

# BuckhurstHill

Parish Council Magazine **Winter 2019**

News and views from around Buckhurst Hill



## From the Chairman



I am thoroughly enjoying my role as your Chairman of the Parish Council. Since I have taken on the Chairmanship my focus has completely been on projects that enhance our area and promote the work of the Parish Council by attending and supporting as many community events as possible. So please keep the invitations coming, myself and my fellow councillors enjoy the interaction and are very happy to promote your events on social media outlets when and where we can.

I want to thank our Clerk whose relentless enthusiasm means we are more often proactive as a local council and not reactive.

Our aim is to organise events which allows a space for residents to come together to interact and further enhance our sense of community. We therefore make sure the events are heavily subsidised for residents.

One such recent event was the SOLD OUT comedy night at Pelly House and by the time you have read this magazine we would have also held a free seniors Fish and

Chips afternoon with entertainment after the successful Pie and Mash afternoon last year. Please look out for the Queens Road Christmas tree lighting event and the Christmas on Queens Road sponsored by the Parish Council organised in collaboration with the BH Residents Society. If you can and would like to volunteer for any of our current or future events please inform the Parish Council.

Remembrance Day this year would have seen the display of 101 poppies on lampposts around Buckhurst Hill. As previously requested I would like to invite residents to forward us an article or a story of any of the heroes you may know of, who may or may not have been 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 the articles in throughout the year and we can include them in future editions.

Next year's early May Bank Holiday will be moved forward by four days to Friday 8th May for the whole of the UK to coincide with the 75th Anniversary of VE Day. This will form part of a three-day weekend of commemorative events. Epping Forest Council have generously agreed to waive the fee for closure of streets for street parties taking place in our district subject to a successful application.

I know more than often we have articles written by councillors but I would very much like this to be your magazine with articles written by yourselves. So please keep sending any newsworthy stories happening in the community.

I am proud to say that we at the Parish have seen increased collaborative efforts between the Parish, District and County Councillors on various issues we are dealing with in our area. One such example is resolving issues caused by parking on grass verges along Cascade Road. Residents will be pleased to know that their Parish and District Councillors are all working together with portfolio holders and officers from the District Council to ensure an effective solution is achieved as soon as possible.

As the last edition before the new year I'd like to wish Happy Diwali, Happy Hannukah, Merry Christmas and a Happy New Year to all celebrating!!

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



On 21st September 2019, Regency Lodge residents held a fete. The fete was organised to help pay towards events and trips the lodge organises for its residents.

There were stalls of yummy cakes, jewellery, tombola, Angel readings, guess the weight of the cake and guess how many sweets in the jar.

Cllr Clark and I were delighted to support it by spending some money, sampling cakes and tea. I am now also a proud owner of some Royal Worcester crockery my husband didn't think we needed (we REALLY needed it!). It was great to meet the residents and discuss their concerns. I am happy to report that I have followed up on their concerns of pavements from the lodge leading up to the station and street cleaning near the lodge. We should be hearing some good news soon.

We were able to take a few photos on the day and would love to share with you all. If you have an event planned in Buckhurst Hill for a good cause please let the Parish office know and we will try our best to come along and support in any way we can.

## SEE INSIDE

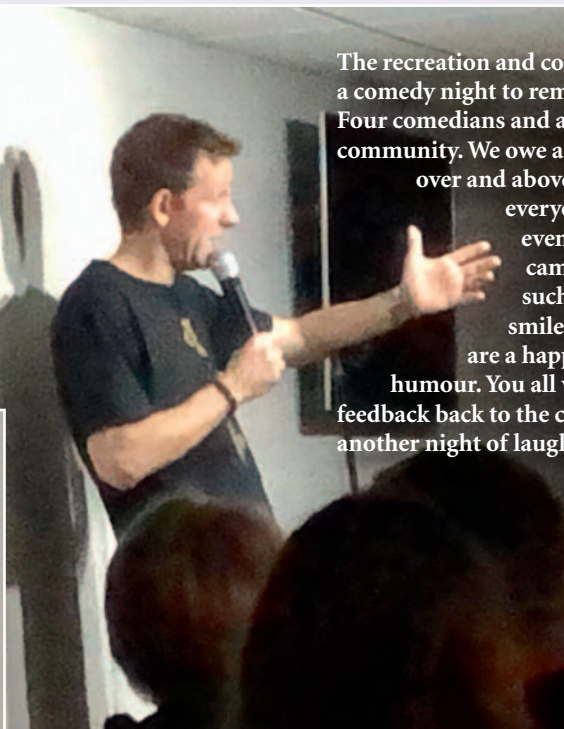
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# Oh what a night!

