

# BuckhurstHill

Parish Council Magazine **Spring 2021**

News and views from around Buckhurst Hill



## From the Chairman

I hope you are all keeping healthy and safe.

In an endeavour to keep you all well informed, we have increased our presence online and delighted to hear that you are enjoying regular digital updates and news via social media on what your local Parish Council is up-to. We are still conducting Parish Council business online via zoom and like the increased accessibility we are able to offer our residents but at the same time can't wait to be among you all physically and put on events for us all to enjoy. In the meanwhile, we are doing what we can to keep engaged with our community.

We are pleased to introduce a new section in our Parish Magazine dedicated to you the residents. This edition we have an article on Poppy's fundraising. Thank you and well done Poppy for reaching your goal! Please send us your interesting articles and we can try to include them in our future publications.

*Did you know a copy of the magazine gets archived at the British Library? So, get writing and be part of history!*

## Buckhurst Hill celebrates International Women's Day

International Women's Day takes place every year on 8 March to celebrate and

commemorate the countless achievements of women around the world. It's also a time to recognise the many gender inequalities that still exist today and talk about what we can do to combat them.

A lot of us may have previously attended this event mostly in London over the years and I wanted to bring the event closer to home so that we can celebrate a wide array of achievements of the women in Buckhurst Hill. Thank you to the Councillors of Recreation and Community Committee on agreeing to support this event.

UN Women announced the theme for International Women's Day as "Women in leadership: Achieving an equal future in a COVID-19 world." The theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic.

Celebrating women's achievements and increasing visibility, while calling out inequality, is key.

A challenged world is an alert world and from challenge comes change. So let's all choose to challenge and get a conversation going...

How can we help forge a gender-equal world?

Celebrate women's achievement. Raise awareness against bias. Take action for equality.

We have launched a new Facebook group 'Buckhurst Hill Celebrates International Women's Day' for all the residents who wish to join us to celebrate or seek inspiration from these amazing women amongst us. Please join this group with your photo in the pose representing an 'equal sign' with **#Choosetochallenge** and your pledge stating how you are ensuring equality in your respective field whether its creatives, technology, sports, STEM, enterprises by women for women, education, health and empowerment.

## Update on local street furniture

The bus stop outside Buckhurst Court would benefit a great deal from a shelter so that the residents of Buckhurst Court and Regency Court can be sheltered from the elements and have somewhere to sit while they wait for the bus. The request has been made to Essex Highways and we are awaiting response.

Three

new

benches have

been agreed for the

Roding Valley Recreation Ground and additional bins outside the playground will be in place ready for those summer picnic days.

We have been able to replace the benches outside BH Waitrose via their community fund and the locality fund from Essex County Council to commemorate VE day, COVID-19 and a thank you to NHS staff.

## Thoughts and Prayers

As I write this article, we as a nation have reached a significant milestone in our national vaccination programme. A total of 15 million vaccines have been administered to all those in the first four priority groups of some of the most vulnerable people in the country. We are very lucky to have a vaccination centre on our door-step and everyone I have spoken to who have had their vaccination there have been impressed with the organisation and delivery of the vaccination. We have played our part in it and offered the Roding Valley Hall car park to fulfil additional parking requirements for those visiting the clinic. I have undoubted confidence in our country's National Health Service to see us through these difficult times.

My thoughts and prayers are with all those suffering from loss due to this pandemic and the children who are missing out on important social interaction with friends and family. Hope is what keep us going and I do hope that soon normality will prevail.

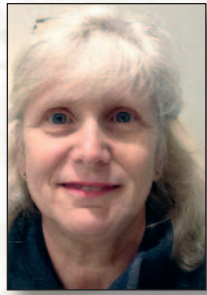
Stay safe,

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

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## Pleasure, treasure and what's going on

Spring is on its way again. The January RSPB Birdwatch has passed and happy to say Buckhurst Hill still has a thriving birdlife collection, especially in my front garden with a strategically placed bird feeder right outside my office window.

This has now become the norm – a little bit of daydreaming whilst trying to continue everyday life.

Every resident in Buckhurst Hill deserves a pat on the back for the sterling efforts made to keep as safe and as far away as possible from COVID-19.

