

BuckhurstHill

Parish Council Magazine **Spring 2020**

News and views from around Buckhurst Hill



From the Chairman

Bring on 2020!

What a year 2019 was! We have all said our goodbyes to 2019 and welcomed 2020! I for one am getting used to writing the year 2020 in all our dates this year.

We have been a very busy Parish this year. I thought I should give an account of all the things we have achieved so far. It is by no means a substantive list due to space constraints. I have a couple of big schemes I wish to launch this civic year so watch this space.

Library

Earlier in the year we submitted an 'expression of interest' with regards to the Library as soon as there was talk of losing our library services and/or the building.

Which basically means that if there was a decision to close down the library or the premises was to be sold Buckhurst Hill Parish would be given an opportunity to acquire it before a sale would be open to the general public. There were two other such expressions of interest since then. We will be in touch with them and explore best interests for the community. I am happy to say that since then Essex County Council have decided to keep all the libraries open for the next 5 years and are inviting communities to provide a proposal for establishing community run libraries. We are lucky in this scenario where the BH Parish Council already coordinates the running of the library for two days a week with a great bunch of volunteers. We will carry on doing this until we have a way forward from a consultation process with residents as to what they envisage the future of our library ought to be. We have received an information pack from Essex which the councillors will now discuss in depth and come back to you with a plan. As you will agree there is a lot to carefully consider so luckily we now have the time!

Planters

We have been in talks with businesses on Station Way and Lower Queens Road to extend our provision of planters in these areas which have been quite successful on Queens Road with businesses taking responsibility to keep them watered during the year.

Streetlighting

We haven't yet won the battle of bespoke all night streetlighting just for Fridays and Saturdays due to extended tube times, but hope we should have it resolved this year.

Christmas card competition

Last year's Christmas card competition theme was 'Christmas in the Community' and the winner and the runners up were invited to open the Christmas event along with Dame Eleanor Laing. Thank you to the parents and schools for encouraging some amazing designs. Most popular recurring theme was an ever so popular coffee shop on Queens Road, but not judging at all parents! We are grateful to you for giving up your time and bringing the children along.

Halls Development Project

The Halls development project is moving along and we have had a teaser of the feasibility study report that is in preparation. It was good to see that it's along the lines of what we have been thinking all along but the report will provide us with concrete justification.

We have new comfortable upholstered chairs for the Roding Valley Hall. For those of you who may have hired or attended any functions would know that we needed to upgrade the chairs. The seniors fish n chips event saw them being used and received positive feedback.

Salt Bins

We now have 8 additional new salt bins in Buckhurst Hill. Thank you to the councillors who were part of reviewing the requirements in the area and to the Clerk for getting them all filled and ready. Luckily we haven't needed to use them yet this winter but at least we are prepared.

Cascade Road Verge Protection

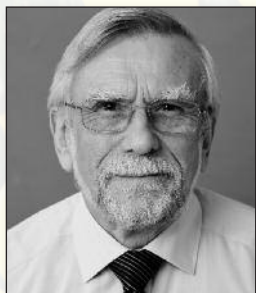
We have also carried out the Cascade Road verge protection since the last magazine print. You'll admit it looks great and hopefully no cars getting stuck there anymore and a safe and well kept open space for all to use. Great collaboration from Parish & District Councillors and Officers from both levels have seen it come to fruition so quickly.

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Considering a Planning Application?

We must never lose sight of the fact that one person's dream is another person's nightmare and the stress that some of these applications cause. It is always heartening when neighbours converse and come up with plans that all are happy with – it makes the decision so much easier to make. The converse of

this is when applications are made that have a major impact on many lives and no attempt is made to work together to find an acceptable solution. This just leads to resentment and disputes.

Are you thinking of having building work carried out? If so, have you considered taking photographs of the pavement and grass verge before work starts and agreeing with your builder that any damage will be repaired at the end of the works? The Parish Council are looking to introduce a voluntary scheme that all builders and contractors can sign up to.

If you have a problem with an application, we are more than happy to listen. Every application is looked at in detail during the Parish Planning and Environment Meeting. Although this is a formal meeting with a published Agenda, we try and keep the item for Public Participation as informal as possible. The lists of applications are

Having spent the last seven years looking at every Planning Application in Buckhurst Hill, you would think that there is nothing new to see, but there is always something that requires careful scrutiny to see how the proposed development could impact neighbouring properties, or innovative designs to consider. I am sure that we have looked at extensions to extensions.

displayed on the Parish Noticeboards and all of the meetings are held in the Library on Queens Road, usually at 7.00pm.

Instead of Spot the Ball, we are playing Spot the Grass.

Ken Williamson – Chairman, Planning Committee

From the Chairman (cont'd from p.1)

Social Media

You may have noticed we have increased our presence on social media with regular Facebook posts and we are hoping to be on Twitter soon. Please like, follow and share posts as and when you can.

Local Election

Lastly, we have Parish elections where all 11 Councillors are to be elected again and two District seats too. Please come out and support your local elections as much as national elections. Your local Councillors are the ones working on the ground and living amongst you to keep our immediate area in working order and preserving the heritage.

If you are interested in becoming a Councillor and joining our dynamic team please contact the Parish Office.

A Councillor's primary role is to represent their ward or division and the people who live in it. Councillors provide a bridge between the community and the council.

Councillors are elected to the local council to represent their local community, so they must either live or work in the area. Becoming a Councillor is both a rewarding and privileged form of public service. You will be in a position to make a difference to the quality of other people's daily lives and prospects.

Being an effective Councillor requires

both commitment and hard work. Councillors have to balance needs and interests of residents and the council. These will all make legitimate demands on a Councillor's time, on top of the demands and needs of their personal and professional lives. Before you consider becoming a Councillor you may want to discuss it with your family and friends to make sure they understand what you are taking on. You will need their support as you'll have to spend some of your spare time on Council business.

Cllr Smruti Patel, Chairman, Buckhurst Hill Parish Council

Christmas on Queens Road





Aniket Patel

In the Spring '19 edition of this magazine, I stated that I was working with the Parish Council on a number of projects including; the installation of more salt bins within the Parish, providing double

yellow line junction protection where necessary, supporting residents with their application for resident parking schemes and protecting our grass verges.

