together. Another successful event all round and the community is already talking about the next one!

In addition to this, Chabad Buckhurst Hill has been extremely busy with lots of other events, the festival celebrations of Passover and Shavuot saw huge crowds and communal participation and in the July, the community is looking forward to welcoming Col Richard Kemp, who was the Commander of the British Forces in Afghanistan, who will be speaking about his advocacy work of the Israeli Defense Forces.

For information please see: [www.chabadonthehill.co.uk](http://www.chabadonthehill.co.uk)

## St. James’ URC, Palmerston Road, Buckhurst Hill

If you were to visit St. James’, you would be sure of a warm welcome from the members who worship there on a Sunday at 10:30 am.

We are taking part in a *Holy Habits* course which aims to nurture Christian discipleship. Groups meet at various locations within the Forest Group of Churches of which we are a part, on a monthly basis. Food is shared, scripture passages are read and discussion takes place. The next one at St. James’ will be on Monday July 1st at 10:30am and the following one on August 5th. Anyone would be welcome to attend.

We have Parade Services four times a year, when members of the uniformed organisations who meet on our premises come with their families to worship and praise God. Our services are led by our minister, Revd. Ulrike Bell at least once a month, and at other times by lay preachers or members of our Worship Group.

There is a Craft/ Prayer Group which meets usually on the first Monday afternoon of the month, in the Church Room, the next one being on 1st July. Recently the group have been making a banner on God’s Creation for use in church worship. Anyone is welcome to come along to try out their creativity and have a chat.

We are a Fairtrade Church serving only

Fairtrade coffee and tea after the morning service. We raised £550 for Christian Aid during Christian Aid Week in May, by collecting money at the station and doing some house-to-house collecting too. We also support WaterAid and The Leprosy Mission.

We are an eco-friendly church, using only recycled paper for administration and eco-friendly cleaning products. We have an array of solar panels on our roof which generate a considerable amount of electricity. There is a wild flower garden at the side of the church with pots and troughs of flowers and herbs near the church entrance. The building is set back from the road, as thirty years ago when the old church with the tower was demolished, the church halls were refurbished to make a user-friendly building which is used by the local community to a great extent.

The local Roman Catholic congregation hold their Mass at St. James’ at 9am each Sunday and the Sing Immanuel Choir rehearse there each Wednesday evening. Weekly Keep Fit, Badminton and Pilates classes take place on our premises and the Women’s Institute, Buckhurst Hill Residents Society and the British Legion have monthly meetings there. Beavers, Cubs and Scouts have their meetings on a Thursday evening and Brownies and Guides meet on Monday

evenings at St. James’.

We will be having three Summer Garden Afternoons this year, the first being on Sunday 28th July at 11 Knighton Drive, Woodford Green at 3:30pm. Entrance is £2.50 and the money raised will be donated to Epping Forest Foodbank.

We are hoping to start a *Listening/Prayer Space* soon, every Friday from 1-2pm when people can come to our Church Room to pray or talk to someone about their problems or worries. Another venture is to have a series of Film Nights, the first one being on Saturday 13th July at 6pm.

Our Harvest Festival / Parade Service, led by our minister, Revd. Ulrike Bell, will take place on Sunday 15th September and you would be very welcome to come along. Any gifts of food will be donated to Epping Forest Food Bank.

A Hall Users Thanksgiving Dinner will take place on Saturday 23rd November when all those who use our premises will be invited to attend, so you can see we have lots going on!

If you have not been to one of our church services we would love to see you, and you would be most welcome.

Isabel Bala (Church Secretary)

### Essex carers press release • Essex carers press release • Essex carers press release

Carers living in Essex can get funding for computer training, respite care, adult education and additional support to make their lives better.

An Essex Carers initiative (part of the Benfleet-based 4sx non-profit making consortium) is aimed at improving the lives of people who give up their time to care for a loved one, partner, relation or friend.

The innovative project is designed to help carers develop new skills, gain training and qualifications, and become more confident.

There are just a couple of criteria would-be participants need to fulfil to access free training, extra education opportunities, and extra respite. Carers need to be either unemployed or economically inactive, and they must produce either a valid passport (even an out-of-date passport) together with proof that they have the right to work in the UK.

The Leigh-on-Sea based project officer for the innovative scheme, Frazer Clark said: “There are thousands of unpaid, unemployed carers in Essex doing a fantastic job – but it is easy for them to feel isolated or fall behind with their skills.

“This Building Better Opportunities

scheme is funded by the National Lottery Community Fund with funds matched by the European Social Fund – and it’s a great way to develop new skills and start your journey to a happier life.