So lucky are we that we have the pleasure of Epping Forest and the River Roding on our doorstep to make life that little easier to enjoy, for us all to keep as fit as possible within the tight COVID restrictions.

As well as our NHS workers and other emergency services, it should be noted what a fantastic effort has been made by the staff at all our local supermarket and other local essential shops to keep us all fed and fit.

The Parish Council Office has reorganised to be able to keep the local administration and essential Committee meetings on track via the use of Zoom. Local Councillors have continued to give their time to keep the wheels of the Parish Council turning.

Since becoming a Parish Councillor I think it has been established that my strength lies in nagging. When the Luxborough Lane bridge was put out of action, due to its unsafe structure, the point was made that it's a most valuable part of the local infrastructure giving access to school pupils and residents alike being able to connect with Chigwell and that an 18 months to 2 year wait for a decision on how the problem should be resolved was not good enough.

Consistent nagging and action by the Planning Committee resulted in a temporary bridge being put in place relatively quickly. This temporary structure is amazing and now gives even greater access to residents. Its wide expanse now easily accommodating pushchairs, wheelchairs and bicycles. Well done Essex Highways.

At Recreation & Community, as a result of local residents' and my requests a jockey rail was installed alongside the green area in Cascade Road. It has not only enhanced the area but has given protection to the edge of the area which is prone to subsidence.

Since joining the Parish it has been a goal of mine to encourage EFDC to reinstate a play/fitness outdoor facility for local residents and families on the playing fields behind Hornbeam Road. It has finally been agreed in principle the Parish will support works in this area once the housing development is completed.

During the lockdown many have taken advantage of getting home improvements made and also clearing the household clutter.

Treasure – I have even found at the back of the cupboard the Millennium mug which was produced by the Parish Council for the year 2000. There are possibly only 100 in circulation – mine has the number 35/100 on it. Lucky to have survived the last 21 years in such a busy household and with only two chips on it!

If you want to keep connected and have any items to bring to the attention of the Parish keep an eye on our Parish noticeboards for information on meetings. The information is also available on the Parish Website, through Everything Epping Forest and various other platforms such as the local Guardian newspaper. Alternatively email the Parish Office with any burning issues –office@buckhursthillpc.gov.uk

Take care and stay safe.

Cllr Jane Forker-Clark



At the moment it is quite difficult to write articles as things change so quickly. As I write this, we are in the middle of a National Lockdown, new variants are appearing, vaccinations are going brilliantly, I have had my first dose, and Tottenham have lost three matches in a row. Who knows where we will be when you read this.

Much praise and gratitude has gone to the NHS and the scientists involved in the vaccine role out and rightly so. I want to spend a few minutes thanking some of the people who have kept all of us going through this difficult period. Thanks to the binmen, I don't think they have missed a single collection. Thanks to the delivery drivers who keep us supplied, some have become friends. Thanks to the shopworkers, pharmacists, butchers, bakers etc etc. Maybe controversially I also want to thank the postmen and postwomen who have tried valiantly but have been seriously let down by their management.

I want to thank my fellow Councillors and our Council staff who have been working tirelessly on behalf of the Community.

As somebody who has spent most of the last year shielding, it has only been possible to join meetings on the Zoom platform. Occasionally I get the chance to walk and notice small problems that can be reported, but very much rely on local people getting in touch with their problems. Following a recent meeting on a Planning Matter I know that there is one resident that wanted to speak to me, if he or anyone else contacts the office I am very happy to call them on any subject to do with Buckhurst Hill.

Looking forward to the future and please make sure you get the vaccine at the earliest opportunity and stay safe.

Cllr Ken Williamson



## Epping Forest and Climate Change

At a meeting of the Epping Forest Consultative Committee on 10 February I was encouraged by the depth of knowledge of the officers regarding the long-term capture or removal (sequestration) of carbon dioxide from the atmosphere to mitigate or reverse global warming. Epping Forest, and its buffer

lands, offers opportunities to enhance carbon sequestration as part of the City of London Corporation's Climate Action Strategy. A main goal of this strategy is to reduce the Corporation's direct carbon emissions to net zero by 2027.