I am pleased to say that

- There are now 18 salt bins within the Parish, located where requested by residents;

- All of the applications made for double yellow line junction protection and resident parking schemes have been approved – some have been installed already with others due in the new Civic Year.

Unfortunately, I've been unable to make the same progress with regards to protecting our grass verges as this will require a policy change and these continue to be damaged by inconsiderate drivers. EFDC's planning policy team are looking at several ways to ensure the damaged verges are repaired.

Although statistics indicate that crime is reducing within the Parish, I continue to receive complaints from residents who have been subjected to burglaries, muggings, knife crime, drug dealing, car theft and anti-social behaviour. For the last two years the District Council has directly employed three police officers based at the Civic Offices in Epping and deployed solely to our District. I am pleased to announce that the District Council has begun negotiations with the Police & Crime Commissioner to extend our employment of these dedicated police officers.

Last October, it was announced Government was investing £2.7 billion into new large hospitals, with two of the developments being our local hospitals, Whipps Cross Hospital and Princess Alexandra Hospital. As Chairman of Epping Forest Health & Wellbeing Board, I have attended various meetings to scrutinise the proposals for these much needed re-developments. There are ambitious targets of completion by 2025.

The District Council declared a Climate Emergency last September. The Council is also in the process of recruiting a designated Climate Change Officer and a Sustainable Transport Officer who will support the Council in developing its Green Strategy, Infrastructure and Green Arc project within the District.

My next focus is on ensuring efficient and effective enforcement on those that continue to park on double yellow lines, illegally obstructing pavements and not respecting the existing parking restrictions in place.

Highway Rangers Service – the District Council are now directly managing the work of the Highway Rangers service within Epping Forest. Their remit will be to carry out minor improvements which would not necessarily meet the maintenance criteria of Essex Highways but would make a huge difference to the appearance of the local area.

Finally, the District Council recently purchased retail parades 1-6 Centric Parade and 202-224 High Road, Loughton. This income will support the District Council in being one of the most efficient low-tax rate authorities within Essex without cutting back on the services we provide at a time when central government funding has disappeared.



Valerie Metcalfe

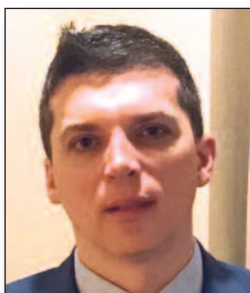
I will try to avoid talking too much about Highways this time, although I must report that there are a number of parking schemes being implemented over the current year – and also that the County Council has put yet another £5million into the Highways

budget this year to enable further investment in improving the condition of roads and pavements, but it is a bit of a bottomless pit!

I thought I should let you know how seriously Essex Council is taking the need for action to help tackle climate change and reduce carbon emissions across Essex. The cross party Climate Action Commission is taking shape and is grabbing the imagination of the public – there is a £5m reserve in this year's budget to implement its recommendations. In the meantime, although we have our own Epping Forest, the Council is promising to plant 375,000 more trees to create an Essex Forest and also to create nearly 40 miles of wild roadside verges.

There are many other measures planned which include for example a plan to replace all streetlights with LEDs and supporting residents to purchase solar panels, saving 300 tonnes of carbon in year one alone. Single use plastic will be removed from across the council and more electric vehicle charging points will be installed. And just to finish where I started, as part of Essex County Council's developing Green Infrastructure Strategy, it is interesting to note that 90% of materials linked to our highways' works are being re-cycled!

cllr.valerie.metcalfe@essex.gov.uk



Gavin Chambers

I was lucky enough in 2019 to be asked to stand for a third term by my party to serve you the residents of Buckhurst Hill West. However I made a decision after being an elected councillor for 13 years (unlucky for some!) that it was time to stand down

and give someone else the opportunity to represent you. It's time for a change!

I have always been a very big believer that 10 years in any job is enough. It has been a real pleasure to serve my local community over this time. Being a councillor is about representing you and making sure your views are heard. Sometimes we get it right sometimes we don't. However it's essential we keep trying.

I have achieved a lot over my time being instrumental in closing the costly Parish Offices and bringing the Parish council to the Library not only did this save money it helped to protect the Library services in Buckhurst Hill. More recently I have been working to establish the Epping Forest Holocaust Educational Trust where I was given the honour of being its lifelong President.

This is the last time I write to you as your local district Councillor but I would like to thank the residents of Buckhurst Hill for allowing me the honour to serve you for as long as I have. It's been a privilege. Onwards and upwards!

Cllr Gavin Chambers (BHW)



Steven Neville

An issue that is currently going up the local agenda again is litter. It is one I'm pushing through at EFDC through the Task and Finish Panel on Waste Management. The Keep Britain Tidy Group is hosting the Great British Spring Clean from 20th March to 13th April 2020. With this in mind we will be holding our own litter pick to tie in with this. The first will be on 28th March at 10am til 12 noon and the second will be on 29th March 2pm til 4pm. All equipment will be provided. Meet outside Buckhurst Hill Station.

Remembrance Events November 2019



It was rather special because it marked the centenary of the Remembrance Service we now have every year at the War Memorial. The service was planned by King George V for 11th November 1919. It was also the first time the Red Legion Poppy was used. The service was planned for every war memorial in the country. But by 1919 not many were in existence. Buckhurst Hill now has 4 but in 1919 it only had one – at St Stephen's. The reason for this is that the new Bishop of Chelmsford dedicated it in June 1918. Six months before the war ended. Not many churches had done this! St Stephen's (Buckhurst Hill) was rather special therefore nationwide!

We usually expect to see red poppy wreaths. At this service the parish Council Chairman introduced a very elegant orange marigold wreaths – in memory of the thousands of Indian soldiers who died in the war.



A right Olde time!



Organised by the Buckhurst Hill Parish Council and assisted by many helpers, 80 senior Buckhurst Hill residents attended the fish and chips luncheon at the Roding Valley Hall on 22nd November 2019.

Delicious fish and chips were supplied by Wilsons in North Chingford right on time.