“There is some form filling, but members of the Essex Carers team will happily travel to meet participants and talk them through the process.

“But once this is done, they’ll be on their way to totally free help for anything from training courses to getting additional respite care.

“If additional respite means a hard-pressed carer can free up some time to get some ‘me time’ or catch up with old friends, that’s great. We at Essex Carers have been tasked with helping carers get more out of life, gain more skills and enjoy life more. My email address is [frazer.clark@4sx.org.uk](mailto:frazer.clark@4sx.org.uk)

“The scheme has already helped scores of carers from Colchester, Braintree and Saffron Walden in the north of Essex to Chelmsford, Braintree, Basildon, Thurrock, Canvey and Southend in the east. One young carer wanted to become a nail technician, so we arranged and paid for a course. She’s now qualified and runs her own business,” said

Mr Clark.

Other participants have qualified in bookkeeping (level 2&3) – saving themselves £1,045 – and taken a Special Educational Needs law course (which was funded by £1,000) while we also provided part-funding for a Montessori teaching course.

Another participant – a full time carer for his wife – was concerned about finding work as he approached retirement age.

The Essex man, who had previously worked as a music teacher, got help for a BA (Hons) Music degree (through part time study with the Open University). The man is now well on his way to passing his first round of modules and is both happier and more certain about his future.

The “Essex Carers – the way to work” scheme is totally free, is just an email or phone call away and promises to change carers lives for the better.

Contact – email: [Frazer.clark@4sx.org.uk](mailto:Frazer.clark@4sx.org.uk)  
Contact numbers:  
01268 923912 or mobile 07549 293762  
Website: [www.EssexCarers.co.uk](http://www.EssexCarers.co.uk)

### Essex carers press release • Essex carers press release • Essex carers press release

## TAI CHI

Finding your inner focus and health benefits along the way...

Tai chi has a lot to answer for. Or maybe its practitioners have a lot to answer for. There are many claims about the benefits of practising tai chi. It is said to improve health, to boost your auto immune system. There are many stories of sick people taking up tai chi and restoring their health. The late master T. T. Liang wrote in his book *Tai Chi Chuan for Health and Self Defence*:

“At first I take up tai chi as a hobby, Gradually I become addicted to it, I must keep practising for my whole life, it is the only way to preserve health.”

There is more but you get the idea. Master Liang was a prominent teacher in New York in the seventies. The story is that he was almost at death’s door when he first took up tai chi and was restored to health by the practice. However, it also seems that much of his problem was self inflicted and giving up a few other practices no doubt had as much benefit as practising tai chi!

Whilst many of the claims are anecdotal there has been a lot of research into the benefits of tai chi. Not least is how it helps balance, especially in older people. I have read papers published in the *British Medical Journal* on this aspect.

In its *Guide to Tai Chi* The Harvard Medical School goes further. Professor Peter Wayne, a long term practitioner of martial arts, cites a number of research papers covering a number of conditions that may be helped by the practise of tai chi. Wayne does get into detail on how tai chi can help balance and describes some of the research.

Another big benefit is improvement in the ability to focus. Tai chi takes a lot of concentration and it has been shown to help practitioners’ general awareness. This also leads to tai chi as a ‘stress buster’. Spend a few hours a week totally focused on learning and it is easy to forget all of the things that bother you. I didn’t set out to write a book review but it is worth mentioning that Wayne talks about stress and how tai chi can help reduce it. He also cites research into various conditions which feature chronic pain and how tai chi can help.

You must do your own research; for my part I make no claims that my tai chi class will specifically help any condition. You have to try it and see what works for you.

When we learn tai chi we are learning to align our body. To teach it to move in a co-ordinated way that is different to the way most people are used to moving. Also to relax, something we call ‘sung’ (pronounced soong). Learning to relax can, in itself, help to relieve stress and will, often, help to ease pain.

Whilst, as I already said, I don’t make claims that tai chi will cure you, but with regular practise it can heal. It will improve your confidence, you will see the world from a different perspective and, in general, just feel better about yourself.

John Roper [john@bonsaitaichi.eu](mailto:john@bonsaitaichi.eu)





## Cardiac Risk in the Young

In July 2015 we lost our 14 year old daughter Isabelle to a sudden and unknown heart condition. Isabelle was a fit and healthy girl who rarely complained of being unwell. As you can imagine this was a complete shock to us and has been completely and utterly devastating.