While most of us are familiar with the role of trees in reducing carbon dioxide in the atmosphere, fewer are aware of the recent science evidencing the importance of grasslands in storing carbon.

It was heartening therefore to hear that the Corporation's carbon removal works will include reversion of arable land to areas of both trees and grassland with management of woodland grazing of grassland. This return to natural habitats will also protect some specialised habitats while promoting ecological processes as a way of enhancing carbon storage. Land management activities will start this year to enable the maximum possible annual sequestration target to be reached by 2027.

Although this project will be of particular significance to the many Buckhurst Hill residents who work in the City of London it will benefit everyone. Hopefully, it will also provide an opportunity to educate people on how, by working together in an informed way we can address not only the global climate emergency, but also the global biodiversity crisis.

Finally, I would like to recognise the hard work and contribution of Robert Levene in his term of office representing Bedford House Community Association on this Committee. His guided walks in Epping Forest will undoubtedly continue to help people enjoy the forest while learning about its history and natural history.

Cllr Sylvia Watson



## Valerie Metcalfe

I wrote my last article for the Winter edition of our Parish magazine in October and here I am again in February writing for the Spring edition and I still remain at somewhat of a loss as to where we will all be with regard to the COVID-19 pandemic and the degree of restrictions we will still be facing. But by the end of March I

know the roll-out of the vaccination programme will be giving us all hope that matters are improving.

Now, in early February, we are in Children's Mental Health Week, which is an issue that greatly concerns me. When you read this, I can only hope that there has been progress with schools re-opening, that our young people are beginning to be able to socialise again and some of the damage done to both their educational and psychological needs is being repaired.

I reported to you last time that I had a £10,000 grant from Essex County Council to spend on local initiatives and I am really pleased that with help from the Parish Council, we were able to identify a number of projects which I hope will help our school children, whether it's playgrounds, sporting facilities, courses to build self-confidence and resilience or to address mental health issues which have arisen for quite a few younger people. Most of the funds are being used to benefit our younger generation. One exception though is the joint enterprise with Waitrose to provide two benches in Queens Road, one acknowledging the vital work of the NHS and front-line workers during the pandemic and the other to commemorate the 75th anniversary in 2020 of VE Day.

County councillors have also been given a COVID-19 Winter Grant of £2000 to help vulnerable children and families with essential living requirements, be it food or fuel bills etc., and I have split this between two local charities both of which have a good reputation for supporting residents in our local community.

Lastly, I hope you have seen that a number of potholes have been repaired although, as always, there is still work to be done. 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). If you see no progress after a reasonable amount of time, please contact me with your reference number so that I can chase up directly. Until next time – Keep safe, keep well!



Pictured (left to right) Waitrose Community Matters Co-ordinator Linda Neighbour, Buckhurst Hill and Loughton South County Councillor Valerie Metcalfe, Waitrose Deputy Branch Manager Natasha Anastasi, Waitrose Assistant Team Manager Charlie Aguis, Buckhurst Hill Parish Council Clerk Liz Petyt-Start, Buckhurst Hill Parish Council Chairman, Councillor Smruti Patel and Waitrose Community Matters Co-ordinator Maxine Battams.



## Steven Neville

With the vaccine being rolled out around the country hopefully 2021 will be better than 2020. Whilst 2020 was very difficult for many of us it also brought out the best in the community of Buckhurst Hill. My work as a Councillor has been very busy going to meetings, talking with officers and liaising with residents over issues to do with planning,

parking, littering among other matters. I have managed to do some face-to-face stuff with residents but due to restrictions it has been less than I would normally manage. By the time you read this Epping Forest District Council will have presented the climate action plan to District Councillors. This comes 18 months after a cross-party motion to declare a climate emergency. The Parish has also declared a climate emergency and we are working cross-party to find local and appropriate solutions to do our bit helping to tackle this emergency. I recently attended an Essex wide climate emergency conference with the Clerk of the Council and found some interesting ideas of what other Parish and Town Councils are doing. We are in the very early stages of making plans and we'll talk about it more later on.

I hope you all have a good rest of 2021.

Cllr Steven Neville

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

### Buckhurst Hill Parish Council freezes share of council tax bill for 2021-22

Buckhurst Hill Parish Council has frozen its share of Council tax bills for 2021-22 having set its precept at £359,979 for the next financial year.

