

# BuckhurstHill

Parish Council Magazine **Winter 2020**

News and views from around Buckhurst Hill



## From the Chairman



I can't believe it's already been three months since the last edition was delivered through your front door.

During this time we have had Planning and Environment, Finance and Establishment, Recreation and Community, Full Council and Accommodation committee meetings.

There are new changes to the Planning rules being introduced nationally, a snap shot of which we will communicate to you all soon.

The Recreation and Community committee was one with a very busy agenda and I speak on behalf of all the Councillors when I say we really enjoy this committee since it connects us with the majority of our reason to get involved with Parish Council, and that's to enhance your experience of living in BH.

We discussed ideas with regards to brightening up certain green spaces of Buckhurst Hill.

We agreed to continue the display poppies on lamp posts this year along the same route as last year. We are sad that there won't be a public gathering of laying the wreaths on Armistice Day, but we hope we will still be able to lay them at the usual spots in BH and we can

share the photos of these on our website.

In Buckhurst Hill the wreaths are laid at St Johns Church on the High Road, BH Sports and Social Club on Queens Road and St Stephens Church on Lower Queens Road. In addition to the Poppy wreaths, last year on the occasion of the centenary we also remembered approx. 1.3 million Indian soldiers who served in World War One, and over 74,000 of them lost their lives. We commemorated them by laying a marigold wreath. The marigold was chosen by India because it is easily and widely available in India and also because saffron is often seen as a colour of sacrifice. I am so pleased that this addition was well received by the community and we will therefore be making it a regular addition.

The committee agreed that we won't be able to host the Christmas Fair as we usually do in the Queens Road car park, but the illuminations and Christmas tree lighting will still go ahead. Additionally, the Christmas card competition, entered by local schools will also continue, with the committee being responsible for choosing a winner.

Please keep checking your Parish website regularly for current and future events planned. Since we haven't been able to run our usual events for the community we are thinking of running a bikeability course for children who may have missed it during their school year. Any further details will follow on our website.

We the committee, agreed to host an online Buckhurst Hill Women's Day event, which is a global day celebrating the social, economic, cultural and political achievements of women. Further details will be displayed on our website. The vision is to make it very much an inclusive event in that everyone will be encouraged to nominate inspirational women.

I would like to thank all those residents who helped me and Cllr Metcalfe populate a list of the potholes and damaged footway in BH by emailing me the location and photos.

Cllr Metcalfe and I have also been working together with community groups to bid for the 'Community Locality Fund' to help towards providing much required services in BH. Details to follow in the next edition.

Lastly, I'd like to remind you all about the National Honours Scheme. Essex residents are being actively encouraged to nominate that special person, the ordinary person whose actions often go unrecognised but who make a big difference to the community. Please see the article on page 16, which provides further details.

Stay safe and keep following the social distancing guidelines to protect our loved ones and those around us.

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

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## What a difference a year makes

It was at about this time of the year in 2015, that one of your Councillors suggested that I stand for election in May 2016. At that time I was representing the Residents' Society at Parish and Plan South Planning meetings. I was helped by many people during the election and will always remember the day of the count and the declaration of the results.

We all fully expected another round of elections in May 2020 which were put on hold, so we are all still in place. Let's hope that May 2021 finds us in a position to get back to normal.

During the first four years I attended as many meetings as I could. The highlight of each year was the Parish Assembly, which always attracted a large number of residents. At this meeting reports of the Committees were presented and questions taken from those present. There were also queries from residents and visits to be made.

It was only when we were not able to continue this contact in face to face meetings and visits that I realized that this was the most important part of being a Councillor. Zoom meetings enable us to continue working and meet the deadlines imposed on us, but it robs us of the informal conversations and discussion of concerns outside the Agenda items. I am sure that all of you working from home also miss this interaction.

Be assured that all of your Councillors are available to talk on the phone, look at your emails and if appropriate arrange a socially distanced meeting, or please attend any of our Committee meetings (listed on our website) via Zoom.

I've very much enjoyed my 4+1 years and look forward to meeting as many of you as possible in the future. Stay positive and stay safe

*Cllr Ken Williamson*

## Keep up-to-date with the Parish Council's news

Buckhurst Hill Parish Council sends out regular news releases which feature updates on general Council news as well as reports on the Council's meetings (including meeting previews) and the Council's discussions and decisions on local matters.

The Council's media service is provided by Everything Local News which is part of the Everything Epping Forest local news and information service. If you would like to register your email address and be added to the circulation list, please submit your email address via the following link – <https://bit.ly/3kYbhyQ>

Please note that Everything Local News / Everything Epping Forest does not pass on any personal information to any third party and subscribers can ask for their details to be amended or deleted at any time.

Please see below some of the Council's recent news releases:

### Parish Council to repeat lamp post Remembrance poppies

Buckhurst Hill Parish Council is to repeat its display of remembrance poppies on lamp posts along Loughton Way this year, Councillors have agreed.

The Council has said there will be no Remembrance Sunday gathering for the laying of wreaths this year because of the COVID-19 restrictions. Wreaths will still be laid individually by local organisations.

### Parish Council Christmas celebration

Buckhurst Hill Parish Council is to again hold a 'design a Christmas card' competition involving schools in the Parish. The Council has decided on a theme of 'thanksgiving'. The Council will once again be providing a Christmas tree and illuminations.

### Parish Council supports COVID-19 memorial garden idea

The proposal of a memorial garden in Buckhurst Hill to remember those affected by COVID-19 is being supported by the Parish Council.

The Council voted unanimously to set up a working party to progress this idea.

### Parish Council staff achieve CILCA qualification

The Clerk and Responsible Financial Officer with Buckhurst Hill Parish Council have achieved their Certificate in Local Council Administration (CILCA) qualification.

Parish Council Clerk Liz Petyt-Start and Kim Lumb were congratulated on the achievement by Councillors.

### Community halls re-open for public hire

Bookings are now being taken for Roding Valley Hall, in Station Way, and The Woollard Centre, in Loughton Way.

For more details, email [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk) For details about the halls, visit [www.buckhursthillpc.gov.uk/halls-for-hire/](http://www.buckhursthillpc.gov.uk/halls-for-hire/)

### Play areas re-opened

The Council has reopened its play areas – in Kings Place and Roding Valley recreation ground (spider park) – after they were fully risk assessed and thoroughly cleaned by a specialist company following the COVID-19 lockdown.

Measures taken by the Council are in line with guidelines laid down by the Government and the National Association of Local Councils.