The recreation and community committee brought you a comedy night to remember at Pelly House in October. Four comedians and an MC brought so much laughter to our community. We owe a huge thanks to Pelly House for going over and above to make this evening so special, and to everyone who helped organise this brilliant event. Also thanks to everyone who came, for bringing your laughter and being such good sports. You all left with big smiles and grateful comments. We really are a happy community with a great sense of humour. You all wanted more so we will take your feedback back to the committee and hope we can bring you another night of laughter.

*Cllr. Glenys Reynolds*



## Christmas on Queens Road

Friday December 6th, 3-7pm

We have been in collaboration with the Buckhurst Hill Residents' Society for many years now bringing you 'Christmas on Queens Road'. A lot of the leg work is tirelessly completed by the same small group of residents and this event could not have been the success it has been without their time, effort and creative ideas. They stand in the cold from 6am to 8pm putting together this wonderful community event and we would like to give them sincere thanks for all the past years events. This year we have decided to go a little bigger and close the top part of Queens Road during the event. We have some amazing entertainers coming and we hope you and your whole family will come and enjoy the event with your local neighbours.

We are also calling for volunteers. We always need extra hands from 7-10 to keep the car park clear. From 2-7 to keep cars out of the road and also 2-8 to help with stalls, set up and clearing up. If you would like to be part of this great yearly event and have an hour or two to spare we would love to hear from you.

**Office@buckhursthillpc.gov.uk  
or 020 8498 9933**



## Valerie Metcalfe

Well, at last we have persuaded Highways to re-surface our main high street, Queens Road – it has taken long enough but doesn't it look great! The works were very difficult because of the nature of the road and I know that some residents did suffer from noise and disruption until very late some evenings – hopefully it won't need to be looked at again for quite a few years.

There has been some success generally in getting potholes repaired and residents are really good at reporting this online on the Essex Highways site – let me know if you have tried and nothing has happened so I can follow it up. Now we must look at

some of the worst footway defects to see if these can be dealt with.

We have had success in getting more residents parking permit zones in roads such as Palace Gardens and Stag Lane, with several others now being approved to happen within the next year, particularly the top half of Princes Road, as well Westbury Lane, Scotland Road and Amberley Road. I am expecting more petitions as there is always the problem of displacement when parking restrictions come in anywhere.

The only other important issue that you tell me concerns you is, of course, the Library building in Queens Road. I am delighted that the decision to close our local library has been put off for the time being, but we still need to find a long-term solution. I supported our Parish Council's Expression of Interest and hope that with goodwill from everyone, they can come up with a means of financing this project. To justify the effort and expense we would need to make this building a central part of our community and many residents have shared their vision with me.

*cllr.valerie.metcalfe@essex.gov.uk*



## Steven Neville

Summer is a relaxing time for many but the work of the council does not stop. We have had the Planning Inspectors interim report on EFDC's Local Plan with her suggestions of any main modifications. Alas she did not mention Lower Queens Road but she did mention 1 Powell Road and wants EFDC to make sure any development is in keeping with the street scene and will not have a negative impact on Linder's Field Nature Reserve. She did mention the car park at the bottom of Queens Road in passing elsewhere but as no firm plans had come from TfL on this she did not comment further. What may have an impact on us is the fact that she has rejected the proposals for Loughton and Debden car parks which would see high developments of up to 13 stories. If such a proposal came in for Buckhurst Hill then she may have rejected that too.

The step free access at Buckhurst Hill station is well used and I have had mirrors put into the subway for safety after being approached by a concerned resident.

Councillors have been lobbying to see junction protection at the junction of Blackmore Road and Loughton Way and I am glad to report it is now in place. As it is also in The Windsors.

The saga of Buckhurst Hill Library goes on. BHPC put in an expression of interest to run the library and Essex have said no library will close for 5 years. A lot of discussion needs to happen between the parish and Essex on what running a community library will entail including financing it.