Since Isabelle's death like many others who have lost loved ones you search for answers. We found ours through a charity called CRY (Cardiac Risk in the Young), they state that over 12 young people die a week of unknown heart conditions and because of this they are trying to get the government to implement a simple ECG in schools for all 14 year olds. They also say that 80% of heart conditions between 14-35 years old are undetected before death.

CRY also provide great research and support for bereaved families, they hold a heart screening service that is free at St Georges Hospital and they hold mobile screening services nationally (see [testmyheart.org](http://testmyheart.org)).

Myself and my family wanted to set one of these up locally to help make other families become aware of what CRY do and the reality that we really do not know what lies awaiting in our bodies. Heart conditions are something you expect in older people, not fit and healthy young people.

We set up our own charity called #forissy in memory of Isabelle and started to raise the money through various events and support we could get in the community. The last two years we have held five screenings at St Antony's school in Woodford Green, thanks to the support of the school and the community we have screened 1100 young people so far with funds raised.

There have been many referrals to doctors from these screenings and some serious heart conditions discovered as a result of them coming to our screening weekends, which just highlights the need for them all the more.

These screenings cost us £50.00 per person. They screen 100 people in a day, which is a total of £5,000, for two days £10,000. This is subsidized by CRY to help bereaved families make it possible to set up. For the public they are then available for free. We aim to do more screenings this year and next year on the hope that the awareness and fundraising continues to be successful.

#forissy also hopes that one day soon our government will see the importance of CRY screening being implemented in our schools at the age of 14 years old to help save our children's lives for the future.

We have had some great news – #forissy contacted EFDC and with the help of the District Council, we have managed to fund another screening event with their grant aid and public health funding to raise awareness and save lives. We have also had a great deal of support with this fundraising from Buckhurst Hill Parish Council, as the Chairman, Cllr Neville Wrights chosen charity for



2018/19. We have raised over £2000 in the past year. Thank you to the people of Buckhurst Hill, your donations and fundraising will help save lives! Now we hope that other councils in the district and the surrounding boroughs will support us in going forward to bring more Heart Screenings to our area, as it really will save young lives.

The next screening will be held in June at Grange Farm with the support of Colebrook Royals Football Club and #forissy and another to be held on 12 and 13 October 2019 at St Antony's Primary School, Woodford Green.

For details contact me on [forissyscreening@gmail.com](mailto:forissyscreening@gmail.com). Or go to [testmyheart.org](http://testmyheart.org)

Many people I speak with have never heard of the charity CRY and are unaware of the screening availability. Please see [www.c-r-y.org.uk](http://www.c-r-y.org.uk) for more information. If we had known of this service Our Isabelle would still be with us now. I would sincerely like to thank the many people that have helped make this possible.

*Della Tudisca*



Local guide to health and well being in Essex

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



## LIVE WELL IN BUCKHURST HILL

I would like to introduce myself as a Health and Wellbeing Engagement Officer, working as part of the dedicated Community and Partnerships Team at Epping Forest District Council. I oversee the running of our successful 'Active Living' project. If you live in the district, are over 16 and have a very sedentary lifestyle, we can guide you on your journey to becoming fitter and healthier. Contact our office on **01992 564561** for more details including our **Active Living Buckhurst Hill** sessions.

We run the following classes which are open to all members of the public:

- **Strength & Balance**, Tuesday 2.30-3.30pm, Buckhurst Hill Baptist Church, Palmerston Road. £3
- **Yoga for Beginners**, Wednesday 6.30-7.30pm, St James Church, Palmerston Road. £5
- **Outdoor Wellbeing Class**, Tuesday 6.30pm-7.30pm, by the main entrance to the David Lloyd car park off Roding Road. £5

**Your first class is always FREE!**

There is no need to book, just turn up and enjoy. If you would like more information please feel free to contact me on **01992 562318/07548 162268**

*Lina Crossley*



Redbridge (Ages 11 - 14)  
Netball Youth Camp

When: Thurs 1st & Wed 14th August 2019  
Venue: Woodbridge School

BOOK YOUR PLACE TODAY

[englandnetball.co.uk/NYC](http://englandnetball.co.uk/NYC)

For England Member discount or for further information please contact [Kirsty.herbert@englandnetball.co.uk](mailto:Kirsty.herbert@englandnetball.co.uk)

# COMMITTEE MEMBERSHIP 2019-2020

**Council Chairman:** Cllr Mrs Smruti Patel **Council Vice Chairman:** Cllr Ms Glenys Reynolds

## FINANCE & ESTABLISHMENT COMMITTEE

Cllr Ms G Reynolds (Chairman)  
Cllr Mr S Clark  
Cllr Mr B Nagpal  
Cllr Mr S Neville  
Cllr Mrs S Patel  
Cllr Miss S Watson  
Cllr Mr N Wright