Immediately following the lunch the residents were entertained with an Olde Time Musical show expertly and kindly provided by Chigwell Row Operatic and Dramatic Society.

Enjoying themselves immensely and not wanting the fun to stop, residents enthusiastically joined in a bingo session for which our local Waitrose supplied the delightful edible prizes.

The Parish has received many letters and phone calls of thanks from those that attended. This event is becoming a significant event in the Parish diary and as it appears to have a very positive impact in the local community the Parish Council hope to run a similar event in November 2020.

Jane Forker-Clark, Parish Councillor Buckhurst Hill East





News from Bedford House

The Trustees of Bedford House are delighted to have received a collection of work by local artist Vivian Bewick (b.1990) bequeathed directly from Robert and Jane Bewick. Vivian Bewick was a tutor at Bedford House and with his students completed a series of murals profiling the local area which still reside above the main staircase. The Bewick Collection consists of oil paintings, drawings, watercolours, posters and letters which are currently in the process of being catalogued. The Trustees are planning to arrange an exhibition of a selection of the paintings to be exhibited over the summer period, so look out for more information in the next edition.

Bedford House Community Association offers a range of art workshops and art appreciation courses for all abilities at Bedford House, 4 Westbury Road, Buckhurst Hill IG9 5NW. Our summer term starts in a few weeks' time so if you would like to try your hand or just better enjoy works of art please see our website for more details of our courses.

www.bedfordhouse.org.uk.

To enrol please contact us by email at enquiries@bedfordhouse.org.uk or telephone 020 8504 6668.



After the rapid growth of package holidays in the 1970s people became more adventurous and travelled more independently. They needed to be able to "get by" in the local language of their destination. As a language teacher and examiner I realised that there was a need for foreign language courses. In 1984 I decided to set up a language school in Buckhurst Hill so that residents could study close to home.

That was the birth of Leigh Languages and I am proud to say that since then we have taught hundreds of students.

Our students study for a variety of reasons. Some want to learn just for fun. Others realise that speaking another language will help their careers in an increasingly international business world.

The staff employed are highly qualified and the classes are relatively small. All classes are meant to give pleasure, whether or not they involve training for examinations.

I have always believed that the best way to learn a language is to hear it spoken by native speakers and experience the culture of the country at first hand. That's one reason we arrange visits abroad and visiting speakers and entertainment throughout the year. Of course, it's also very sociable and a great way to make new friends.

As well as six modern European languages including Russian we offer Chinese (Mandarin) and for the classicists there is Latin.

For those who want a formal qualification we are a centre for G.C.S.E., A/S and A Level examinations. However, there is no obligation to sit an examination and we give certificates of attendance and achievement on request.

So, whether you just want to be able to order a meal without getting tongue tied or gain that career enhancing qualification we would love to welcome you to one of our courses.

If you would like to obtain more information about enrolment you can email me at hejrleigh@yahoo.co.uk or telephone on 07968 796072 or 020 8504 9594



GRAND TEA PARTY

with the

ROYAL BRITISH LEGION

at St James United Reformed Church

Friday 8th May 2020, 3-5pm

AFTERNOON TEA

with a

SINGALONG

of the war-time favourites

Please contact

Stephen Goddard 020 8505 2570 goddard93@hotmail.co.uk

or

Janice Curd 020 8505 2384 janice_bucksbunch@hotmail.co.uk

for more information



Pedal for The J's 2020 – Sunday 3rd May

The popular annual cycle ride, Pedal for The J's, is returning to Chelmsford on Sunday 3rd May. Cyclists have a choice of three rides – 15, 35 and 50 miles – through the beautiful local countryside, all starting and finishing in Admirals Park.

The ride raises money for The J's – part of the Havens Hospices charity – which supports young adults with complex or incurable conditions and their families across Essex.

Pedal for The J's appeals to people looking for a relaxing, scenic ride as well as experienced teams from cycling clubs. Last year, around 900 keen cyclists signed up and raised just over £31,500 which helped to pay for a range of services including tailored nursing and emotional care, advice and social activities.

Organisers at Havens Hospices are hoping to see 1,000 bicycles at the start line on 3rd May and they are very grateful to Beaulieu in Chelmsford for sponsoring this event for the sixth time. Sign up now at www.havenshospices.org.uk/pedal

Laughing at myself – local author book launch

THE OFFICIAL LAUNCH

of Eden Gruger's
second book
'Laughing at Myself'

OVER 16'S READING
AND BOOK SIGNING
EVENT

TUES 24TH MARCH
7PM TO 9PM

BUCKHURST HILL
LIBRARY
165 QUEENS ROAD,
BUCKHURST HILL
IG9 5AZ



What is going on?

Eden Gruger's second book 'Laughing at Myself' is having its official launch evening at Buckhurst Hill Library on Tuesday 24th March 2020 between 7pm and 9pm.

Why has Eden chosen to hold the launch here?

"Because the library service has been a vital part of my life, since learning to read aged four the library has been a land of wonder, peace and connection for me. Libraries offer a vital community service; breaking down loneliness barriers, building communities and supporting good mental health, anything we can do to support the service is a gift to future generations".

What is Laughing at Myself About?

Laughing at Myself is a collection of stories inspired by Eden's own life, each is told with candour and humour; about the times that life conspires to make you look like an idiot, and how to survive the embarrassment.

What's special about Laughing at Myself?

Eden has family and friends with Dyslexia and literacy issues and has seen their struggle to access books. She always wanted to create books with this struggle in mind.

Following The British Dyslexia Association research, Eden's books have a regular shaped font, a slightly larger than average text, wider spacing between lines, and bold titles to show the start of each new story.

Laughing at Myself is printed on demand to help reduce landfill by only producing copies that have already been bought.

How can I get a copy?

Come along to the official launch evening to buy your signed copy

Further information or photographs from:

Eden Gruger 07931 293129 email edengrugerwriter@outlook.com

Slimming World



Slimming World Buckhurst Hill success stories just keep going from strength to strength. We are currently in our sixth year. Trying to lose weight can be hard, or scary for some. But coming to group allows you realise you are not alone when you hear about the successful weight loss of our members. These people inspire you every day with their achievements.