Parish Council Clerk Liz Petyt-Start said the Council is requesting hand sanitising and the use of litter bins at both sites.

The Council is also informing people not to take food and drink into the play areas, and to not enter the sites if they are too busy, but to leave and return at another time.

Information banners are displayed at both play areas.

### Parish Council demands better signage for 'wrong way' road

Buckhurst Hill Parish Council is calling for improved 'no entry' signage in Princes Road after numerous cars were seen driving down the one-way road the wrong way.

Councillor Bobby Nagpal told a Planning and Environment committee that he had seen seven cars going the wrong way and said the 'no entry' signs at the Queens Road junction needed to be more visible.

## Winter is on its way!



### Salt bins location information

Stradbroke Grove  
Scotland Road  
The Stables  
Hornbeam Close  
Sycamore House  
Rous Road  
Powell Road  
Greenhill  
Somerset Court  
Palace Gardens  
Russell Road  
Roding Valley Hall  
BHCP School  
Woollard Centre  
Blackmore Road  
Ardmore Lane  
G C Johnsons  
Forest Edge

## 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



## Jo Share-Bernia

It is great to drive around some roads in Buckhurst Hill that have had the potholes filled. Now we can concentrate on pavements

that need levelling out. Thanks to Cllr Metcalfe for her work at County with the Highways Committee.

I would like to update residents and businesses on my recent election to the position of Vice Chair of Epping Forest District Council for 2020/21. I am incredibly pleased to take on this role where I support the Chair, Helen Kane, in all aspects of community achievements and acknowledging the hard work of residents and colleagues across the District. We have some great plans, but we are hampered by the current restrictions of the pandemic. Hopefully by the time I take the Chair in 2021/22 we will be able to gather in person at events. Please bear in mind any community heroes who deserve recognition and let me know through the Parish Council.

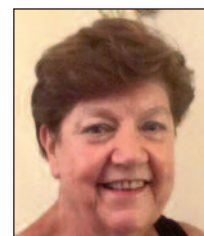
I will be laying a wreath to the fallen on Remembrance Sunday at St John's on 8th November.

I would also like to mention that I chair Plans South Committee at District. Plans South include scrutinising and voting on planning applications in Buckhurst Hill, Loughton and Chigwell. These can be lively meetings whereby members of the public can speak for three minutes in favour of an application or to object. Members of the public can attend in the Public Gallery should they wish to observe the meetings and all planning meetings are Podcast on the internet. Of course, due to the pandemic we meet virtually on Zoom which works very well but is very impersonal.

Several months ago, we declared a Climate Emergency across the District at Full Council. I am pleased to tell you that at the recent Buckhurst Hill Full Council meeting a Climate Emergency motion was supported. This means District and Parish can work in unison on climate change. Please contact the District Offices to get up to date information on the work so far at District and send any comments or ideas you have to the Parish Council.

Buckhurst Hill Parish Council 020 8498 9933 or District Offices on 01992 564000.

*Cllr Jo Share-Bernia*



## Valerie Metcalfe

It doesn't seem three months since I last wrote my article for the summer Parish Magazine, and as I am now writing over a month before the magazine is delivered in November, I am at a loss to know where we will then be with the measures to contain the Covid-19 pandemic. However, I am guessing that we shall still be passing on the message to each other to Wash Hands, Cover Face and Make Space... and I am sure that you

are all doing your best to support our local economy by using the shops, cafes etc, and all the small businesses which we want to help to survive in these difficult times.

One County initiative that I worked on in August with your local Parish and District Councillors was to find the 50 worst potholes in our area and to report them for repair, with accompanying photographs. This was quite a challenge and hopefully we will soon see some visible improvements – and please remember if you wish to report a pothole or highway defect, you need to go on to the Essex Highways website: [www.essex.gov.uk/highways](http://www.essex.gov.uk/highways)

Also in recent weeks, many of you will have seen that some new parking permit areas have been initiated, following petitions from residents. I appreciate whilst there are upsides for many, other roads can then suffer from displacement parking and we then have to try to address those issues too – so if you feel your road has been badly affected, please get together with your neighbours and request your own residents parking permits. There is no magic wand to solve the parking problem as we all have to recognise there are too many cars and not enough off street spaces to park them.

In my last article, I mentioned that Essex County Council has given each County Councillor a "Locality Fund" of £10,000 whereby I can make recommendations for grants to local registered charities, community organisations or voluntary associations etc, and I have again been working with your local Councillors to come up with ideas as to how this pot of money can be spent for the benefit of residents generally. Hopefully in my next article in 2021 I will be able to report to you where these funds have been spent.

In the meantime – Keep safe, keep well!

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



## Gavin Chambers

It's so hard to write an article in this changing world as you never know what is going to change on a day-to-day basis. I am writing this in October (in between finishing my law degree). Who would have thought we'd all be walking around in masks this time last year and I wonder who the President of the free world is at the time of reading this article?

I hope that by the time you get to read this there has been no second wave and you have a very Merry Christmas and a very happy Hanukkah. I also wish you a very happy New Year. It can't be worse than 2020 can it?

I've provided a picture of me in the city of St Davids in Wales to remind everyone we have some wonderful places to visit in the UK. Stay well everyone.

*Cllr Gavin Chambers (BHW)*



## Steven Neville

We live in uncharted and turbulent times. I continue to be proud of the community spirit shown in Buckhurst Hill. It shows what we can do if we all pull together.

Life as a Councillor continues to be busy. Whether it is issues to do with planning or parking or litter I continue to be busy.

I have recently reported one of the mirrors in the underpass that connects Queens Road with lower Queens Road missing. It has been put on the works program and hopefully it should be sorted within a reasonable amount of time.

I have managed to get a commitment to renew the service road surface to the river housing allotment which is just off

Bradwell Road.

Speed continues to be an issue on some of our roads and myself and fellow District Ward Councillor Simon Heap are working with other members on solutions.

I recently proposed a climate change emergency motion to the Parish Council which was unanimously passed. We will now have to look at what we can do as part of this new commitment. This may include some electric charging points where we have the halls and how we can make the buildings we own more energy efficient.

At the District Council progress is being made on this front with a climate change office and now in post and working on a climate action plan. This is due to be adopted in the middle of 2021.

I wish you all a very good Christmas and a happy New Year.

*Cllr Steven Neville*





Active Living is a gentle introduction to exercise and physical activity with a social focus. Most exercises are chair-based or offered at a beginner level. The classes are fun and friendly and there's always a chance to meet new and interesting people.