It means council tax bills for 2021-22 will include a band D equivalent of £68.89 towards services provided by the Parish Council. The Council has kept its precept the same for another year.

The Council's budgets include a new budget item of £5,000 for its Climate Emergency work and £10,000 earmarked for a COVID-19 memorial in the parish.

### Parish Council presents grant to boxing gym

A grant of £500 has been presented by Buckhurst Hill Parish Council to Club KO boxing gym in Queens Road, Buckhurst Hill.

The money will be spent on purchasing boxing gloves for members who, as part of the COVID-19 regulations, must have their own gloves as they are not allowed to share.

The gloves will be given to those who may not be able to buy their own.

Parish Council Chairman, Councillor Smruti Patel, who visited Club KO to present the cheque, said: "It's right that the Council supports local initiatives and small charities. Club KO is a great cause and Noel and the trainers do amazing work with local youngsters. I spoke to a parent at the club who said that his son had gained a lot of confidence from going there".

### Parish Council seeks Police Officer applications

Buckhurst Hill Parish Council is encouraging applications for a Police Community Support Officer and a Special Constable to work in the Parish.

The dedicated PCSO is currently funded by the Parish Council.

### Bikeability scheme to be funded by parish council

A Bikeability scheme run by Epping Forest District Council for children living in Buckhurst Hill who may have missed the regular training normally carried out at their schools is to be heavily subsidised by Buckhurst Hill Parish Council.

The Parish Council intends to initially fund three sessions, Level 1-3, for Year 6 and older children wishing to ride their bikes to their secondary schools at Easter and a further session next summer if there is sufficient demand. Places will be allocated on a first come, first served basis through office@buckhursthillpc.gov.uk. Parents would only pay £5 per child.

For details about how to register to receive our regular media releases via e-mail, please e-mail [everythinglocalnews@gmail.com](mailto:everythinglocalnews@gmail.com)

## Jo Share-Bernia

On behalf of Epping Forest District Council, Cllr Jo Share-Bernia lays a wreath in memory of the fallen soldiers who sacrificed so much for the British people. Unfortunately Remembrance Sunday 2020 was affected by COVID-19 and prevented the usual full service to take place.

Cllr Jo Share-Bernia







## Open Spaces, mental health and COVID-19

This last year has been a challenge for many residents in Buckhurst Hill, myself included. Our way of life in many instances has been turned upside down; many local businesses have been closed since March last year, and many residents have either been furloughed or sadly lost their jobs. For others, a commute from Buckhurst Hill station has been changed into

a commute to their dining table or office desk. In person meetings with colleagues and loved ones have turned into virtual video-conferencing meetings.

Something that has become apparent to me during this lockdown is the mental health implications of spending months at a time at home without the social interactions which every-day life provides and the importance of open spaces. It has also made me aware of just how many local shops we actually have in Buckhurst Hill, which is important in a globalised world which is increasingly going online.

I'm sure I'm not alone in maybe appreciating a little more the wonderful open spaces we have in Buckhurst Hill during lockdown– whether it is Roding Valley Park, the Hornbeam Road Playing Fields, Lords Bushes/Knighton Wood or Linder's Field. I've lost count of the number of times I've been to these places during lockdown. I suppose what I'm trying to say is I think the lockdown has taught us about the importance of open spaces to our mental health, and how blessed we are in Buckhurst Hill to have so many spaces outside to enjoy during these testing times.

One day, things will likely go back to a semblance of normality. I hope though when lockdown does finally end, and it will, we will continue to cherish our open spaces and shops in Buckhurst Hill.

# Annual Christmas Card Competition

The Parish Council would like to thank the primary schools and students in Buckhurst Hill for their support and amazing entries for our annual Christmas Card Competition. The standard of entries was extremely high, and we are delighted to be able to share some of these within the magazine.

Many congratulations to everyone who very kindly entered, with a special mention to our three winners, Holly Leitch (overall winner); Eliza Malik and Felix Lammin.

Holly's card was used as the design for the 2020 Parish Council Christmas Card.