Slimming World food optimising plan is an easy successful weight loss plan that allows you to lose weight without going hungry, with everyday foods.



Our Liz who joined Slimming World January 2019 has lost 7 stone in just over a year. This is her story.

In December 2018 Liz was diagnosed with Type 2 Diabetes which is caused through bad diet and being overweight. This was the final straw in the gradual deterioration of her health over the previous 10 years.

She said: "I knew I had to make a dramatic change to my life to have any hope of watching my grandchildren grow up. I always wanted to be a fun and active Nana and when my four-year-old granddaughter asked me, 'why don't you play with me any more on the floor Nana?', this comment broke my heart. There and then I knew it was time to take back control of my health."

In January 2019 my daughter-in-law asked me if I would join her in signing up to Slimming World. I was really sceptical as I had tried these sorts of groups in the past and nothing really worked. But after that dreadful Christmas, feeling I needed to do something, I knew I had nothing to lose except the weight that was making me unhealthy and unhappy.

I threw myself into it and for the first few weeks I thought I must be doing something wrong, as I had never eaten so

well and felt so full! I never went hungry. The Slimming World recipes allowed me to be flexible yet adventurous, and I found my 'mojo' with cooking again. For the past 20 years I had been a stay-at-home mum, and I used to find cooking was a chore rather than something I enjoyed doing. But that all changed in the first month. I realised that I had lost 13lb – nearly a stone! – and eating all that delicious food, it spurred me on further. At four months I was three stone lighter. And then at eight months I was five stone lighter. Yes, FIVE stone!! Walking into Lorraine's group had been completely life-changing for me, both physically and mentally.

She is an incredible support who inspires and encourages me every week, along with all the other members who also attend the Friday morning group at the Woollard Centre. Lorraine is a Senior Practice Nurse who works at Kings Medical Centre in Buckhurst Hill, she is genuinely interested in my health and was determined to see me succeed. A year later, I was eight dress sizes smaller and seven stone lighter! My diabetes has reverted, all due to my

weight loss. My health is better, and my confidence is soaring. My family – especially my husband Tony who loved me no matter what – has encouraged me throughout my weight loss journey. I am now a happy and confident woman, and that overweight Nana who was hiding inside of me for the past 10 years is out and about, walking around with her head held high! All thanks to taking those first scary steps (which turned out to not be scary at all) through those Slimming World doors, and having that continuous support of my family, Lorraine and all the other members of the group. I have found my new path to a healthier and happier lifestyle all thanks to Slimming World Buckhurst Hill.

We have groups on
Wednesday at 5.15 and 7pm at
Roding Valley Hall, Station Way or
Thursday 5.15 and 7pm and
Friday 9.15am at Woollard Centre,
Loughton Way, Buckhurst Hill.

Call Lorraine: 07960 603621



The Magic of Tumble Tots

Established in 1979 by Bill Cosgrave, Olympic Gymnastics Coach of 1968.

3 local centres in Loughton, Buckhurst Hill and Chigwell reaching approx. 300 children per week

Strong ethos of providing children with skills for life and the playful start for future success. Staff-child ratio of 1:6, 45-minute classes.

Core statistics physical activity for children

Children aged 2-4 meeting physical activity guidelines – 1 in 10 children; Children aged 2-4 spending time sedentary – 9%

Children entering reception overweight/obese – 1 in 5 children

Tumble Tots Chigwell provides specific classes for ages and stages of development

6 Months – Walking • Walking – 2 years • 2 – 3 Years • 3 Years – School Age • Gymbobs (School Age – 7 years)

6 Months – Walking class

What do we know?

- 60% of babies' brain development occurs in the first year of life
- Play that allows babies who aren't walking to crawl or roll on the floor is essential
- "Tummy time" is crucial in assisting with ongoing cognitive development

Tumble Tots program for this stage of development provides:

- 6 months' old and sitting unaided
- Exploratory play class
- Development exercises
- Specially designed equipment layouts
- Staff supervision
- Specific equipment
- Enhancement of fine and gross motor skills

Walking – 2 Years class

- Children must be walking confidently to progress
- Class allows for varied and repetitive physical activity
- Enrichment of continual language development
- Exposure to directed co-ordination skills
- Ongoing social skill awareness

2 – 3 years

- Introduction to a more structured environment
- Confidence in expression within a group environment
- Initial exposure to the importance of "warming up"
- Exposure to directed physical activity
- Emphasis on social skill development

3 Years – School Age class

- Strong emphasis on independent learning
- Boosting individual self-esteem of each child
- Listening, retention and reaction to instructions
- Introduction to decision-making
- Preparation for future school years ahead

Gymbobs (School Age – 7 Years)

- Pinnacle of the Tumble Tots programme
- Complements a child's PE provision
- Equipment challenges
- Teamwork

Ultimately and above all else Tumble Tots is about **HAVING FUN!
And parents agree! Tumble Tots Parents Feedback:**

The skills my son has learnt has meant he is able to carry out a wide range of physical tasks safely and fun

The dedication of the team, I feel, has had a great impact on the experience of both myself and my son's achievements

Where do we start?!? My daughter **LOVES Tumble Tots, it's our favourite activity of the week**

I love the fact it's an activity we can take part in together!

Words fail me when I try and describe how much we love Tumble Tots... the work the staff put in with my daughter and the smile on her face when achieving is amazing

Tumble Tots was recommended because my son has hyper-mobility... I've watched him go from fearing every object to climbing the highest piece of equipment

More info, timetable and booking at
www.tumbletots.com/chigwell

Contact: Eszter on
tumbletotschigwell@gmail.com or 078 4990 3035



Tai Chi

How many tai chi teachers does it take to change a lightbulb?

I usually go for five based on the five styles of tai chi: Chen, Yang, Wu, Sun and (a different) Wu.

It takes one to change the bulb and the four others to tell him 'that is not the way we change lightbulbs in our style.'

You can use any number you like in this old joke, every tai chi teacher in whichever style you choose to practise will have his own way of performing the same movements. And within each style there are variations on how things are done. We practice the Yang traditional 108 move style. I have performed the style with other schools and struggled to keep up because of the different ways different schools do the same thing.