## The sessions are **FREE FOR THE FIRST 6 WEEKS** and currently take place in Waltham Abbey and Chigwell.

### How can Active Living help you or someone you know?

- Improves health and wellbeing
- Provides a space for meeting like-minded people
- Can help you to make a lifestyle change
- Qualified instructors help you achieve personal goals

### Active Living participants should meet the following criteria:

- You currently do less than 30 minutes physical activity a week.
- You are over 16 years old.
- Live in the Epping Forest District.

We offer face-to-face group classes, 1-2-1 and group support via phone, email, social media and Zoom. After the first six weeks completely free, the following online sessions are £2 and face to face is £5 (if a community member is in receipt of benefits then the programme continues to be free).

For more information please contact Aidan Gilbert-Ball:  
agilbertball@eppingforestdc.gov.uk or csreception@eppingforestdc.gov.uk.

## More ways you can get moving close to home

### Strength and Balance: Our next step

Improve your balance and coordination and increase your strength and mobility with this class. This session can aid your independence and physical health. Classes can be seated, supported with the chair and/or standing. This class is bookable via our bookings site and can be accessed by anyone 16 and over in the Epping Forest District. The class is £5 per session.

### Social. Active. Strong: Our 12-week programme

This is a free service for adults living in or registered with their GP in Epping Forest, Harlow and Uttlesford. This is a falls prevention service for all adults aimed at reducing their chance of falling by increasing their strength and mobility through a progressive 12-week physical activity programme. Social. Active. Strong takes place on Thursdays at Loughton Methodist Church.

For more information please contact csreception@eppingforestdc.gov.uk.

### Community Fitness:

We run a variety of fitness classes including face-to-face (£5) and online via Zoom (£2). These include:

**Get Active** – Standing, low impact workout class. Including a mixture of aerobics, strength and balance exercises.

**Pilates** – Floor based class combining gentle movement, core stability work, posture improvement exercises and stretching.

**Post-Natal** – For new mums (following their six-week GP check) initially we will be starting buggy walks to get fresh air for mums and babies and the session will include a walk, strength component and stretches to finish.

**Revive** – Lunchtime session to get the body moving and stretching with some Pilates exercises to help with core stability and posture.

**Stretch and Relaxation** – Evening class of all over the body stretches and some breathing and relaxation exercises to finish.

For up-to-date information and how to book see our bookings page:  
www.eppingforestdc.bookinglive.com/



The Epping Forest Inclusion Project runs a variety of sports and leisure activities for children and young people with special educational needs and disabilities (SEND). The term time activity programme includes trampolining, football, tennis, yoga and more! But it doesn't stop there, there's also jam-packed sessions in the school holidays including whole day activities where siblings are welcome to join in too. Highlights of the holiday programme include forest fun days, outdoor adventures, camping and multi-sport camps.

If parents or carers want to help shape the service on offer, then they can get involved in the Parent Forum and have their say.

Sessions and activities take place all over the district. Keep up to date with the latest Epping Forest Inclusion Project news by liking us at: facebook.com/EppingForestDisabilityForum.

To find out more please contact Olivia Worsfold – oworsfold@eppingforestdc.gov.uk



Epping Forest Dementia Action Alliance (EFDAA) brings together organisations and individuals across the district who are committed to further developing our dementia friendly community.

DAA's are part of the wider community and can accommodate Health and Social care as well as any individual, retail and business organisation that would like to make a commitment in making their community dementia friendly.

If you would like to know more or be part of the Epping Forest DAA please contact  
lcleverley@eppingforestdc.gov.uk  
Follow us on Facebook:  
facebook.com/EppingForestDAA/

## Christmas Parcel Nominations

The Parish Council operates a small Christmas gift service for our senior residents.

Do you know anyone living on their own in Buckhurst Hill, who would benefit from receiving a small Christmas parcel from the Council this year?

If so, with their permission, please e-mail their details (name; address and phone number), along with your name to office@buckhursthillpc.gov.uk by 25th November 2020.



roof then it's there in places, in the ground there is cabling for utilities such as telecommunications and many other examples where around us there are valuable metals. It does not then take a lot then to see that the loss of a catalytic convertor means a trader cannot work resulting in a loss of income to him and your delivery or work delayed or the trip you were taking is cancelled as vehicle cannot be used, the theft of lead from a roof and its resultant water damage catastrophic to a heritage building and potentially also causing the cancellation of a wedding or other function, theft of utility or telecommunication cabling can effectively cut off a village or whole area causing a loss of business or connectivity for the vulnerable, these just but a few of the results of metal theft.

So, what can be done? We can make it more difficult to steal and we can make it more difficult to dispose of. Making it more difficult to steal or dispose of:

**Report any suspicious activity:** i.e. the unmarked van or other vehicle parked with activity around a manhole or sub-station etc, an unknown person working under a car late at night/early hours of the morning, activity around a church, heritage or other building when it's not normal especially on a roof. Protect your neighbourhood by setting up a Neighbourhood Watch, Heritage Watch or Business Watch if you have not got one, the signage deters, and many eyes are better than one pair. NB – If you have planned building work let your neighbours/parishioners/employees know including who they are and what hours they will be there.

**Make it harder to steal:** i.e. where your vehicle is parked – choose an area where people can see it or put it “under lock and key”, in a yard park vehicles with

# Theft of metals – a crime that affects us all?

You may well think “theft of metal” how does that affect me? Just look around you, your car has a very desirable catalytic convertor on its exhaust system, a roof has lead if not for the whole

high ground clearance parked between those with low ground clearance, look at security devices with a vehicle it could be a protective cage, reduce access make them walk further and into public view especially when protecting buildings and their roofs, remove aids to the thief i.e. tools to do the job and climbing aids or something to carry their ill-gotten gains away, consider an alarm, with lead from roofs especially try and make access difficult subject to certain conditions you could use a spiky topping around downpipes fencing and roofs.

**Making it harder to dispose of:** to start off with if it's less attractive it's less likely to be stolen so property marking and signage of this and other security devices may deter. Property marking makes it harder to dispose of, and there is something for almost everything from

historic artefacts on the seabed to catalytic convertor to roofing material to your day to day property. An unmarked piece of property can be anonymous when stolen, in most cases we don't know where it came from and therefore any prosecution is that much more difficult. A thief will know this and therefore anything that ties it back to the owner presents a risk not only to the thief but also to the handler, if the handler will not take it or it causes difficult questions at a boot fair or other then it's not worth stealing it in the first place.