## Essex Highways Winter Highways Service – a short summary

Essex County Council's winter highways service stands by from late October to April. Covering 40% (2000 miles) of the roads we are responsible for\*, we treat defined routes, often at night, using specialist forecasts. This means that sometimes we treat certain routes/areas and not others, reducing waste. We use salt and brine, spread from 57 gritters working out of 5 depots treating preventatively so salt is already on the road and being spread by traffic action. Salt spread on lying snow won't clear it. Our gritters are tracked and we can treat the entire network in 3 hours, gate to gate.

We have lots more winter information on our website, including the routes we treat, gritter tracker, self-help advice and Salt Bag Partnership information. See [www.essexhighways.org/transport-and-roads/roads-and-pavements/winter-travel.aspx](http://www.essexhighways.org/transport-and-roads/roads-and-pavements/winter-travel.aspx)

\* The following roads are treated by other organisations: A130 between Howe Green and Fairglan (CountyRoute) and A12, M11, M25 and most of A120 (Highways England).

### Did You Know?

- We only treat roads outside schools that are on the gritting network. You can read all our route criteria on our Salting Routes web page
- We use road surface temperature, not air temperature, as our key marker for likely action
- Our qualified gritter drivers have to follow the driving hour regulations as well as working time legislation
- You can follow the location of our gritters on-line. [www.essexhighways.org/roads-and-pavements/winter-travel/track-the-gritting-lorries.aspx](http://www.essexhighways.org/roads-and-pavements/winter-travel/track-the-gritting-lorries.aspx) We track their location, speed and whether they are actually spreading salt or not.
- We can and do use snow ploughs on our vehicles, but their use is rare as we generally don't get enough depth of snow in Essex to make ploughing worthwhile. Ploughs increase fuel consumption and can damage the road surface and things like road cats' eyes.
- We are responsible for many, but not all, salt bins on the highway. We fill them at least once a season. You can check our ones on a map, and read more about how we manage them, online: [www.essexhighways.org/roads-and-pavements/winter-travel/salt-bins.aspx](http://www.essexhighways.org/roads-and-pavements/winter-travel/salt-bins.aspx)
- Every Spring we invite local farmers to sign up as auxiliary snow clearers for their own local lanes, which are not on our gritting routes
- Each May, Parish and Town Council communities are invited to take part in the ECC Salt Bag Partnership, providing bagged salt for local use. Read and watch more online: [www.essexhighways.org/roads-and-pavements/winter-travel/salt-bag-partnership.aspx](http://www.essexhighways.org/roads-and-pavements/winter-travel/salt-bag-partnership.aspx)

It's OK for communities to clear snow themselves from public footways and other non-road public areas too. If it's done in the public interest and sensibly, it is very unlikely that legal problems will arise.

On twitter? To find out if the gritters will be out, follow @essexhighways – we tweet our decisions on a daily basis.





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



## Harvest Festival

As reported in our previous article in the BHCP – Focus on Faith our Harvest Service was held on the 15th September. The Uniformed Groups were back from their summer breaks, so it proved a great way to start the new term.

The Church was beautifully presented to celebrate the harvest and the entrance foyer was made up to cause us to consider the many people who do not have easy access to water around the world. The children, Scouts and Guides, and their families, young and old were loaded with food gifts, these being passed on to the Epping Forest Food Bank. Life is certainly not easy for many.

Rev Ulrike Bell, our minister, spoke about the needs around the world focusing specifically on poverty and water. Statistics were mind-blowing and how little we could give to be a properly committed sacrificing community were indeed shattering.

Perhaps for all of us its worth a read. Simply type in WaterAid on the internet browser and ... read.

## Christmas at St James URC

**8th December** The Messenger & ...

**15th December** Gift Sunday

**22nd December** Peace be with Us

**24th December** Carols and Lessons • Refreshments

## Prayer Room

**Daily** 8.00 to 13.00, and **Fridays** 13.00-14.00 – All welcome

**Film Nights** at St James URC, **26th October** and **30th November**, 6.30 for 7pm – All Welcome

## And to Christmas

As we all know Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. It is celebrated religiously by a majority of Christians, as well as culturally by many non-Christians, and forms an integral part of the holiday season centred around it.

The traditional Christmas narrative, the Nativity of Jesus, delineated in the New Testament says that Jesus was born in Bethlehem, in accordance with messianic prophecies.

When Joseph and Mary arrived in the city, the inn had no room and so they were offered a stable where the Christ Child was soon born, with angels proclaiming this news to shepherds who then further disseminated the news.