## VOLUNTEER to help tackle SPEEDING in Buckhurst Hill

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

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

## Dates for your diary

**BUCKHURST HILL PARISH COUNCIL**  
Meetings currently being held via ZOOM.  
Please contact the Clerk for login details.  
■ **THURSDAY 25 March 2021**  
7.00 pm Parish Meeting  
■ **THURSDAY 1 April 2021**  
7.00 pm Planning and Environment Committee  
■ **THURSDAY 15 April 2021**  
7.00 pm Planning and Environment Committee  
■ **THURSDAY 29 April 2021**  
7.00 pm Planning and Environment Committee  
■ **THURSDAY 6 May 2021**  
ELECTION DAY  
■ **THURSDAY 13 May 2021**  
7.00 pm Planning and Environment Committee  
8.00 pm Annual Council Meeting  
■ **THURSDAY 27 May 2021**  
7.00 pm Planning and Environment Committee  
8.00 pm Recreation and Community 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)



## To the residents of Brentwood and Epping Forest

My name is Ant Alcock and I am the district commander for Brentwood and Epping Forest with Essex Police.

The strength of our county is in our communities and I'm reaching out to you to ask for your voice. It's important that you have a say in the way we police your area, and that's why I'd like to invite you to become a member of our Independent Advisory Group (IAG).

An IAG is a group of people from a diverse range of communities who come together four times a year to give us feedback on a range of local policing issues and live incidents so we can improve our understanding of the communities' needs, expectations and concerns. In response, we'll show you how we work, how we respond to incidents, and how we protect and serve Brentwood and Epping Forest, which can then be shared back to the communities.

We are looking for individuals who are under-represented in the usual decision-making processes within the police and who may not ordinarily have a voice in conversations that will affect their communities.

The IAG will discuss hate crime, significant local incidents, procedural changes and any other policing matters that are important to you. Any number of decisions made within policing can have unforeseen impacts on the community and as a member of the IAG you will be able to help us understand these issues and find ways to address them.

I promise that Essex Police will listen to your views, deliver tangible responses to those views wherever appropriate and explain the reason when a response cannot be supported. I will encourage honesty and challenge from the group, especially where it is critical of the police, so we can learn and deliver the very best service to everyone.

We want to hear from as broad a range of people as possible, irrespective of who they are, and irrespective of their personal characteristics, whether that be:

Age • disability • gender reassignment • marriage and civil partnership status • pregnancy and maternity • race • religion or belief • sex or sexual orientation

I'm eager to hear from those who represent or form part of these groups, but these are certainly not limitations as to who can apply. I need help from you to either volunteer as a representative of your community or to volunteer another individual – with their consent – who you feel would best represent your views.

For more information on how to apply visit <https://www.essex.police.uk/iag>.

If you want to make a real difference and improve policing for you and your communities, I urge you to apply. I look forward to hearing from you.

Yours faithfully, *Ch Insp Ant Alcock, District Commander, Epping Forest and Brentwood*



## Brave PCSOs evacuate burning building

Two police community support officers evacuated five people from a burning building after they noticed smoke.

PCSOs Adam Dixon-Peters – the dedicated PCSO for Buckhurst Hill, funded by the Parish Council, and Andy Flett were out on patrol in Buckhurst Hill on Sunday afternoon 17 January when they spotted the fire at the Tandoori At The Chambers restaurant in Queen's Road.

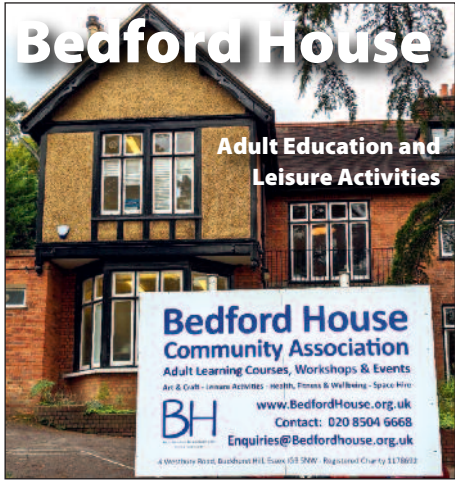
Adam and Andy rushed to the building to see how they could help, concerned that people may still be inside.