So far so confusing especially for someone new to the art and essentially it doesn't matter. All styles of tai chi will give you the same benefits. Far more important than the style of tai chi is the teacher. It is essential that you find someone with whom you feel comfortable. You want your teacher to be knowledgeable and skilled but a good rapport is probably more important than anything else. Talk to a few, ask if you can visit, talk to the students.

Tai chi is a martial art! STOP. Before you turn the page let me get this particular elephant out of the room. It is true that tai chi is based on a martial art. Somewhere around the 16th century the Chen family incorporated Taoist theories into the family martial art. In the 19th century Yang Lu Chan, who worked for the Chens, learned the art from them and went public building a business around teaching tai chi. There are some techniques in tai chi that might be useful for self-defence but martial art is not about fighting. In fact at the highest level it is about *not* fighting. So whilst we acknowledge tai chi's roots we don't 'spar' we don't bash each other: wannabe Bruce Lees need not apply.

Then there is qi (pronounced 'chi') the other elephant we need to shoo out.

The question frequently arises 'does qi exist?' We can't measure it, even if we see demonstrations of qi projection – where someone, usually the master, throws a student, or several, across the room with, apparently, no effort – isn't that a 'fix'?

The demonstrations that we do (I call them 'party tricks') appear impossible. In fact a scientist, a physicist in fact, watching one such demonstration declared: "From a physics point of view that is impossible!" They do, though, add an element of fun to our practice.

Then there is tai chi's reputation for maintaining, perhaps improving health. A tricky one this. Look on the internet and you will find claims of cures ranging from high blood pressure and heart problems (there is a fair bit of research to support this) to cancer (not at all supported by research). I never make any claims or promises. Since taking up tai chi I do not seem to ever catch colds, well hardly ever. Tai chi may well boost your immune system but the two best sources if you want to research this are *The Harvard Medical School Book of Tai Chi* by Peter M Wayne and *Mindful Exercise* by Peter Gryffin.

And, aside from everything else, tai chi is a great, non load bearing, exercise system.

If you would like to know more and find out whether it would be good for you The Bonsai Tai Chi academy is holding an open evening on Wednesday 8th April at The Woollard Centre in Loughton Way, Buckhurst Hill. There will be demonstrations that you can join in, opportunities to talk to students and we will even show you some 'party tricks'.



Email john@roper-biz.co.uk check our website: www.bonsaitaichi.eu or call 07967 666794

Buckhurst Hill Cricket Club

Under 9s



Buckhurst Hill Cricket Club U9 team completed a fantastic season last September by winning both the Don Coates' Soft Ball Tournament and Freddie Goldman Hard Ball Tournament and in so doing became undisputed District Champions.

Both finals were played against South Loughton Cricket Club and were hard fought contests with the games being decided in the final over. This made spectacular viewing for the team's loyal supporters (the children's parents), friends and members of the community.

Additionally the boys received excellent encouragement from some of the senior members of the cricket club who are especially keen to support the youngsters in their development through the ranks of this well-established club.

The standard of cricket and sportsmanship displayed by both teams was of an exceptionally high standard.

The standout performers this season were captain Jayan Patel with the ball and Kaylan Patel with the bat. Special mention must go to Jun-Le Shukla who despite being the youngest member of the team aged 7, came second in both the bowling and batting statistics. The most improved player was Cieran Bance. All members of the team contributed throughout the season and include; wicket keeper Alfie Goddard, Eashan Jeevan, Dhilan Mistry, Kaivan Mistry, Ruuhan Marwaha.

Their coach, Nikesh Patel says, "It's been a pleasure coaching the U9's for the past two years and seeing how the boys have developed gives me great satisfaction. They are a talented group who train very hard and want to keep improving but most of all their team spirit is brilliant. After losing the final last year I'm extremely proud of how the boys overcame that disappointment in winning both competitions this year. I look forward to their future success."

At the Club's Junior Presentation evening Nikesh and Siobhan Goddard, U9 Manager, were singled out for their commitment and drive in pushing the boys forward.

The Club is always keen to recruit new members from our local community.
For the Youth section, please Juniors' Manager, Phil Mitchell on 07905 695104
or philmitchell44@ntlworld.com.

For the Adult section please contact Club Chairman, John Chipperfield
on 07903 233203 or consult the Club's website at www.buckhursthill.play-cricket.com.

Dates

for your diary

...and local organisations

BUCKHURST HILL PARISH COUNCIL

Meetings held at Buckhurst Hill Library, 165 Queens Road

■ THURSDAY 26 March 2020

7.00pm Planning and Environment Committee

8.00pm Full Council

■ THURSDAY 9 April 2020

7.00pm Planning and Environment Committee

■ THURSDAY 23 April 2020

7.00pm Planning and Environment Committee

■ THURSDAY 7 May 2020

Parish Council Election Day

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

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

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

Thursdays 1 – 3.30pm Active Minds

The Quakers Meeting House, Hemnall Street, Epping

Local dementia support team: 01371 872658 or

Volssessex@alzheimers.org.uk

BEDFORD HOUSE COMMUNITY ASSOCIATION

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

www.bedfordhouse.org.uk

Registered Charity No. 301268

BUCKHURST HILL BAPTIST CHURCH

Corner of Palmerston Road/Westbury Lane. Lighthouse Coffee Shop open Mon 9am-4.30pm, Tue-Thur 8.30am-4.30pm, Fri 8.30am-2.30pm.

Sunday Morning Service 10.30am with children's activities

More events on the website www.bhbc.org.uk

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

BUCKHURST HILL BOWLING

AND LAWN TENNIS CLUB

Great for exercise and fun. The outdoor bowls season extends until early October and the tennis courts are in use all year round.

Coaching for all ages is available.