For further advice on crime prevention of crime prevention products see:  
www.essex.police.uk/cp/crime-prevention/  
or www.securedbydesign.com/member-companies/accredited-product-search .

## Twelve tips for Christmas and after

With Christmas rapidly approaching here are a few tips to help keep you safe at home, shopping, visiting (whilst COVID compliant), and after Christmas too:

- 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 (remember your face covering). 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 A small Christmas get together – make sure that you have considered how you are getting home in advance and avoid using unlicensed taxis. Ensure you drink responsibly, social distance 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 may 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 another 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/)





## Buckhurst Hill Leisure Gardens

The Summer of 2020 has, despite the pandemic, been a positive time for the five allotment sites in Buckhurst Hill. All the sites have remained open. More local people than ever have been inspired by the desire to grow their own fruit and vegetables and

joined the allotment community. The sites are now completely full and there is a waiting list for the next available plots.

There is an increasing interest in health – physical and mental, food security and the environment. Allotment produce has the benefit of travelling zero food miles with no single-use plastic packaging needed. The activity of growing fruit and vegetables and tending the allotment plot generally is good exercise. Allotment soils tend to be healthier than farmland soils, with more worms and higher carbon content due to the use of compost, which helps to counter climate change.

The Parish Council, who have always been supportive – helping fund on-going maintenance; gates and perimeter repairs – have now entered into a new agreement that allows plot holders to have their own polytunnels and sheds.

The introduction of polytunnels will enable plot holders to grow crops all year round. This will increase variety of the fruit and vegetables which can be grown. The crops are protected from rain, frost, snow, hail and gales and therefore enable more autumn, winter and early spring crops to be grown.

These are exciting times for the allotments.



**EPPING FOREST DISTRICT COUNCIL**

# Creativity AND SPORTS AWARDS 2021

Aged 13-25 and passionate about Culture or Sports?  
Apply today for an award of between £200 - £1000 to support you with your chosen discipline.

**FOR MORE INFORMATION OR TO MAKE AN APPLICATION PLEASE VISIT**  
[WWW.EPPINGFORESTDC.GOV.UK](http://WWW.EPPINGFORESTDC.GOV.UK)

[f @EFDCCommunities](#) [@efdcports](#) [@efdcports](#)

**Closing date: Sunday 13 December 2020**

**Epping Forest District Council**

## Emergency Foodbank Fund

This grant is to be used to fund Foodbanks during the height of the Covid-19 pandemic.

Applicants can apply for up to £500 per project and will be assessed on a case by case basis by our Funding Officer and CEO.

You must have your own bank account, whether this is in your organisation name or via an alternative source, who are willing to act as a broker.

Funding can be used to support foodbanks with the following:

- Food
- PPE for staff and volunteers
- Toiletries and essentials
- Volunteer coordination
- Storage boxes
- Promotion and volunteer recruitment
- Storage Space
- Phones for additional staff capacity
- Volunteer Expenses (e.g. petrol)

The application form is available to download from our website, but please contact Louise Gambardella on [Louise.Gambardella@ealc.gov.uk](mailto:Louise.Gambardella@ealc.gov.uk) if you have any further questions. Or ring 01371 879822

**Essex County Council** **EALC**



**We're Here and We're Free®**  
In the spirit of Tradition 6, CA is not allied with any sect, denomination, politics or institution

**Do you have a friend,  
family member  
or maybe even yourself,  
who perhaps is drinking more  
than normal or abusing drugs,  
either illicit or prescription?**

**If you, or someone close to you needs help,  
please come along or suggest they do.  
No commitment, no cost of attending,  
just a genuine desire to help others,  
CA now has three weekly meetings in  
Buckhurst Hill.  
I go to the Saturday morning meeting  
at the Woollard Centre**

The Woollard Centre, 2 Roding View  
(Corner of Roding View and Buckhurst Way)  
Buckhurst Hill, London IG9 6AQ

Saturday 8am to 9.15am.

Meeting contact details:  
Katie 07772 558227  
John 07798 838161

Helpline number:  
020 8007 1130

**[www.ca-london.org](http://www.ca-london.org)**  
In the spirit of tradition six CA. Is not  
affiliated with any sect denomination  
politics organisation or institution

## Drinking more than before, maybe dabbling with drugs?

### A CA member shares her story

Let me begin from the start.

For years I had known that I seemed to act differently to all my friends when it came to drinking. I came from a good home, had a good education, went to the right University, got a degree and then a great job in the city. From the outside it looked great: a nice car, a wonderful home, luxury holidays, nice clothes and money in the bank and I was out nearly every night drinking and eating in the best bars and restaurants.

The inside story was one of chronic depression, out of control rages, drink driving, spending money I never intended to spend, being around people I never intended to be around and doing things I had no intention and no recollection of doing. It didn't matter what scheme I had to stop my dysfunctional drinking and behaviour, every plan still centered around how I was going to control my consumption and to drink like a lady.

I started to feel like my life was falling to pieces and that I was going insane. I went into therapy thinking that would help me. She suggested I might have a problem with drinking. I ignored it, I rejected it and I then started lying to my therapist about what I was doing.

I was very fortunate that an old and dear friend of mine had stopped drinking. He would talk to me when I was angry and depressed about how his life had turned around since getting sober with the help of the CA fellowship. It took him two years of sharing and sharing again and being a friend and being supportive until I finally broke down and asked for his help.

What could explain my constant obsession with alcohol, that when I had one drink I couldn't stop, that the magic 3 drink rule was something I could rarely stick to, that despite all my best efforts and the efforts of my therapist I was more miserable and more depressed than I had ever been, that I constantly thought of taking my own life, and that I was filled with deep dread, fear and foreboding all the time.

I was desperate and I would have done anything to stop feeling the way I did. I could see my friend's life rebuilt, true happiness glowed from him and I wanted what he had. He took me to my first meeting and encouraged me to find other meetings closer to where I lived.

I started to attend CA meetings, particularly the Saturday morning in Buckhurst Hill.

All I can tell you is that for nearly four years I have been sober and that life – albeit challenging at times – is manageable, that the depression and fear has lifted, that I have rebuilt my life, that I have meaningful relationships with friends and family and that I have a community in CA who have guided me back to life. Most importantly, the obsession to drink has left me.

If you are struggling with drink and drugs you will find in CA a solution, around non-judgmental and understanding friends who were once where you were, just ask for help and it will be there. Come join us each Saturday morning.