Staff had already called the fire brigade and so Adam drove the patrol car to one end of the road to block it off to traffic and they both worked to find the owners of parked cars to clear the road outside the restaurant to allow fire engines and an aerial ladder platform get close enough to the burning building.

As fire crews arrived from Loughton, Waltham Abbey, Grays and the London Fire Brigade, fellow officers from Loughton Community Policing Team arrived to help evacuate neighbouring buildings and manage the crowd which had gathered.

Thankfully, no-one was injured in the fire – which started accidentally in an extraction system. The Parish Council would like to thank Adam and Andy for their incredibly brave actions.





When the new lockdown in January was announced Bedford House launched their new initiative Bedford House Online. Bedford House Online offers 10 courses ranging from Pilates and Yoga to various drawing and painting courses, oil painting, printmaking, calligraphy, and art appreciation.

Online workshops are added throughout the year. You can find the full programme on our website. We also offer task-based courses for those with limited IT so that everyone has an opportunity to stay active and continue their learning. 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.

We are delighted with the feedback from Bedford House Online students which is very positive and rates the classes 4.5 stars out of 5.

The Bedford House Centre Manager, Lykke Leszczynski, says: “We have spent a great deal more resources than usual on outreach, member engagement and service development since March 2020 to ensure that our services remain relevant and to keep in contact with our Members and Friends so that they can stay connected and active and therefore stay as healthy as possible both mentally and physically”

Bedford House is a delivery partner of the Epping Forest Festival of Culture

(January to April 2021) participating with both taster sessions and our full online course programme, as well as an online workshop in March ‘Painting Wildflowers in watercolours’ led by Katherine Poluck, one of our tutors and a local artist.

Before Christmas Bedford House launched an online Card Shop with handmade greeting cards made by our talented printmaking classes led by Anne Daniels. All funds raised go to Bedford House. A very successful initiative that sold over 220 individual cards in a few weeks before Christmas. Visit the current card selection on our website where new general and seasonal cards are added regularly.

If you would like to be the first to know about our activities, you can sign up to our mailing list by going to the home page [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk) and clicking the link ‘Join Our Mailing List’ where you can leave your email address.

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



# VETS CORNER

We are really pleased to introduce Liz Munro from the Palmerston Veterinary Group, who will be sharing with us some seasonal pet advice. Please see Liz’s first column below.

## Are you lungworm aware?

Spring is just about on us, bringing with it new bursts of colour in our gardens, and often lots of rain too! Whilst the wet weather is great for our plants, it also encourages an influx of insects, including slugs and snails.

Not only are slugs and snails a pest in the garden, they can also pose a potential risk to dogs. Slugs and snails can become infected with larvae from a type of worm called Angiostrongylus vasorum, also known as lungworm in the UK. Lungworm populations have grown hugely over the past 20 years and their prevalence is now very high in London and the South East of England. Dogs can become infected by eating infected frogs, slugs or snails, or by licking the trails left by slugs and snails. Even tiny slugs, like those which may climb onto toys left in the garden, can be infectious. Once eaten, the lungworm larvae are present in the intestines of the dog. From there the larvae travel to the heart and lungs of the dog where they lodge, become adults, and can start to cause disease. Signs of lungworm disease in dogs are variable but include coughing, bleeding problems and neurological problems, such as paralysis. It is possible to treat lungworm in early stages, however, often, by the time signs are seen, it is too late to initiate treatment, and for many dogs lungworm is fatal. Thankfully, lungworm prevention is simple. Using a product which provides lungworm protection every month provides good defence against the adult lungworms. It is worth noting that currently the only preventative treatments for lungworm are prescription products which are only available through Veterinary surgeries or on prescription. At Palmerston Veterinary Group we offer free ‘flea and worm check’ appointments so that you can obtain these treatments for your dog. You should also be aware that lungworm prevention is different to the regular intestinal round and tapeworm ‘dog wormer’ treatments. If you are worried about possible signs of lungworm you should not delay in calling your Vet.

### More information on lungworm can be found at

<https://uk.mypetandi.com/parasites/lungworm/understanding-the-lungworm-life-cycle/>



If you would like to speak to one of our team about lungworm and how to protect against it, or you would like to book an appointment, please call 020 8505 1435.