For further details contact

Bowls – Madeleine Davis bhbltc.co.uk or 020 8504 4057

Tennis – Brigid Leworthy tennis@bhbltc.co.uk or 020 8554 6528

Website: www.bhbltc.co.uk

BUCKHURST HILL FOOTBALL CLUB

More information @buckhursthillfc or

www.facebook.com/buckhursthillfc

BUCKHURST HILL HORTICULTURAL SOCIETY

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 or Jill – 020 8257 8996 email:

Jill1998@btinternet.com. For more information about the society visit our website 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 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 tel: 07789 003284 for availability of plots.

BUCKHURST HILL RESIDENTS SOCIETY

Meetings held at St James' United Reformed Church, Palmerston Road. Non-members are very welcome to attend.

Further information from:

Emails: enquiries@buckhursthillresidents.co.uk

Facebook: @bhresidentsociety Twitter: BHRS2016

Website: www.buckhursthillresidents.co.uk

Correspondence: c/o Broomes Newsagents, 34 Queens Road IG9 5BY

BUCKHURST HILL ROYAL BRITISH LEGION

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

Stephen Goddard on 020 8505 2570.

BUCKHURST HILL U3A

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

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

chair@buckhillu3a.org or

write c/o 165 Princes Road, Buckhurst Hill, Essex, IG9 5DW

BUCKHURST HILL VILLAGE FORUM

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

@buckhursthillvillage buckhursthillvillageforum@gmail.com

CHABAD JEWISH CENTRE

Chabad Buckhurst Hill is a Jewish Community Centre and Synagogue serving the local community and wider West Essex

For more information or to contact the Rabbi –

see www.chabadonthehill.co.uk

EPPING FOREST & DISTRICT STAMP CLUB

Meetings take place on the 2nd Tuesday of the month at 7.30pm

Roding Valley High School, Alderton Hill, Loughton. For more details contact Roger Pearce 020 8281 1386.

FRIDAY HILL BRIDGE CLUB

Horticultural Club, Larkshall Road, Chingford.

We meet Wednesday afternoon from 1.00pm till 4.00pm. We are a very friendly club and are looking for new players, beginners or more advanced, to join us

For more information carol.lacome@gmail.com 07957 776107

GOLDEN YEARS CLUB

Tuesdays 1-3.30pm St James'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

Whether you are a National Trust member or not, everyone is welcome to join us at our series of local talks, outings and even holidays. Meetings take place at Memorial Hall, South Woodford and All Saints Church Hall, Woodford Green throughout the autumn, winter and spring months. Good company, interesting topics and friendship – socialising with local people. Further details from Richard Speller on 07774 164407 or email speller643@btinternet.com

So why not come and join us, the new talks programme is now available with venue and time, meet people and learn about our other events. In addition it should not be forgotten that the National Trust is a country wide organisation dedicated to preserving the nation's heritage and environment. DO COME ALONG!

Woodford and District Centre National Trust Talks: January-April 2020

Wednesday 15th January at 2.30pm,
All Saints Church Hall, Woodford Green

The National Trust in Essex and South Suffolk by Jonathan Rhodes. Jonathan is the National Trust Property Operations Manager for this area, so the ideal speaker for this topic. He has kindly agreed to share his detailed knowledge of these properties with us and thus bring us up to date on what there is to see and do when they re-open for the Spring.

Tuesday 11th February 10.30am, The Memorial Hall, South Woodford
Josiah Wedgewood by David Young. David is a very experienced speaker who has given talks all over Essex and is extremely well known in Chingford as Chairman of the Historical Society there. His talk will be on this famous potter and entrepreneur who founded the Wedgewood Company in the eighteenth century. He created beautiful, expensive goods which were in great demand by the nobility, but he also made cheaper products for the rest of society. He is credited with the industrialisation of pottery manufacturing.

Wednesday 11th March 2.30 pm, All Saints' Church Hall, Woodford Green
The Capable Mr. Brown by Russell Bowes. We are happy to welcome Russell back after his excellent talk in 2018. With his detailed knowledge of gardening, his varied and very apt illustrations, plus his relaxed, clear speech and sense of humour this talk on probably our most famous gardener, Capability Brown should be a treat not to be missed.

Wednesday 15th April 2.30pm – All Saints, Woodford Green
Our AGM, followed by *An Introduction to War Memorials* by Richard Speller. Richard is well known to us for organising and leading London Visits and Summer Outings. However he is also the regional volunteer for monitoring local war memorials. As a student of history his interest in British battles over the centuries and in the origins and development of our war memorials dates back to his youth. We look forward to him sharing this knowledge with us.

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

WHITE HEATHER DANCERS

Every Thursday 8pm at St John's church hall, High Rd, Buckhurst Hill, IG9 5RX

Friendly Scottish dance group. Bring yourself, or come with friends. Never danced? Now is a good time to start. It's good for meeting people. Dancing ticks all the boxes!

For more information call Alan 020 8504 3376 or www.EFSA.org.uk

BUCKHURST HILL HORTICULTURAL SOCIETY

SPRING FLOWER SHOW Saturday 4th April, 2020

2.00pm – 4.30pm

at The Centenary Hall, St. John's Church, High Road, Buckhurst Hill, Essex IG9 5RX

Includes: Spring flowers, cookery section, photography, and junior entries, plants for sale, teas and delicious home-made cakes.

Admission free for members (£2 for non-members).

For more information contact Show Secretary, Jill Jones
email: jill998@btinternet.com or ring 020 8257 8996

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

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



Beijing+25, Brexit and Buckhurst Hill

This year the global community will mark the twenty-fifth anniversary of the adoption of the Beijing Declaration and

Platform for Action, an agenda for women's empowerment, now known as Beijing+25. It is therefore a pivotal year in the drive for gender equality, one of the Sustainable Development Goals to be achieved by 2030.

The workings of the UN can be frustrating with conclusions and resolutions negotiated and renegotiated word by word. There is a great deal of lobbying and debate between representatives of member states and non-governmental organisations to build consensus. Brexit brings a new challenge this year. At a recent meeting at the Government Equalities Office preparing for this year's session of the Commission on the Status of Women we were reminded that we have to start building new relationships.

Meeting delegates from all regions of the world and rushing from one meeting to another it is very easy to forget that the real purpose is to make a difference for women in their everyday lives. So when I attend this year's session at the United Nations Headquarters in New York in March I'll keep asking myself whether agreed actions benefit women and girls at home in Buckhurst Hill.