## Update from Buckhurst Hill

Buckhurst Hill U3A was established in January 2015 and nearly six years later we are a thriving, albeit small, part of the National U3A Movement.

The U3A Movement brings together people who have finished working full time or raising their family to develop their interests and continue learning just for pleasure.

Buckhurst Hill U3A is home to many Interest Groups including art, book clubs, crafts, history, photography, forest walks and scrabble to name a few. We organise outings to local places of

interest as well as some further afield. We are a sociable group enjoying frequent coffee mornings, theatre visits and lunch club outings. However, in March this year, along with most other organisations, all of our activities had to be put on hold due to the COVID-19 lockdown.

Since our last update our membership has continued to embrace technology and meet where possible via Zoom. We held a quiz via Zoom in June and have another one planned for mid-November.

Monthly meetings are out of the

We are currently not accepting membership applications but if you are in your "third age" and would like to learn more about Buckhurst Hill U3A further information about all our Groups and activities, can be found on our website at:

**[www.u3asites.org.uk/buckhurst-hill](http://www.u3asites.org.uk/buckhurst-hill)**

Alternatively, please contact our membership secretary, Christine Slade, on 020 8505 1005 or by email at [membership@buckhillU3a.org](mailto:membership@buckhillU3a.org) for further information or if you would like to be notified once we reopen for membership applications.



question as are most of our Interest Groups. We were hoping that some of these Groups could begin to function again but the recent imposition of the "Rule of 6" has made that a forlorn hope.

Despite this we are endeavouring to function as near normal as possible. We continue to stay in touch with our membership through our monthly Newsletter and via our Website.



# Taking control of your health at Slimming World Buckhurst Hill



Losing weight is one of the very best things you can do for your health, and it's heartening to know that the benefits start more quickly than you'd think. In fact just by losing weight and just a 10% reduction of your body weight can boost your well being in multiple ways, including improved management of health conditions such as asthma and type 2 diabetes, its proven to lower your blood pressure. By lowering your body mass index (BMI) may also protect against the health risks of COVID-19, even with the modest of weight loss you can boost your quality of life, there's more to be gained from healthy

lifestyle changes than ever. These ladies shown have managed to achieve weight losses even throughout the pandemic, and now back at our real life groups with Slimming World Buckhurst Hill, which means they are on the path to better health.

If you feel that it's time for you to start making changes to your weight, please contact me Lorraine on 07960 603621 to find out how to come along to one of our friendly and welcoming real life groups, where we support members to achieve their weight-loss dreams. We are going to extra lengths to ensure we keep our members safe.

## Blooming Buckhurst Hill

The flowering planters are one of many items the Parish Council provides for the enjoyment of our residents. They're refreshed spring and autumn, adding colour, vibrancy and enjoyment. We're very grateful for the support of the retailers in Queens Road for watering them. Thank you, Fingertips, Tandoor at the Chambers, Repose, the Library, Lexies, and Queens Baby Nursery.



## Buckhurst Hill Football Club



The support from the local community in successfully being granted planning permission for stands and floodlights at our Roding Lane home has been overwhelming. Its touched our hearts after many years of hard work which means so much for the club's growth and development to provide a pathway for all the boys and girls involved with the football club to follow and stay in sport for years to come.

These are extremely challenging times for everyone at the moment even more so for Buckhurst Hill Football Club that survive on the good will of our Trustees, Committee members and limited financial resources.

We have had to adapt to the new world of Zoom meetings, and have been busier than at any period throughout our 35 years existence to manage our finances and all the resource involved in making sure that Roding Lane is compliant with the Government/FA guidelines we have to follow to make sure it is a safe and secure environment for everyone to return.

It has been wonderful to finally open the doors for games for all our Mini Soccer, Youth and Senior teams for friendlies throughout July and August and League games at the start of September, with over 100 games played.

The smiles and happiness on the players and parents faces makes the work that we do serving the local community so worthwhile, and I applaud everyone involved.

As a club we wish to do more work with local community projects however we are restricted currently but please feel free to contact myself or any member of our team for any ideas you wish to share.

The Club would also like to thank our sponsors for their support, you have no idea how valuable this is, but we are actively looking for more local businesses to be involved and we would love to hear from you.

At a time when community spirit and togetherness has never been more important in our lives there has never been a better time to support your local football club and get behind all that we do.

Stay Safe.

Simon Cornwell,  
Chairman



Little City West Essex is an original, award-winning mobile role-play experience for toddlers and pre-schoolers!

Does your little one love to role-play? Then Little City is perfect for them! Our pop-up, toddler-sized city is a place where toddlers can pretend to be a police officer, a doctor, a vet, a builder and lots more! Every

section is carefully designed and includes dressing up outfits and gorgeous high quality toys for the little ones to play with.

Designed for confident walkers up to the age of 5 years (extended up to 6 years during school holidays) the sessions are entirely child-led so they'll decide which areas they want to explore on the day.

You will find Little City West Essex at The Woollard Centre once a month, plus lots of other venues in and around West Essex on other days. Sessions are pay as you go and can be booked through

[www.bookwhen.com/littlecitywestessex](http://www.bookwhen.com/littlecitywestessex)  
[www.facebook.com/littlecitywestessex/](http://www.facebook.com/littlecitywestessex/) [www.instagram.com/littlecitywestessex/](http://www.instagram.com/littlecitywestessex/)





# Tai Chi

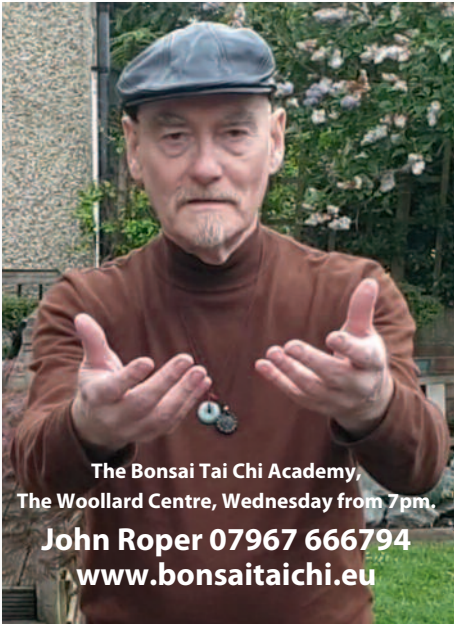
During the COVID crisis the issue of mental health has been getting a lot of mentions in the media. It is understandable that a lot of people would be struggling. Primates – us – are social animals, we need contact with each other to remain healthy.