Although the month and date of Jesus' birth are unknown, for Christians, the belief that God came into the world in the form of man to atone for the sins of humanity, rather than the exact birth date, is considered to be the primary purpose in celebrating Christmas.

And now what about you, why not visit us during December? We would love to welcome you.



## SHARING SOUP in our local community

Another successful soup share by 'welly wizards', this time raising money to add a balcony to the outdoor hub also built by them at Buckhurst Hill community primary school. Loved the addition of the afternoon tea along with yummy soups. Just what we needed on a rainy lazy afternoon.

Hope you raised a lot of money!!

**Look forward to next year's soup share !**



In over 10 years as a councillor I have become acquainted with the organisations and groups that provide education and leisure activities in Buckhurst Hill. One of these is Bedford House, located just off Palmerston Road. I have attended yoga and German classes there myself and can attest to the quality of teaching and welcoming atmosphere.

So, when I was invited to join the Bedford House Community Association's board of trustees a few months ago I was very pleased to accept. As other new board members I get to grips with the various issues from class numbers to building repairs to IT and policy documents one thing shines through. That is the enthusiasm and determination of all the trustees to

## BEDFORD HOUSE

maintain BH as a valued resource for Buckhurst Hill residents.

In our busy world full of national and international charities it is easy to overlook the contribution made by the community based organisations that directly impact our everyday lives.

I wonder how many residents know that Bedford House provides pottery classes for Buckhurst Hill Community School. Meanwhile adults are taking classes in a wide range of topics and trying out new hobbies. This must be good at a time when we hear almost daily about the positive contribution of exercise, learning and social interaction to our wellbeing, particularly in

later life. Keep fit for the over 60s, local history and a chat over coffee, on your doorstep and all at a very reasonable cost, might be just what the doctor ordered.

One thing that has surprised me is the number of Buckhurst Hill residents who have not heard of Bedford House. Why not come along to the Bedford House Christmas Craft Fair on 24 November and pick up a brochure at the same time. You could be ready to start that new hobby or exercise class in the new year.

You can find more information about all our activities at [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk).

*Cllr Sylvia Watson*



PACT For Autism is a registered local charity (No. 1148170) providing support for families and carers of individuals within the autism spectrum and with similar conditions.

The charity was founded in 2012 by a group of parents who wanted to improve education, health and social care services, and provide families, carers and individuals with opportunities to thrive within an inclusive society.

Parents remain at the heart of the charity, and understand the isolation, responsibilities and additional pressures that can arise when caring for an autistic child / individual.

The charity's aim is to improve living, working, social and leisure opportunities for autistic people and their families, where they can feel included and valued for who they are. PACT currently support over 400 autistic people and their families in West Essex and East Herts.

Services on offer include:

- Telephone Helpline Support
- Monthly Information & Support Meetings (with guest speakers from local and national services)
- Inclusive Indoor Family Play & Information Sessions (for children 0-11 years and the 12 plus age group)
- Autistic Adult Support
- Talks & Training Service for both families & professionals
- Annual events to promote awareness, knowledge & strong working relationships (open to the public)

We are holding our latest fundraiser, our 'Winter Wonderland Charity Ball 2019' on November 23rd and as such would value support from the local community.

The evening will be filled with glamour, entertainment and the chance to bid for numerous fabulous auction prizes.

So why not treat yourself to a festive evening of entertainment, an early Christmas "Works Do" or simply treat the family to an indulgent night out.

Support from local businesses for our raffle and auction prizes are warmly welcomed.

The proceeds from this event go towards keeping PACT's valued services running for another year ahead.

Also, we will be at the Christmas on Queens Road event this year and hope to meet with many residents and businesses, share information and fundraise for our wonderful charity.