Of course there is always a reminder of home at the UN because Woodford, just up the road, was the constituency of Winston Churchill who was instrumental in drafting the Declaration by United Nations. That was the basis of the modern UN. And if it becomes too frustrating I remind myself of Churchill's words – "the United Nations was set up not to get us to heaven, but only to save us from hell".

Cllr Sylvia Watson



Hospice launches support group for locals caring for a relative

St Clare Hospice is launching a support group for local people within West Essex and East Herts, who care for or support a friend or relative living with a life-limiting illness or disability. The new Carers' Group aims to provide information, skills and support to help informal carers cope with the challenges they may face caring for someone close.

"There are a number of ways that a person can be affected by the pressures of caring for a friend or relative, whether they are providing personal care or simply things like doing the shopping or taking them to appointments regularly" says Jane Iskander, Day Therapy Manager at St Clare. "Things like stress, fatigue and exhaustion are common – and will be things that we look to address within the group."

"Through connecting with others in a similar situation, the groups will facilitate a safe space for carers to explore their emotions and concerns through group discussions and peer support," Jane continues. "But we'll also be providing guidance around practical issues such as preparing for the end of life, financial guidance and navigating the care system. As well as exploring how to better care for a relative – including technique-based skills such as mindfulness, hand massage, moving and handling a person, diet and nutrition, physiotherapy and more."

St Clare's Carers' Group runs on Friday mornings alongside Café Clare. Café Clare is a drop-in event open to both patients and families at the Hospice, as well as members of the community who wish to visit or engage with St Clare.

"Our Carers' Group runs alongside Café Clare to ensure that, if needed, carers can bring along their relative/friend at the same time as attending the group," explains Jane. "Café Clare provides a great opportunity to meet others and find out about other St Clare services that may be of benefit."

If you would like to attend the group, the number to call is 01279 773768 or email emma.sugarman@stclarehospice.org.uk



stclarehospice.org.uk



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



[@hospicestclare](https://twitter.com/hospicestclare)



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

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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

Contact: Rosemary Thompson – Solicitor, Robert Duncan – Solicitor



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Camp Wild

The camp that goes wild every day!



Natasha Argent resident of Buckhurst Hill, founded the kids holiday club 'Camp Wild' in 2017. A keen fitness fanatic, Natasha brings holiday club and tennis coaching experience from Woodford Wells to this venture.

Natasha says, "Our mission is to get kids off their iPads in the school holidays! At Camp Wild children will enjoy an active healthy, social and safe environment. All my team have a real passion for sport and so we want to share our passion and bring this to local children through high quality holiday camps."

At Camp Wild children aged 3 to 14 can enjoy a range of multi sports, football, rugby and cricket camps. Natasha speaks about the priority for children to be looked after properly and to enjoy their holidays with Camp Wild: "All our staff are DBS checked, the camps are fully insured and OFSTED registered. Our staff to child ratios are higher than national camps and generally have a 1:6 ratio. Children are continuously supervised by experienced and trained staff throughout the day. Only the best staff work at Camp Wild. Prospective staff go through a rigorous application process including an assessment and training day."

The Camps are run at location in Chigwell and Woodford so easily accessible for Buckhurst Hill kids. If you'd like to find out more please visit info@camp-wild.co.uk or call on 07414 274015.



Amaarah Afzal

Children are the future

Who are you and what do you do?

My Name is Amaarah Afzal and I am currently Head Girl at Braeside School. Braeside has been a part of the Buckhurst Hill Community for the last 76 years. The School is set in its own grounds and within the Victorian mansion Ellerslie House and was established in 1944 by Miss Wakefield. I have had the opportunity to see the school continue to grow and develop into a balanced but eclectic mix of old and new just like Buckhurst Hill with its many Victorian, Edwardian and modern

buildings. At present I have a full on schedule with studying for my exams, representing my School as Head Girl, looking for a new Sixth Form to carry on my studies and participating in all my extra-curricular activities. School life is hard work but really enjoyable!

What do you like about Buckhurst Hill?

Buckhurst Hill is a true eclectic mix – there's something for everyone. I like the fact that Queens Road has a wide variety of diverse local businesses catering for different tastes and needs. You can find everything from tasty organic food to a Costa Coffee. I like the fact that local boutiques, salons and restaurants are all supported by the local community and that despite only being 30 minutes into The City on the Central Line, Buckhurst Hill hasn't lost its spirit and charm. The good transport links into London have allowed me and fellow classmates to attend valuable trips into London to further our learning and the odd fun visit to Westfield. The Library is also a vital part of the community and I strongly believe that every effort should be made to keep it open to the community.

Where is your favourite place to go locally?

Prezzo has got to be one of my favourites places in Buckhurst Hill. Serving fresh yummy Italian food, my friends and I have enjoyed on numerous mums and daughters evening out. There's always lots of chatter, good service and delicious food on almost every occasion we've been.

I love to keep fit and get lots of fresh air. The Forest and Knighton Wood have a special place for me, I love the way the forest changes with the seasons. I love going on afternoon strolls with my family and sometimes having the pleasant surprise of hearing woodpeckers peck or bumping into the shy deer that live in the forest.

What has been your biggest achievement?

As well as having the opportunity to be Head Girl at Braeside, gaining my Duke of Edinburgh Award has been a truly fun and exciting experience. It was a chance to teach myself a new skill, volunteer in my local community and go on a very tiring expedition in Epping Forest with my friends! It was a true chance to be one with nature and within all the elements – especially when it decided to rain! It was a very fulfilling experience.

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

One thing I have always wanted to see more locally is more nature reserves, wildlife and outdoor activities. Being part of the forest and outskirts of the busy city, we are privileged to have such an adventurous sight on our doorsteps.

By creating high ropes in the ancient trees and having workshops in the local forests about the wildlife and nature would be truly fascinating for not only the younger generation, but a way to protect and have a deeper understanding about the world we live in. It would be a chance to connect with the environment and help protect it and its knowledge in years to come.