Of course we can socialise in half-dozens, as long as nobody touches, and while this doesn't wholly solve the problem it has to be better than nothing. Getting together in a mutual interest

group can be helpful too. And exercise is always a good idea. So far exercise classes of more than six are still OK as long as there is no socialising before or after the class.

Tai chi has for a long time been regarded as a stress buster. Probably because of the degree of focus that it requires, the relaxation and there is also the meditative aspect. Meditation has been mentioned in relation to mental well-being and it can be a great help though shouldn't be taken too lightly. Tai chi can involve a lot of meditation, it has been called 'moving meditation' though that might be a bit of a stretch until you know what you are doing.

The specific form of meditation that we practise is called Zhang Zhuan which translates as 'standing like a stake'. It is practised standing, with the eyes open and is designed to focus you, to make you aware of your surroundings. Tai chi cannot escape its martial roots and the first rule of self-defence is to be aware of your surroundings. Standing is not as easy as it sounds but we teach you to relax and show you how to stand to keep the pressure off your knees and relaxation is the key to tai chi and to keeping stress under control. There is no denying that it takes dedication and practice to achieve this level but tai chi can change the way that you stand and move even when you are not practising.



The Bonsai Tai Chi Academy,  
The Woollard Centre, Wednesday from 7pm.  
John Roper 07967 666794  
www.bonsaitaichi.eu

It can also change your whole attitude.

Overall our system offers exercise, helps your balance, relaxes you and helps you to focus. There is a theory that it will improve your health, there are many anecdotes and even some research but I personally do not make any claims.

Despite social distancing and no tea and biscuits our class still has a social feel to it with lots of interaction and discussion. And for a couple of hours students don't need to think about anything else.

## 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	0808 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
<b>LOUGHTON STROKE CLUB</b>	
Every 2nd and 4th Tuesday	
of the month (except August) at 2.00pm	020 8508 0054
<b>MOTOR NEURONE</b>	
National helpline	0808 802 6262
<b>HOSPITALS</b>	
St Margarets	01992 561 666
Princess Alexandra	01279 444 455
Whipps Cross	020 8539 5522
King George	0350 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	020 8505 4641

## HELP WITH DRINK AND/OR DRUGS

CA Helpline	020 8007 1130
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## MOBILE TOE NAIL CUTTING SERVICE

mobilechirobody@gmail.com	07949 149766
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## 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	020 8553 5471

## 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

## 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

# All change at Braeside School

This academic year, Braeside School in Buckhurst Hill is celebrating some very exciting developments. Part of the Oak-Tree Group that also includes Coopersale Hall School in Epping, Normanhurst in North Chingford and Oaklands in Loughton, Braeside is already widely known for its outstanding education and family ethos.

Previously set on two sites until July 2020, all pupils from 2½ to 16 are now taught on the larger High Road site following the summer's programme of redecoration, refurbishment and reorganisation of space. In addition, from September 2021 the school will be extending its provision to boys as part of a phased plan over time.



We speak to Mrs Chloe Moon, Headmistress at Braeside School, about the many benefits of these changes as she enters her second year of headship.

## Consistency

“One of the biggest advantages is that Year 7 pupils will not have to go through the difficult period of transition as they move up to ‘big school’. They will be able to move through the school with an established set of friends and will already be familiar with the surroundings and staff. Independent ‘all-through schools’ are renowned for the strong relationships cultivated between children of all ages.

## Education and Facilities

Cohesive planning across the school phases will create a seamless curriculum. Some teachers will work across both primary and secondary ages, so the younger children will have access to more specialist teaching that they would not usually access in other primary schools. Shared resources and facilities will be beneficial to both pupils and teachers, such as the use of specialist science labs and art or drama studios.

## Social

Older children enjoy looking after younger children around the school site as reading buddies or prefects. These relationships

Chelmsford (HQ)	01245 491491
<b>YOUTH ORGANISATIONS</b>	
Air Training Corps	020 8505 3353
<b>TRAVEL INFORMATION</b>	
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
<b>UTILITIES</b>	
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
<b>SPORTS FACILITIES</b>	
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 8502 1001
Roding Valley Tennis Centre	020 8505 4008
<b>MINI CAR SERVICES</b>	
Mason Car Services (Woodford Green)	020 8504 1685
Mayflower	020 8502 1111
Sadlers	020 8508 6600
Chingford Radio Cars	020 8524 1111
<b>CHURCHES</b>	
St John's/St Stephen's	020 8506 2150
Buckhurst Hill Baptist	020 8559 0222
St James United Reform	020 8505 0300
<b>BUCKHURST HILL VILLAGE FORUM</b>	020 8559 0529



Epping Forest District Council's **Health and Wellbeing Community Funding** is open to constituted community groups and voluntary sector organisations who are involved in community work, cultural or sport activities to provide successful services to benefit the health and wellbeing of residents in the Epping Forest district.

## WHO CAN APPLY?

Organisations are invited to apply for funding for a maximum of £5,000 towards new one-off projects, or further development of an existing project.

## READY TO APPLY?

Apply online <https://www.eppingforestdc.gov.uk/community/grant-aid/>

## NEED MORE INFORMATION?

Contact Carly Stratton – Community Grants, Fundraising and Sponsorship Officer  
grantaidd@eppingforestdc.gov.uk







### Are you looking to make changes to improve your social, physical and mental wellbeing?

Live Well Link Well is free and confidential support of a non-medical nature. We can help you with:

- Healthy living
- Quitting smoking
- Physical and mental wellbeing
- Independent living
- Mobility and equipment
- Home adaptations
- Safety and security
- Looking after someone
- Social Inclusion
- Getting out and about
- Money worries

### How do I access the support?

If you are aged over 18 and live in Essex

T: 0300 303 9988  
(Monday to Friday from 8am – 7pm)

E: [livewell.linkwell@nhs.net](mailto:livewell.linkwell@nhs.net)

For more details visit  
[www.braesideschool.co.uk](http://www.braesideschool.co.uk)





# Dates

for your diary

...and local organisations

Please check with local organisation contacts for the latest information

## BUCKHURST HILL PARISH COUNCIL

Meetings currently being held via ZOOM. Please contact the Clerk for login details.