## ACCOMMODATION COMMITTEE

Cllr Mr B Nagpal (Chairman)  
Cllr Mr J Barkham  
Cllr Mr S Clark  
Cllr Mrs J Forker-Clark  
Cllr Mrs S Patel  
Cllr Mrs G Reynolds  
Cllr Mrs J Share-Bernia  
Cllr Mr K Williamson  
Cllr Mr N Wright

## RECREATION & COMMUNITY COMMITTEE

Cllr Mr N Wright (Chairman)  
Cllr Mr J Barkham  
Cllr Mrs J Forker-Clark  
Cllr Mr S Neville  
Cllr Mrs G Reynolds  
Cllr Mrs J Share-Bernia  
Cllr Mr K Williamson  
Cllr Mrs S Patel – Ex-Officio

## PLANNING & ENVIRONMENT COMMITTEE

Cllr Mr K Williamson (Chairman)  
Cllr Mr J Barkham  
Cllr Mr S Clark  
Cllr Mrs J Forker-Clark  
Cllr Mr B Nagpal  
Cllr Mr S Neville  
Cllr Mrs S Patel

## PERSONNEL COMMITTEE

Cllr Mrs S Patel (Chairman)  
Cllr Mrs G Reynolds  
Cllr Mr N Wright  
Cllr Mr K Williamson

## NEIGHBOURHOOD PLAN WORKING PARTY

Cllr Mrs J Forker-Clark  
Cllr J Barkham  
Cllr Mr S Neville  
Cllr Mrs S Patel  
Cllr Mr K Williamson

## CLERK TO THE COUNCIL

Mrs Liz Petyt-Start (Clerk)

## INTERIM DEPUTY CLERK/RESPONSIBLE FINANCIAL OFFICER

Mrs Val Evans

## 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](mailto:office@buckhursthillpc.gov.uk) If the matter is urgent please contact the Parish Office.

# PARISH COUNCIL 2019-2020



Cllr  
Joseph Barkham



Cllr  
Sam Clark



Cllr  
Jane Forker Clark



Cllr  
Bobby Nagpal



Cllr  
Steven Neville



Cllr  
Smruti Patel



Cllr  
Glenys Reynolds



Cllr  
Jo Share-Bernia



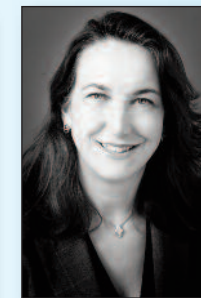
Cllr  
Sylvia Watson



Cllr  
Ken Williamson



Cllr  
Neville Wright



Clerk  
Liz Petyt Start





# Dates

## for your diary

...and local organisations

### BUCKHURST HILL PARISH COUNCIL

Meetings held at Buckhurst Hill Library, 165 Queens Road

■ **THURSDAY 1 August 2019**

7.00pm Planning & Environment Committee

■ **THURSDAY 22 August 2019**

7.00pm Planning & Environment Committee

■ **THURSDAY 5 September 2019**

7.00pm Planning & Environment Committee

8.00pm – Finance & Establishment Committee

■ **THURSDAY 9 September 2019**

7.00pm Planning & Environment Committee

8.00pm Recreation & Community Committee

■ **THURSDAY 26 September 2019**

7.00pm Full Council

■ **THURSDAY 3 October 2019**

7.00pm Planning & Environment Committee

8.00pm Accommodation Committee

■ **THURSDAY 17 October 2019**

7.00pm Planning & Environment Committee

■ **THURSDAY 31 October 2019**

7.00pm – Planning & Environment Committee

■ **THURSDAY 14 November 2019**

7.00pm – Planning & Environment Committee

8.00pm – Finance & Establishment Committee

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](http://www.buckhursthillpc.gov.uk)

### ACTIVE LIVING IN EPPING FOREST

NEW Yoga session starting on the 3rd of April 6.30pm-7.30pm at St James, Church Hall  
Strength and Balance Tuesdays 2.30pm – 3.30pm  
Buckhurst Hill Baptist Church  
Active Living (Lina Crossley) 01992 564561 for further details  
Indoor Bowls – David Lloyd Chigwell every Tuesday from 9.30am