Liz Munro is a Vet and Clinical Director at Palmerston Veterinary Group, 93 Palmerston Road, Buckhurst Hill IG9 5NG. [www.pvgvethospital.co.uk](http://www.pvgvethospital.co.uk)



# Buckhurst Hill Leisure Gardens

The allotments are usually quiet during the winter months, with little to see of the hard preparation work that’s underway.

A couple of things to report, apart from the major flooding at River Housing when the River Roding burst its banks, are the perimeter walls being demolished at Monkams and the erection of five replacement sheds at Lower Queens Road.

# St. James’ URC

Palmerston Road, Buckhurst Hill

During the Lockdown we no longer hold services at St. James’, but our minister, Revd Ulrike Bell, leads an on-line Zoom service every Sunday morning, which anyone can join by first contacting her for the Zoom link at: [ulrike.Bell@btinternet.com](mailto:ulrike.Bell@btinternet.com). She has also started an eight week Bible Study course on-line, using materials from The Bible Society which takes place at 4pm on Sundays. A Lent Study Course entitled, *The History of Everything* will begin on Thursday afternoons from 25th February also on-line. Please do contact her if you are interested in joining either of these groups.

During *Fairtrade Fortnight*, 22nd -7th March we are hoping to have an on-line

event with a Fairtrade speaker. Details of this will be put on our website: [www.forestgroupurc.co.uk](http://www.forestgroupurc.co.uk).


Our Prayer Room at church is open every morning from 8am-1pm, so anyone who wishes to spend some time in prayer or contemplation is welcome to use it.

Before Easter we will have a six foot wooden cross positioned near the church entrance and people passing by can tie ribbons with prayers or messages on it if they would like to.

It is sad we cannot for the moment, meet in person for worship nor open our premises for community groups to use, but hopefully later this year, we can return to normality!

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

Isabel Bala (Church Secretary)



## The Society

is holding Zoom talks at 7.30pm on the

# SECOND TUESDAY

of each month.

The talks are free for members

If you would like to join the Society (£5 per person per year if by direct debit) please find our membership form on our website.

[www.buckhursthillresidents.co.uk](http://www.buckhursthillresidents.co.uk) and click on Documents at the bottom of the page.

A small sample of talks for this year:

- History of Butlins
- William Morris and the Arts and Crafts Movement
- Quiz in aid of our current charity – the Rose Walton Centre
- The Glory of MGM Musicals
- Agatha Christie
- The Wildlife of Copped Hall

# Apology

The Parish Council would like to apologise to Jenn Page for the incorrect spelling of her name in our Winter 2020 magazine and for any inconvenience this may have caused.

# POPPY’S



# FUNDRAISING ACHIEVEMENT

Our daughter, Poppy, has adored animals since she was a baby. She saw the Lion King when she was five and has been absolutely enamoured with big cats ever since. Last year, when Poppy turned seven she was inspired by the story of Andy Souard, a six-year-old girl in California whose fundraiser helped save the Oakland Zoo earlier this year. Poppy told us would like to do something similar to help wild cats.

In September we got a chance to talk to Poppy’s hero, Giles Clark, the Director of Conservation and Big Cats at the Big Cat Sanctuary. She told him about her wish and he talked enthusiastically about the work Panthera does to help wild cats around the globe. Poppy then filmed her fundraiser video and we launched it through Facebook on October 3rd. She set a target of raising £1000 for Panthera, which we all agreed was ambitious. She reached her target in December and we received the following message from Giles, “This is incredible – tell Poppy she has done a great job, wild cats need more incredible champions like her!”

We are so proud of her, and hope she helps inspire others around the globe!

Mike (Poppy’s father)

Chelmsford (HQ)	01245 491491
<b>YOUTH ORGANISATIONS</b>	
Air Training Corps	020 8505 3353
<b>TRAVEL INFORMATION</b>	
Stansted Airport	0844 335 1803
Watlington 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 CAB 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

## Buckhurst Hill Parish Council

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





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office@buckhursthillpc.gov.uk  
Tel: 0208 498 9933



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Items are welcomed from all  
local organisations, subject  
to space and may be edited.

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