### ■ THURSDAY 19 November 2020

7.00 pm Planning and Environment Committee  
8.00 pm Full Council

### ■ THURSDAY 3 December 2020

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

### ■ THURSDAY 17 December 2020

7.00 pm Planning and Environment Committee  
8.00 pm Personnel Committee

### ■ THURSDAY 7 January 2021

7.00 pm Planning and Environment Committee

### ■ THURSDAY 21 January 2021

7.00 pm Planning and Environment Committee  
8.00 pm Full Council

### ■ THURSDAY 4 February 2021

7.00 pm Planning and Environment Committee  
8.00 om Accommodation Committee

### ■ THURSDAY 18 February 2021

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

### ■ THURSDAY 4 March 2021

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

### ■ THURSDAY 18 March 2021

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

### ■ THURSDAY 25 March 2021

7.00 pm Parish Meeting  
7.00 pm Planning and Environment Committee

### ■ THURSDAY 1 April 2021

7.00 pm Planning and Environment Committee  
7.00 pm Planning and Environment Committee

### ■ THURSDAY 29 April 2021

7.00 pm Planning and Environment Committee  
Details correct at the time of going to print but may be subject to change for Statutory/Policy requirements.

Further information from the Parish Office:

020 8498 9933 or our website

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

## ACTIVE LIVING

## IN EPPING FOREST

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

Due to Covid 19 we are currently not delivering any face to face services or groups at the moment. Email:

[essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)/[Vollessex@alzheimers.org.uk](mailto:Vollessex@alzheimers.org.uk)

Local dementia support team:

01371 872658

## BEDFORD HOUSE

## COMMUNITY ASSOCIATION

Your local centre for lifelong learning –

over 80 classes in art, craft, and leisure activities.

Contact: BHCA on 020 8504 6668, email

[office@bedfordhouse.org.uk](mailto:office@bedfordhouse.org.uk)

or visit [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk)

Registered Charity No. 301268

## BUCKHURST HILL

## BAPTIST CHURCH

Corner of Palmerston Road/Westbury Lane.

Lighthouse Coffee Shop open Mon 9am-4.30pm,

Tue-Thur 8.30am-4.30pm, Fri 8.30am-2.30pm.

Sunday Morning Service 10.30am with children's

activities. More events on the website

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

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

## BUCKHURST HILL BOWLING AND LAWN TENNIS CLUB

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

Coaching for all ages is available.

For further details contact

Bowls – Madeleine Davis [bhbltc.co.uk](mailto:bhbltc.co.uk) or 020

8504 4057. Tennis – Brigid Leworthy

[bhbltc.co.uk](mailto: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)

## BUCKHURST HILL

## LEISURE GARDENS ASSOCIATION

The Association manages local allotments on behalf

of the Parish Council at Lower Queens Road, Forest

Edge, Monkams, Palace Gardens and River

Housing (Boxted Close) Contact Marcia Levan-

Harris. email: [bhallotments@gmail.com](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

[hallhire@buckhillu3a.org](mailto:hallhire@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.

[@buckhursthillvillage](mailto:@buckhursthillvillage)

[buckhursthillvillageforum@gmail.com](mailto:buckhursthillvillageforum@gmail.com)

## CHABAD JEWISH CENTRE

Chabad Buckhurst Hill is a Jewish Community

Centre and Synagogue serving the local community

and wider West Essex

For more information or to contact the Rabbi –

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

## DRINK OR DRUG HELP: CA

Group of men and women who have overcome their

struggle with drink and/or drugs, and are here to

help others. Families, friends and professionals also

very welcome.

Saturday morning 8am to 9.15am

We hope to reopen the meeting very soon.

## 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](mailto: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](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

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](mailto: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!

## 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).

## 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-](http://www.forestgroupurc.co.uk/buckhurst-hill-urc.html)

[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)

## 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](http://www.EFSA.org.uk)

## WOOLLARD CENTRE

2 Roding View, Buckhurst Hill IG9 6AQ

Currently Join us on Zoom. [www.zoom.us](http://www.zoom.us) meeting

ID: 977 504 437 Password: 106406). Contact details:

John 07798 838161 or Ben 07919 412867

## WOMEN'S INSTITUTE

Meetings 3rd Wednesday in each month (2nd

Wednesday in December) 7.30pm St James's United

Reformed Church, Palmerston Road

For more information contact the Secretary Elizabeth

Stearn. 020 8504 6634

## WOODFORD

## SYMPHONY ORCHESTRA

7.30pm – 9.30pm at the

Roding Valley Hall, Buckhurst Hill.

[www.WSOchestra.org.uk](http://www.WSOchestra.org.uk) or telephone 020 8924

9370/020 8519 6491

# Kings Place Playground

The Recreation and Community Committee realised last year that it was time to invest in improving the playgrounds for our younger residents, and decided to introduce varied play options wherever possible. After public consultation a new and more exciting piece of



## Church Life



Firstly, we are OPEN. Places of worship are heavily regulated but with masks we welcome you to worship.

November is Remembrance month and then on to an, as yet, undefined December. Watch our advertising for updated information. Please visit us, you are welcome.

**How can we be stronger?**

Perhaps the answers are in these four questions:

**How do I lead in such a fast-changing world?**

**How can we not only survive but thrive?**

**How can we learn to change this moment to grow and transform?**

**What does my team need to learn to succeed in post-pandemic times?**

Strategies are secondary to sensing and comprehending the factors that make our decisions correct regarding what to do.



## St. James URC Palmerston Rd, Buckhurst Hill Harvest Festival

Our Harvest Service was held on the 11th October. Unfortunately, the Uniformed Groups were not with us due to pandemic restrictions.

The Church was beautifully presented to celebrate the harvest. 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.

Our message this year was the Harvest of Souls

## Christmas at St James URC

6th December Rev U Bell

13th December Gerald Lee

20th December Rev U Bell

24th December Carols and Truth Refreshments

Prayer Room

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

New Activities

Memory Lane – 2nd November, Celebrate Christ – 12th December



Despite all the challenges Bedford House has re-opened successfully and welcomed students to a wide range of courses in August. The enthusiasm of our students was apparent in the enrolments and the feedback we have had since our courses restarted has been excellent.

We are aware that it has been a very challenging period for many people and hope that our courses and workshops go some way to provide moments of much needed relief, laughter, and support in these difficult times.

Our programme of courses and events offer learning and development for adults in health, fitness and wellbeing, and art & craft, as well as in other leisure activities. The courses are delivered by experienced artists, and practitioners of health, fitness and wellbeing and are often tailored specifically to each relevant group of learners. You will find more in-depth details of our programmes on our website at [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk)

We are planning an exciting Winter Programme. Please check our website regularly as we will be adding information about new workshops and events when the arrangements for each are confirmed.