### ALZHEIMERS SOCIETY

Singing for the Brain Buckhurst Hill  
Further information (Office opening times:  
Monday-Friday, 09:00-17:00) email: [essex@alzheimers.org.uk](mailto: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](mailto:Volsessex@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](mailto:office@bedfordhouse.org.uk) or visit [www.bedfordhouse.org.uk](http://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](http://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](http://www.bhbltc.co.uk)

### BUCKHURST HILL FOOTBALL CLUB

More information @buckhursthillfc or [www.facebook.com/buckhursthillfc](http://www.facebook.com/buckhursthillfc)

### BUCKHURST HILL HORTICULTURAL SOCIETY

All visitors welcome. Free entry to members. £2.00 for non-members. Good parking facilities, teas, home-made cakes, plants and a variety of garden sundries and bulbs for sale.  
There is always a magnificent display of dahlias as well as vegetables, fruit, shrubs, flowers, flower arrangements, cookery and children’s entries.  
Anyone can exhibit in any of the classes.  
For help and advice contact: Maureen – 0208 504 8436, email: [mbriggs@uwclub.net](mailto:mbriggs@uwclub.net) or Jill – 0208 257 8996 email: [Jmailto:Jill998@btinternet.com](mailto:Jmailto:Jill998@btinternet.com)  
For more information about the society visit our website [BHHORTSOC.CO.UK](http://BHHORTSOC.CO.UK)  
Our Winter programme of talks starts in October 2019:  
MONDAY 7 October 2019  
Subject: ‘I am a tulip, what are you?’ Speaker: Ms J Aviolet  
MONDAY 4 November 2019  
Subject: ‘What the judge is looking for’. Speaker: Mr M Jervis  
These talks are held at St James United Reformed Church, Palmerston Road, Buckhurst Hill, IG9 5NG  
Time: 7.30 – 9.30 pm. Free to members, £1 non-members (includes refreshments)  
ALL VISITORS WELCOME.

### 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](mailto: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](mailto:enquiries@buckhursthillresidents.co.uk)  
Facebook: @bhresidentsociety Twitter: BHRS2016  
Website: [www.buckhursthillresidents.co.uk](http://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](mailto: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](mailto:@buckhursthillvillage) [buckhursthillvillageforum@gmail.com](mailto: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](http://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 CENTRE & DISTRICT

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

Whether you are a National Trust Member or not, everyone is welcome to join us at our series of local talks, outings and even holidays. Meetings take place throughout the autumn, winter and spring months at Memorial Hall, South Woodford and All Saints Church Hall, Woodford Green. Good company, interesting topics and friendship-socialise with local people with interest in the work of the National Trust. Do come along... everyone welcome! Contact Richard Speller on 07774 164407 for further details.

**Wednesday 11th September** at 2.30 pm, All Saints Church Hall

Waddesdon Manor, National Trust, by Godfrey Thorpe

**Tuesday 15th October** at 10.30 am Memorial Hall-St Mary’s Church, South Woodford

Tower Hamlets; an ever changing Borough by Grahame Williams

**Wednesday 13th November** at 2.30 pm, All Saints Church Hall – Medieval Churches of East Anglia by Peter Lawrence.

**Monday 16th December** at 10.30 am, at Memorial Hall, St Mary’s Church, South Woodford. History of Railways, overground Chingford to Liverpool Street, and Central Line, longest on the Underground, that goes as far as West Ruislip by Dr Chris Pond.

### 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](http://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](mailto:patsdharvey@btinternet.com) [www.rodingreelclub.com](http://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](http://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](http://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](http://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

## REGULAR HALL HIRERS

For further details please contact the hirer direct

#### Roding Valley Hall

##### 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** 020 7407 0700

##### 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

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](mailto:office@buckhursthillpc.gov.uk)





# NEW TO THE COUNCIL BUT NOT TO THE PARISH –



## Councillor Joseph Barkham

I was elected to the Parish Council at the beginning of May and I want to say thank you to Liz, our Parish Clerk, and the team in the office for such a warm welcome and getting me set up so quickly.

The Christmas in Queen’s Road event is one of the things we all look forward to, which the Parish Council organises with the Buckhurst Hill Residents Society. Last year, I was involved as part of the Resident Society team helping to set up the car park at 6am in the rain and getting everything ready for the evening. We were all glad when the rain cleared up, as it turned out to be a great evening with the carols from the schoolchildren, families having fun and raising money for the Chairman’s Charity on the stalls and of course the kids highlight, the reindeers. I certainly look forward to helping again with the events the Parish Council are running this year.