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 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 Community Transport	01992 579 556
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

LOUGHTON STROKE CLUB

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

National helpline	0808 802 6262
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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

ANIMAL WELFARE

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

UTILITIES

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

SPORTS FACILITIES

Bancroft Rugby Football Club	020 8504 0429
Buckhurst Hill Cricket Club & Lacrosse	020 8504 5652
Buckhurst Hill Bowling & Lawn Tennis	020 8504 0780
David Lloyd Centre	0345 129 6783
Epping Sports Centre	01992 565 670
Loughton Leisure Centre	020 3225 5460
Roding Valley Cricket Club	020 056 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

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

HALLS FOR HIRE

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

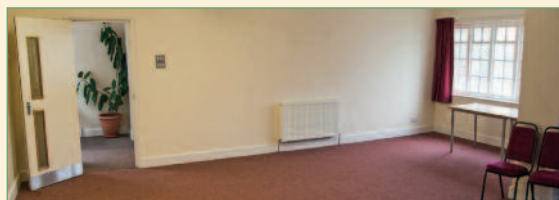
RODING VALLEY HALL

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 office@buckhursthillpc.gov.uk 020 8498 9933

COPY CLOSE DATES FOR NEXT EDITION

Items are welcomed from all local organisations, subject to space and may be edited. Email to office@buckhursthillpc.gov.uk

SUMMER –

Copy close: **12 June 2020**

delivery planned for week commencing **17 July 2020**

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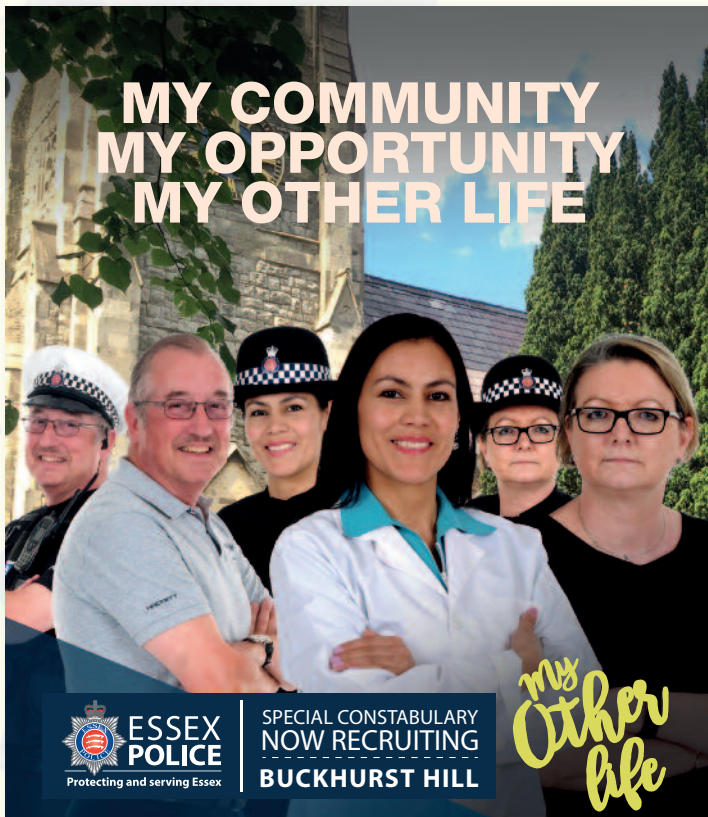
Golden Charter

Funeral Plans



* Subject to Terms and Conditions

MY COMMUNITY MY OPPORTUNITY MY OTHER LIFE



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My Other Life

#MyOtherLife

If you want to make a real difference in your town then volunteer as a Community Special Constable and play a part in keeping your neighbourhood safe.

Buckhurst Hill Council are supporting Essex Police to increase local and visible policing in their area.

Visit www.essex.police.uk/Specials/BuckhurstHill to find out more

COMMUNITY TRANSPORT

Is a charity that meets the needs of local people who for various reasons are unable to use conventional public transport.

VOLUNTEERS NEEDED

**Car Drivers
Minibus Drivers**

Do you want to give something back to the Community?
If so volunteering is a great way to do this,
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Email: efct@efcommunitytransport.org.uk
Website: www.efcommunitytransport.co.uk



For all Membership
details and enquires
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CAMP WILD

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The Woodford Wells Club
8-6PM EXTENDED DAY

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£28.75/d / £98/wk
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Events 2020

Epping Forest
CHAMBER OF COMMERCE

There will be speakers for all of
the Networking events below.

MONTH	DATE	EVENT	VENUE	TIME
February	11/2/2020	Breakfast Networking	Toby - Buckhurst Hill	8 am - 10.30 am
March	3/3/2020	Evening Networking	Marriott Hotel Waltham Abbey	6.30 pm - 9 pm
April	11/4/2020	Quiz Night	Charis Centre - Buckhurst Hill	6.30 pm - 10 pm
April	14/4/2020	Breakfast Networking	Toby - Buckhurst Hill	8 am - 10.30 am
May	12/5/2020	Evening Networking	Marriott Hotel Waltham Abbey	6.30 pm - 9 pm
June	24/6/2020	Business Fair	Theydon Bois	am
July	4/7/2020	Quiz Night	Charis Centre - Buckhurst Hill	6.30 pm - 10 pm
July	14/7/2020	Breakfast Networking	Toby - Buckhurst Hill	8 am - 10.30 am
August			Holiday	
September	8/9/2020	Evening Networking	Marriott Hotel Waltham Abbey	6.30 pm - 9 pm
October	13/10/2020	Breakfast Networking	Toby - Buckhurst Hill	8 am - 10.30 am
November	10/11/2020	Evening Networking	Marriott Hotel Waltham Abbey	6.30 pm - 9 pm
December	5/12/2020	Christmas Quiz	Charis Centre - Buckhurst Hill	6.30 pm - 10 pm

Event dates are subject to change. Some speakers are suitable for CPD.
Further details will be available prior to each event.

Please Note: At the Marriott and Toby Carvery venues, attendees must enter
their car registration number on the screen located in the Reception area.

For more information or to confirm booking
please contact **Carol Byatt: 01992 652682**