Bedford House is easy to find at 4 Westbury Road, Buckhurst Hill IG9 5NW and we have a new sign at the front of the building so it is easy to spot.

Obviously our first concern is to ensure the safety of our students so that they can enjoy their time at Bedford House. Our manager has done some extensive health and safety planning to prevent the spread of COVID-19. You will see frequent cleaning of items like door handles and tables and signage to facilitate social distancing.

It was disappointing that the COVID-19 restrictions meant that we couldn't hold our usual summer exhibition this year but please enjoy our virtual summer exhibition on the website.

If you require any further information please email: [Enquiries@Bedfordhouse.org.uk](mailto:Enquiries@Bedfordhouse.org.uk) or phone 020 8504 6668.

We very much look forward to welcoming you to our courses.

*Cllr Sylvia Watson,  
Vice Chairman*



## WHEN WAS THE LAST TIME YOU HAD YOUR GUTTERS CLEARED?

Keeping your gutters clear of leaves, moss, and twigs is crucial for protecting the structure of your property and preventing costly water damage to the interior and exterior of your home!

Using the SkyVac™ gutter cleaning system, we vacuum your gutters clear from the safety of the ground, with the aid of our camera inspection equipment.

Clearing gutters up to 3 storeys high, 40 feet!

Reaching those awkward places above conservatories and extensions.

Check out the videos on our website for more info on gutter clearing.

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

Alternatively scan this QR code for a fast link to our website.



Call Lee: 07769 905728

Other services we provide: window cleaning, UPVC fascia, soffits, outside gutter



**BUCKHURST HILL  
RESIDENTS' SOCIETY**  
*Would you like to join  
a committee that cares about  
and works for Buckhurst Hill?*

**We have vacancies.**

We meet 7-9pm on the last Tuesday of the month for serious, lively, joke-infested meetings.

Contact Chairman John Page on 07930 324408  
or Secretary David Freeman on 07702 638650

Check out our website:  
[www.buckhursthillresidents.co.uk](http://www.buckhursthillresidents.co.uk)

## EPHING FOREST FOODBANK

If you could spare some food as part of your weekly shop that would be great. Please donate:

**Instant mash • Sponge puddings • Packet noodles • Snack bars • Crisps**

**Hand sanitiser (70% alcohol content) • Laundry tablets (SM/MED)**

**Washing up liquid • Shampoo • Toothpaste/toothbrush**

Thank you for your continued support.

**DROP OFF POINTS: 104 Palmerston Road 37 Loughton Way 7 Scotland Road**

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

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

## COPY CLOSE DATES FOR NEXT EDITION

Items are welcomed from **all** local organisations, subject to space and may be edited. Email to [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk)

**SPRING –**

Copy close: **12 February 2021**  
delivery planned for week commencing  
**22 March 2021**

## CREATIVE COMMUNITY GROUP

Welcome to our

for over-70s serving you, our community.  
We invite you to journey with us on a path to meeting  
**new friends, keeping fit and sparking one's imagination** with  
new **activities**, new **experiences** and new **challenges**.

Why not come and join us and experience  
**new adventures** on a trip down Memory Lane?

We commence on the 2nd November at 2.30pm (subject to government regulations) and can accommodate 12 at this early stage.

Call 020 8505 0300/07912 760504 to make your booking. See you soon!

This is a joint STAGE ONE THEATRE SCHOOL AND ST JAMES PROJECT.



# National Honours Award

Anyone can nominate anyone for a national honour, such as a British Empire Medal or Order of the British Empire award.

Honours recognise people who have made achievements in their community or in public life. They will usually have made life better for other people or be outstanding at what they do.

It's important that the person you nominate is still actively involved in what you are nominating them for. It is also important the nomination is kept secret from the person you're nominating.

You cannot nominate yourself and you cannot nominate someone for a particular honour.

That is decided by an honours committee whose recommendations go to the Prime Minister and then to the Queen.

Honours are awarded for achievements such as making a difference to the community or in their field of work such as:

- Long-term voluntary service
- Innovation and entrepreneurship
- Changing things, with an emphasis on achievement
- Improving life for people less able to help themselves or displaying moral courage.

The Coronavirus pandemic has been hard on everyone. It separated loved ones, left many feeling isolated and alone. Arguably the worst affected were those who struggle to look after themselves and are forced to shield, owing to serious medical conditions.

Honours are usually published in the New Year, and on the Queen's official birthday in June. However, the honours list was delayed this year until the autumn to allow nominations to be made to reflect those involved with work during the emergency. Whether it's a person who for months bought and delivered groceries to the elderly, or prescriptions to the sick, whether it's a doctor or nurse who worked extra shifts to help others despite putting themselves at risk, whether it's a local enterprise who went above and beyond to offer deals and savings to key workers and extra-ordinary deliveries to the vulnerable.

If you know of an individual, voluntary group or business that has made a big difference to others during lockdown, then please nominate them for an honour.

- Frontline workers supporting both the most vulnerable members of society & those who have contracted COVID-19
  - Individuals providing critical care to COVID-19 patients
  - People developing innovations to support the vulnerable & those with COVID-19
  - Those who go to extraordinary lengths to keep critical services going
  - The volunteering community, assisting service organisations in support of those affected by COVID-19
- Nominations can be made through a special section on the Government website

[www.gov.uk/honours/nominate-someone-for-coronavirus-work](http://www.gov.uk/honours/nominate-someone-for-coronavirus-work)



## BUCKHURST HILL PARISH COUNCIL £ GRANT AWARD SCHEME £

ARE YOU A GROUP OR ORGANISATION THAT DIRECTLY BENEFITS & IMPROVES THE COMMUNITY OF BUCKHURST HILL IN ONE OF THE FOLLOWING AREAS?



IF YES, YOU MAY BE ELIGIBLE TO APPLY FOR A PARISH COUNCIL COMMUNITY AWARD GRANT FOR YOUR ORGANISATION UP TO THE VALUE OF  
**£500**

Applications are welcomed from groups either within the Parish boundary or without who can demonstrate that their project provides a measurable benefit to the residents of Buckhurst Hill.

To find out more or to request an application form please contact

Buckhurst Hill Parish Council  
office@buckhursthillpc.gov.uk  
Tel: 0208 498 9933



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: p.arnold@eppingforestdc.gov.uk