One of the things they say you shouldn’t talk about at work is politics, but I am so surprised with the reaction that I have had from my colleagues. One of my colleagues was really keen to help out and volunteered to help me deliver leaflets in the election. My boss was very supportive and very keen to tell all the people in the division in our Friday newsletter that I had been elected.

I have been involved working with local residents in the top half of Princes Road in putting together a petition to extend the parking to the top of the road. A couple of the residents had expressed that they were resolved to get it sorted, so we came together with a couple of clipboards and some meetings to get a petition together. There were so many people on the road that were delighted that we had got together to get progress on this.



interested in taking an allotment?

**Buckhurst Hill Leisure Gardens Association**

You can enjoy the benefits of growing your own fruit and vegetables. Nothing tastes better than food that you have seen grow from a tiny seed to a full grown plant bearing the fruit of your labours. Plots are now available to rent.

Take this wonderful opportunity to join this happy and sociable group with a common interest with many comings together to share tea and a biscuit or to compare their latest vintages.

We have a vacant plots at our three main sites near the River Roding at Boxted Close, Hornbeam Close and Lower Queen's Road. There is a water supply and plots are generally 125 or 250 sq. metres in size. You don't need a lot of tools or knowledge to get started, just a willingness to get stuck in and a desire to eat really fresh and tasty fruit and vegetables. Enjoy exercise in the open air and make friends.

For more information visit the BHLGA Website at: [www.buckhursthillallotments.co.uk](http://www.buckhursthillallotments.co.uk)

If you would like to join us please email or call Marcia Levan-Harris  
email: [bhallotments@gmail.com](mailto:bhallotments@gmail.com) tel: 07789 003284

# Children are the future

## Harry Blanche

**Who are you and what do you do?**  
My name is Harry Blanche and I am ten years old. I am in year 5 at Buckhurst Hill Community Primary School.

**What do you like about Buckhurst Hill?**  
I like Buckhurst Hill because we have a forest, two parks and I like going to the shops on my own.

**Where is your favourite place to go locally?**  
I go to football training in Roding Valley Park. I play for the Saints Football Team. I play on Saturdays and train on Wednesdays after school.

I like going to church on Sundays, I go to St John’s Church.

**What has been your biggest achievement?**  
My biggest achievement was being part of The Saints football team, when we won the cup final, last month.

**If you were in charge of Buckhurst Hill for a day what would do?**  
If I was in charge of Buckhurst Hill for the day, I would build a swimming pool that has not got any chlorine in it, as I don’t get to go swimming very often, I am allergic chlorine. So, the only time I get to swim is in the sea.

I would also make a park that has lots of things to climb on, like a low ropes course, so that children of my age could have fun there. I would like to build a bowling alley, once I got two strikes in a row!

I would put recycling bins, next to all of the normal bins, so that we can recycle more things.

I think cars go too fast down Lower Queens Road, this is the road that my school is in. I think we should find a way to stop them going too fast, so that they don’t hurt anyone.

# VOLUNTEER to help tackle SPEEDING in Buckhurst Hill

If you think that speeding traffic has a dangerous or negative impact in our area, why not participate in our Community Speed Watch scheme? If you can spare a few hours on a regular basis, Buckhurst Hill Parish Council are looking for volunteers to help us set up a SpeedWatch team locally. All the necessary equipment will be provided and you will be fully trained to identify and report speeding vehicles. Community Speed Watch schemes around Essex play a crucial role in helping to re-educate motorists about speed, and raise awareness of the impact that anti-social driving can have on communities.

**If you would like to help on want more information**  
**contact us on**  
**020 8498 9933**  
**or email to [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk).**

### COUNCIL, SUPPORT & ADVICE SERVICES

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 606 1212
Social Services (Adult)	0345 603 7632
Social Services (Children)	0345 603 7630
Essex County Council	0345 603 7627
London Borough of Redbridge	0345 743 0430
London Borough of Waltham Forest	020 8554 5000
Citizens Advice Bureau	020 8496 3000
Department of Work & Pensions	0843 816 6252
Samaritans	0800 731 7898
Child Line	116 123
NSPCC	0800 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	
For advice and appointments	0800 121 4898
CARE Confidential – National Helpline	0800 028 2228
Red Cross	0300 456 1155
FloodLine	0345 988 1188
Essex County Fire & Rescue	01376 576 000
<b>LOUGHTON STROKE CLUB</b>	
Every 2nd and 4th Tuesday of the month (except August) at 2.00pm	020 8508 0054
<b>MOTOR NEURONE</b>	
National helpline	0808 802 6262
<b>HOSPITALS</b>	
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
<b>GPs</b>	
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
<b>DENTISTS</b>	
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	<a href="http://www.chabadonthehill.co.uk">www.chabadonthehill.co.uk</a>
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
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### 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
<b>ANIMAL WELFARE</b>	
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