## Twelve tips for Christmas and after from Epping Forest and Brentwood Community Police Team

- 1 If you must store Christmas food and drink, presents and other goodies within garages and outbuildings, ensure that they are out of sight and that it's securely locked with good quality well fitted locks. Treat your shed to a shed alarm.
- 2 Avoid tempting window shopping burglars; don't leave presents and valuables on full view in front of a window.
- 3 Ensure that your windows and doors are closed and locked before leaving the house. Don't attract burglars to your home by leaving it in darkness; leave lights on timers, perhaps treat yourself to a TV simulator too.
- 4 Lock gates to keep unwanted visitors from getting to the rear of your home.
- 5 Whether an evening out or Christmas shopping keep your bags, handbags, wallets and mobile safe. Busy places make it easier for the sneak thief, so be alert at all times.
- 6 Park safely; look for a Parkmark accredited car park [www.parkmark.co.uk/car-park-finder](http://www.parkmark.co.uk/car-park-finder) Check that your car is locked before you leave it and don't leave valuables and gifts on display in your car.
- 7 When you go to leave the house and find that your car is all iced up, don't leave it unattended with the engine running to de-ice it. It only takes a second to steal your car and it would invalidate any insurance claim.
- 8 Attending a Christmas party – make sure that you have considered how you are getting home in advanced and avoid using unlicensed taxis. Ensure you drink responsibly and are aware of your surroundings, whilst keeping your drink and belongings safe. [www.suzylamplugh.org/Pages/FAQs/Category/personal-safety](http://www.suzylamplugh.org/Pages/FAQs/Category/personal-safety)
- 9 Watch what you put on social media; check your settings to ensure that you are not broadcasting when you are not at home and the lovely gifts you have received.
- 10 After Christmas don't advertise your nice gifts to the thieves by putting the empty boxes out for collection. Disguise them, fold them up inside out or put them inside other non-descript box.
- 11 Record your new property free on [www.immobilise.com](http://www.immobilise.com), install tracking and security apps on relevant electrical and computer products.
- 12 Have a Great Christmas and New Year!! For further crime prevention advice see: [www.essex.police.uk/cp/crime-prevention/](http://www.essex.police.uk/cp/crime-prevention/)

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- **Drafting Wills** – estate planning
- **Probate** – estate administration
- Preparing **Lasting Powers of Attorney** and **Court of Protection** applications

We offer **home visits** and **late appointments** at our office in Buckhurst Hill.

If you would like to discuss any of the above matters, arrange an appointment or obtain a quote then please call us on **020 8518 6767** or email us at [info@mmframe.com](mailto:info@mmframe.com)

Contact: Rosemary Thompson – Solicitor, Robert Duncan – Solicitor



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## Autumn and winter – a time of preparation

The nights are drawing in as we get deeper into autumn and with winter round the corner, I started to think about the changing of the seasons and how this changes our community. Autumn often feels like a time of getting ready, preparing for the many festivals we celebrate at this time of year. The

season is punctuated with events to enjoy with family and friends, enjoying fireworks in the dark evenings and gathering round the table to share celebratory meals together. I am again looking forward to the Christmas on Queen's Road event where we can celebrate as a community. It is also a time where we prepare for the colder weather; it is a good time to compare energy suppliers to see if switching supplier could save you money especially at the time where we use the most with the lights and heating on. Essex County Council run a collective energy switch which could be an option to save money but you need to sign up by 26th November: [www.essex.gov.uk/cut-energy-costs](http://www.essex.gov.uk/cut-energy-costs). There are also certain grants and benefits if you're elderly, disabled, on a low income or in debt to your supplier to help with heating costs or to help pay for improvements to your home's insulation or central heating. For more information please go to

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

However, the winter also brings weather that degrades the roads and pavements with wet weather and frosts damaging the surfaces, worsening potholes and further degrading the pavements. This is especially problematic when the weather leaves the surfaces slippery and even worse as the evenings become dark. The highways and pavements are areas that are often the biggest areas of concern and I continue to report these to Essex Highways. As we approach Christmas it is a time to take sensible precautions with safety especially in the run up to Christmas. Opportunist criminals know this is a time of year when people are shopping for presents and people are likely to have a larger number of high value items that can be stolen. Please take sensible precautions following the police guidance to secure your home; keeping doors and windows locked and secured; securing your boundary and not giving a potential burglar cover from being seen. For Essex Police advice please go to [www.essex.police.uk/cp/crime-prevention](http://www.essex.police.uk/cp/crime-prevention).

Although I already miss the long summer evenings and sunny weather, I do not miss the stifling hot tube journey home after work. On a lighter side I have now had to prepare for the wet weather with a spare pair of socks in my work bag so if they get wet on the journey in I don't have to have damp feet in the office all day.

## Buckhurst Hill Football Club unveils new First Team Arena



Buckhurst Hill Football Club were pleased to have Cllr Helen Kane, Vice Chairman of Epping District Council, officially unveil their new 1st Team Arena on Saturday 7th September 2019.

The project was made possible by a £20,000 grant from the Premier League, which is delivered through the Football Stadia Improvement Fund (FSIF) – the sister organisation of the Football Foundation.