	020 8559 0529
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## Buckhurst Hill Parish Council

165 Queens Road, Buckhurst Hill, Essex IG9 5AZ  
tel: 020 8498 9933 email: [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk)  
web: [www.buckhursthillpc.gov.uk](http://www.buckhursthillpc.gov.uk)

# 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**

# 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](mailto:office@buckhursthillpc.gov.uk)

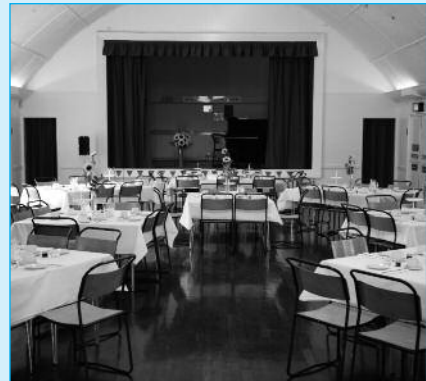
**WINTER –**  
Copy close: **11 October 2019**  
delivery planned for week commencing **11 November 2019**

# 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.



Enquiries: [www.buckhursthillpc.gov.uk](http://www.buckhursthillpc.gov.uk) office@buckhursthillpc.gov.uk 020 8498 9933



# Slimming World Buckhurst Hill

Julia's story:

I'd been experiencing anxiety and depression for a few years, my self-confidence was through the floor and I had gained a lot of weight but had not realised how much. The GP had referred me for a breast reduction, but after going through the process I was turned down through my BMI (Body Mass Index) being too high I was classed as obese. Obviously this caused my anxiety and depression to excel further. I did try to sort it for myself. With healthy eating and walking the dog. Nothing was changing, my weight nor my anxiety.

A leaflet came through my door and it was for Lorraine's Slimming World Group at the Woollard Centre in Buckhurst Hill. I went along by myself, I was so nervous about walking through those doors, I was convinced everyone would be looking at me and judging me. But I had to do something. Lorraine immediately came up to me as I went in and straight away made me feel at ease. There were other people joining at the same time so instantly I knew I was not alone in this. All those fears I imagined disappeared no one was looking at me or judging me. I realised then there were people who also felt like I did. I immediately felt I was going to get through this. The existing members of the group chatted to me and suddenly I thought yes I can do this.

Lorraine asked me what my dream weight loss was, I knew I wanted to lose over three stone but I was convinced I would never achieve this, but I told her what I wanted to achieve. That night, she made me believe I would do it. I just needed to believe in myself. So I bought myself a 12-week countdown, then I knew I had to go back and I went home after my first meeting feeling nervous but also rather excited. I could not believe that I could eat so much food through their food optimising plan. All that anxiety I had experienced disappeared completely after getting on those scales and within 2 weeks I had lost half a stone. Yes, half a stone!! Within two weeks, after all those months of trying and getting no-where. On that second week I was also the Slimmer of the week that meant I had lost the most weight within the group that week and I went home with a half a stone award, also the Slimmer of the week award and a basket full of food that members bring in to encourage slimmer of the week and the biggest smile on my face. I was elated. I could not believe it. It was easy too. The food optimising plan is so easy to follow.

Within 6 months I had got to my dream weight I had lost 3 and a half stone. I no longer needed a breast reduction, I felt great.



I felt healthy and alive. My depression was under control and anxiety had reduced so much. I had attended the group every week within that 6 months, and stayed to every meeting – there is always something new to learn. The encouragement and support I received week after week through the meetings was amazing it inspired me to continue with my weight loss journey. One of my most treasured highlights was when I was voted Woman of the year 2018 by the group as my journey had inspired others on their journey.

I had no idea that when I walked through those doors nearly 2 years ago how much my life would of changed just by joining Lorraine's Slimming World group and my journey would inspire others. I still attend group every week and I am now a part of the social team and have managed to maintain my target weight for nearly two years. Joining Slimming World Buckhurst Hill has been the best thing I have done for 'myself'.

## Slimming World Buckhurst Hill

has groups on

**Wednesday 7pm**

at Roding Valley Hall

and **Thursday 5.15 or 7pm**

and **Friday at 9.15 am**

at the Woollard Centre.

**Just come along or call Lorraine on  
07960 603621**

## Community Crochet

Learn How To Crochet  
All Levels Welcome  
Come along, make new friends and  
get creative

Monkhams Pub, Buckhurst Way  
Buckhurst Hill, IG9 6HY

Every Tuesday  
11am to 1pm



*We are looking to bring the Community  
together with our creative crochet morning*



For more information please contact  
Victoria Robertson, Community  
Engagement Officer:  
vrobertson@eppingforestdc.gov.uk  
Tel: 01992 564732

## Summer Tennis Camp for Kids! (ages 5-12)



**Where?** Buckhurst Hill Lawn Tennis Club

**When?** Wed 24<sup>th</sup> July - Fri 16<sup>th</sup> August

**What time?** 09:00 - 12:00

**Cost?** £18 per day

Come and join  
in for a fun and friendly tennis camp this summer!  
Learn new tennis skills, improve your footwork,  
play tennis related games and make new friends :)  
Bring a water bottle, sun cream,  
hat and a great attitude!

Find out more about us at:

www.focus-tennis.co.uk

facebook.com/BHLTC

RESERVE YOUR SPOT NOW

@inga@focus-tennis.co.uk

Explore your potential!

"Would you like an adventure now,  
or shall we have our tea first?"

Peter Pan, J. M. Barrie

**Toddler Sense**  
Life's an Adventure

WINNERS ★ NATIONAL  
SINCE 2011

**Woohoo!**

It's time for Toddler Sense. A place where structured play goes hand in hand with imagination, the freedom to explore, and adventure!

Each week has a unique theme, creating a whole new world of magical delights. Imagine zooming through space, partying like pirates or scuba diving in a magical sea.

The programme is founded on decades of scientific research and its structure will help prepare your child for school. Available from 13 months – 5 years.

To find out more:  
**Call Natalie Taylor**  
on: 07715305471  
**Email:**  
redbridge@toddlersense.co.uk  
**Classes at:**  
The Woollard Centre

www.toddlersense.com

**Toddler Sense**  
Life's an Adventure

We've done the research; so you can enjoy the fun...

# Salt BINS

**Are you willing to have a salt bin  
in front garden/on your drive?**

The Parish Council is getting an increased number of requests for salt bins and in order to facilitate this we need residents to agree to their location.

**If this is something you  
are willing to do please email:  
office@buckhursthillpc.gov.uk**



## Are you a good listener?

We are looking for reliable volunteers with great listening skills to join our local team, providing emotional and practical support to people affected by crime.

Help people in your local community and learn new skills.

**Full training provided, involving an extensive online learning course followed by a two day workshop on 23 & 30 September.**

**Interested? Have four or more hours a week to spare? Then we would love to hear from you.**

**Call us on 01277 357557 or email:  
essexvolunteering@victimsupport.org.uk**

**[www.victimsupport.org.uk/get-involved/volunteer](http://www.victimsupport.org.uk/get-involved/volunteer)**

As an independent charity, we work for a world where people affected by crime and traumatic incident get the help they need and the respect they deserve. To find out how you can help us help more people visit [victimsupport.org.uk/get-involved](http://victimsupport.org.uk/get-involved)

Registered charity number 296028  
Registered address: Victim Support, 1 Bridge Street, Derby DE1 3HZ  
March 2016 | P2076 © 2016 Victim Support



Avon House is a small school where children are nurtured in a caring, happy environment, enabling them to realise their full potential.

To arrange a visit please contact the Registrar:

Avon House School  
490 High Road  
Woodford Green  
Essex IG8 0PN  
020 8504 1749

[registrar@ahsprep.co.uk](mailto:registrar@ahsprep.co.uk)

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



## 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. The theme for this year is 'Shared Harvest' and everyone is welcome to come along to meet our plot holders, see what we grow and share knowledge on:

**Saturday 17 August 2019  
between 12 noon to 3pm**

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

**Everyone is Welcome**

For more information about Buckhurst Hill Allotments visit our website: [www.buckhursthillallotments.co.uk](http://www.buckhursthillallotments.co.uk)

The Reading Agency and Libraries Present



Summer Reading Challenge 2019

**20 July – 2 September in all Essex libraries**

There's an out of this world challenge in Essex Libraries this summer!

The Summer Reading Challenge 2019, produced by The Reading Agency and delivered by libraries, is **Space Chase**.

Inspired by the 50<sup>th</sup> anniversary of the moon landings, children will help the Rockets, our super space family, track down books that have been nabbed by mischievous space aliens.

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

[libraries.essex.gov.uk](http://libraries.essex.gov.uk)