The investment has allowed Buckhurst Hill FC, who play in the Premier Division of the Essex Olympian League at Step 7 and are current champions; to move the position of the first team pitch, install perimeter fencing with spectator and vehicle access gates, concrete walkway, pitch barrier and new dugouts.

Without this funding it would not have been possible for the Club to have progressed to the next tier of the game and

has provided a huge incentive for the 450 playing members to have dreams and aspirations of playing for the first team one day and keeping them involved in the club and playing football.

This is a huge milestone in the Club's 35 year history and one that the Club are immensely proud of, and for all the Trustees and Committee members it makes all those endless hours giving up for free to support the community and the club all worthwhile.

The club has over 35 teams for its boys and girls. The youngest recruits play in the 3-5 year old mini kickers section and continue through the mini soccer and youth sections' from under-7s to under-16s and then on to the senior section which has two teams.

In keeping with current trends, two years ago the club started a girl's section, Buckhurst Hill Lionesses, and in a short period of time there are now over 100 girls playing at the club. It is planned to build on this success and have more girls' and ladies' teams replicating the structure of the boys set up over the next two years.

At the opening, the Club Chairman, Simon Cornwell paid tribute to Club President, Ray Sherrin for his commitment and dedication to the Club for the past 35 years. Ray, a Buckhurst Hill resident, co-founded the club in 1985 and has spent every day since living and breathing BHFC, as a manager, groundsman, caretaker, referee, and much more. Simon stated, "the Club are very lucky to have him, he is the heart and soul of the club, an unsung hero and Buckhurst Hill through and through."

If you would like your child to join the club please contact [info@bhfc.co.uk](mailto:info@bhfc.co.uk) or alternatively visit the club's website [www.bhfc.co.uk](http://www.bhfc.co.uk) for more information.



## Live well in Buckhurst Hill

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,  
Health and Wellbeing Engagement Officer

# Dates

## for your diary

### ...and local organisations

#### BUCKHURST HILL PARISH COUNCIL

Meetings held at Buckhurst Hill Library, 165 Queens Road

##### ■ THURSDAY 14 November 2019

7.00pm – Planning & Environment Committee  
8.00pm – Finance & Establishment Committee

##### ■ THURSDAY 21 November 2019

7.00pm Planning and Environment Committee  
8.00pm Finance and Establishment Committee

##### ■ THURSDAY 28 November 2019

7.00pm Planning and Environment Committee  
8.00pm Full Council

##### ■ THURSDAY 12 December 2019

7.00pm Planning and Environment Committee

##### ■ THURSDAY 2 January 2020

7.00pm Planning and Environment Committee

##### ■ THURSDAY 16 January 2020

7.00pm Planning and Environment Committee

##### ■ THURSDAY 23 January 2020

6.00pm Personnel Committee  
7.00pm Full Council

##### ■ THURSDAY 30 January 2020

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

##### ■ THURSDAY 13 February 2020

7.00pm Planning and Environment Committee  
8.00pm Accommodation Committee

##### ■ THURSDAY 27 February 2020

7.00pm Planning and Environment Committee

##### ■ THURSDAY 12 March 2020

7.00pm Planning and Environment Committee  
8.00pm Finance and Establishment Committee

##### ■ THURSDAY 19 March 2020

7.00pm Parish Meeting

##### ■ THURSDAY 26 March 2020

7.00pm Planning and 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](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](mailto: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 [bowl@bhbltc.co.uk](mailto:bowl@bhbltc.co.uk) or 020 8504 4057

Tennis – Brigid Leworthy [tennis@bhbltc.co.uk](mailto: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](https://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 – 020 8504 8436, email: [mbriggs@uwclub.net](mailto:mbriggs@uwclub.net) or Jill – 020 8257 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)

Monday 3rd February 2020

George Lockwood – Subject: Soils structure

##### Monday 2nd March 2020

AGM – George Lockwood – Subject: Plants for dry gardens

Venue: St. James' United Reformed Church, Palmerston Road, Buckhurst Hill, IG9 5NG. Admission Free entry for members, £2.non-members.

Refreshments. Time: 7.30 – 9.30 p.m. For more information please

contact the Chairman: Mrs. Maureen Briggs – email:

[mbriggs@uwclub.net](mailto:mbriggs@uwclub.net) or ring 020 8504 8436

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

ALL ARE WELCOME to this fascinating presentation

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

**Wednesday 11th December** at 10.30 am. The Chapel of St Peter & St. Paul, Greenwich and The Painted Hall.

**Thursday 23rd January 2020** at 11.00 am. Banqueting Hall, Whitehall.

**Friday 7th February 2020** at 10.45 am. Royal Air Force Museum, Colindale

**Wednesday 25th March 2020** at 11.00 am. Royal Institution and the Faraday Museum.

**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 [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****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** 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)

**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	0345 606 1212
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	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 Countryside	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

**LOUGHTON STROKE CLUB**

Every 2nd and 4th Tuesday  
of the month (except August) at 2.00pm 020 8508 0054

**MOTOR NEURONE**

National helpline 0808 802 6262

**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
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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

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

# 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

# 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

**SPRING –**

Copy close: **14 February 2020**  
delivery planned for week commencing **20 March 2020**





# Summer Open Day at the Allotments



As part of National Allotments Week for 2019, we opened up again our Lower Queens Road Allotment Site for everyone to come along to meet our plot holders, see what we grow and share knowledge. The theme this year was 'Shared Harvest'. The day went very well with at least twice as many people visiting as the previous year, including a good mix of plot holders, their families, friends and first time visitors who came along to experience a little of fruit and vegetable gardening.

BHLGCIC



## Felix Lammin

# Children are the future

### Who are you and what do you do?

My name is Felix Lammin. I am 10 years old. I have one older brother and one older sister. I have lived in Buckhurst Hill all my life. I am in Year 5 at Daiglen School. My favourite sport is football and I play for Buckhurst Hill FC under 10's. I also play tennis and swim every week at the David Lloyd in Buckhurst Hill. I also play cricket in the summer for Woodford Wells. I also love to play

on the Play Station!

### What do you like about Buckhurst Hill?

I love the forest in Buckhurst Hill as we walk our dog Woody there most days. I also really like Roding park where I ride my bike and

play in the playground. Most of my friends live in Buckhurst Hill so it's easy to visit them. We regularly go out for dinner in Queens Road.

### Where is your favourite place to go locally?

My favourite place to go locally is Il Bacio the Italian restaurant in Queens Road where I eat pasta and clams.

### What has been your biggest achievement?

My biggest achievement is getting through to the National Athletics competition this year - running 150m and coming 5th in a recent triathlon out of 140 boys.

### If you were in charge of Buckhurst Hill for a day what would you do?

If I was in charge for the day I would give everyone the day off school and hold a big street festival for everyone who lives in buckhurst Hill and give them all free sweets, chocolates and drinks! I would also make it a car-free zone to make it safe for everyone and for dogs too!



BUCKHURST HILL PARISH COUNCIL  
PRESENTS

# FISH & CHIPS



FEATURING  
**OLDE TIME MUSICAL**  
ENTERTAINMENT BY **CROADS**

Friday 22nd November 2019, 12.30pm - 4pm.  
**RODING VALLEY HALL**

FREE Entrance to Buckhurst Hill Residents.  
Tickets only. Pre-booking required.  
office@buckhursthillpc.gov.uk 020 8498 9933



AVON HOUSE PREPARATORY SCHOOL  
GIRLS AND BOYS 3-11



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 www.avonhouseschool.co.uk



Epping Forest  
**Community Champions**

The Epping Forest  
**Community Champions**  
programme aims to build on the  
skills and knowledge of local  
people to create happy, friendly  
and healthy communities.

Are you:

- Passionate about where you live?
- Able to build strong community connections?

- Happy to support and promote fun days and community events?
- Willing to share information about local services in your area?
- Able to promote useful health improvement information with your community?

**JOIN  
US...**



... and make a real difference in your community!

For further information please contact:  
Patrick Arnold, Senior Community Engagement Officer  
Tel: 01992 564556  
Email: parnold@eppingforestdc.gov.uk



**Epping Forest  
District Council**  
www.eppingforestdc.gov.uk

BUCKHURST HILL RESIDENTS' SOCIETY  
& PARISH COUNCIL PRESENT



**CHRISTMAS**  
AT THE TOP OF QUEENS ROAD

**FRIDAY 6TH DECEMBER**  
**3.00 - 7.00PM**  
**FUN FOR ALL THE FAMILY!**



THIS YEAR'S CHARITY: PACT FOR AUTISM