

# BuckhurstHill

Parish Council Magazine Summer 2021

News and views from around Buckhurst Hill



## From the Chairman



Welcome to the Buckhurst Hill Parish Council magazine. This is the first time I've written the Chairman's article. Firstly I want to thank my predecessor as Chairman, Smruti Patel, for her dedication and service to the people of Buckhurst Hill. She did a fantastic job as Chairman. Secondly I would like to thank my fellow Parish Councillors for electing me as their Chairman. As a Parish Councillor I represent the East Ward. There are five Parish Councillors in the east ward and six in the west ward. As Chairman I represent the whole of Buckhurst Hill. For those of you who don't know who I am I have lived in Buckhurst Hill all my life. I have represented Buckhurst Hill East on the District Council for the last seven years and on the Parish Council for the last five years. I work as a children's worker in a church in West London.

We recently had Parish Council elections for the first time in five years. Delayed because of COVID. The elections meant a big change in who was elected to serve on the Council. At our recent annual meeting I thanked all those who had served in the previous term of office 2016–2021 but whom either through standing down or not getting re-elected are not on the new Council. Those were Joseph Barkham, Samuel Clark, Jane Forker-Clark, Bobby Nagpal, Smruti Patel, Glenys Reynolds, Sylvia Watson and Neville Wright. As a Parish

Councillor you give up your free time to serve your community. That needs to be recognised.

Parish Councils are the first tier of local government. Its meetings are based in the community it serves. In our case we meet at the Buckhurst Hill Library. As a Parish Council we own two halls: the Woollard Centre, and Roding Valley Hall situated both in the East Ward. We look after playgrounds such as those in Kings Place and in the Roding Valley recreation ground. We are trying to revive the playground in Hornbeam Road that is currently disused. We have responsibility for some bus shelters along the high road, a number of salt bins, waste bins et cetera. The Parish Council has a reputation for putting on community events. Most notably the Christmas in Queens Road event which we have done working heavily with the Buckhurst Hill Residents Society. We also have the ability to object to planning applications. We work with community organisations and other tiers of local government to achieve certain projects that will benefit the parish. We can also alert other tiers of local government to problems in our community.

I am gratified by the number of community organisations that put articles in the parish magazine. The magazine is for everyone. It is not just for Parish Councillors or the Parish Council to tell you what we've been doing but also to hear from you and what you've been doing. Thank you for all those that do contribute articles, I hope you continue to do so. If you are a community organisation that we've yet to hear from please do get in contact with the office with an article, we would be delighted to hear from you.

As Chairman each year we are to pick a chosen charity to raise money for. I have chosen the Epping Forest Foodbank. I have had some dealings with them over the years and know what a very much needed service they provide. It is a tragedy to me that in such a rich country as ours there are people who would be left without food so I am glad that the Foodbank are here and know they help people in Buckhurst Hill.

As a Parish Council we will be pursuing ideas to benefit the community. Amongst these will be projects to increase the options open to young people and children. Whilst monitoring the COVID situation, as this eases we will be looking to put on events to bring the community together. Amongst the ideas to come out of the recent Recreation and Communities committee meeting were an event to mark the Queens platinum Jubilee and a farmers market.

Finally I would like to wish you a lovely summer. I look forward to updating you in the next edition of the work of the Parish Council.

*Cllr Steven Neville, Chairman, Buckhurst Hill Parish Council*

## SEE INSIDE

<b>Council Information</b>	<b>1-5</b>
<b>Community News</b>	<b>6-16</b>
<b>Dates for the Diary</b>	<b>13</b>
<b>Useful Numbers</b>	<b>12</b>





## From the Clerk

The first Thursday in May is the traditional date for Local Elections and usually Parish Councils have a four-year term for its elected members. However due to the pandemic this has meant that Buckhurst Hill was forced to wait another year to exercise its democratic right and voting took place on 6th May 2021. There's a newly elected Full Council now with eight new members and three returning Councillors who will serve the residents for an unusual three years. Members are unpaid, have significant legal powers and duties and

form the Parish Council to exercise powers within its right under the Local Government Act (1972). Although Parish Council is not a political tier of government it's now represented by Conservative and Green Party members and has a Green member majority. The role of Parish Councillor is quite literally thankless as there is no mechanism to do so formally, so as we say goodbye to former Councillors Joseph Barkham, Sam Clark, Jane Forker Clark, Bobby Nagpal, Glenys Reynolds, Sylvia Watson and Neville Wright, on behalf of the residents and businesses of Buckhurst Hill and through this publication I'd like to give thanks for their hard work, enthusiasm, commitment and diligence in exercising their duties (along with re-elected members) for the benefit and betterment of Buckhurst Hill over the past five years.

Liz Petyt-Start, Clerk to the Council

## COMMITTEE MEMBERSHIP 2021/2022

**Council Chairman:** Cllr Steven Neville    **Council Vice Chairman:** Cllr Simon Heap

### FINANCE & ESTABLISHMENT COMMITTEE

Cllr Mr M West (*Chairman*)  
Cllr Mr S Heap  
Cllr Mr S Neville  
Cllr Mrs A Redelinghuys

### PLANNING & ENVIRONMENT COMMITTEE

Cllr Mrs A Redelinghuys (*Chair*)  
Cllr Mr G Chambers  
Cllr Mr S Heap  
Cllr Mr M West  
Cllr Mr D Saunders

### COVID MEMORIAL WORKING PARTY

To be agreed prior to meeting

### ACCOMMODATION COMMITTEE

Cllr Mr S Heap (*Chairman*)  
Cllr Mr G Chambers  
Cllr Mr S Neville  
Cllr Mrs A Redelinghuys  
Cllr Mr M West  
Cllr Mr K Williamson  
Cllr Mr M Vance  
Cllr Mrs J Share-Bernia

### PERSONNEL COMMITTEE

Cllr Mr S Neville (*Chairman*)  
Cllr Ms S Goodfellow  
Cllr Mrs A Redelinghuys

### CLERK TO THE COUNCIL

Mrs Liz Petyt-Start

### DEPUTY CLERK / RESPONSIBLE FINANCIAL OFFICER

Mrs Kim Lumb

### RECREATION & COMMUNITY COMMITTEE

Cllr Ms S Goodfellow (*Chair*)  
Cllr Mr G Chambers  
Cllr Mrs A Hall  
Cllr Mr S Neville  
Cllr Mrs A Redelinghuys  
Cllr Mr D Saunders  
Cllr Mrs J Share-Bernia  
Cllr Mr K Williamson

### CLIMATE CHANGE WORKING PARTY

Cllr Mrs A Hall  
Cllr Mr S Heap  
Cllr Mr S Neville  
Cllr Mrs A Redelinghuys  
Cllr Ms S Goodfellow  
Cllr Mr M West



## Alison Hall

Hello, my name is Alison Hall and I have just been elected to serve on Buckhurst Hill Parish Council. I am deeply honoured to have been elected and I would like to thank all those who voted for me. I intend to work hard for all the residents of Buckhurst Hill to make this wonderful Parish even better.

I was an adult education teacher for 20 years which was very rewarding, and although I retired in 2018 I still keep my hand in by doing learner support for Redbridge Institute of Adult Education – which is equally rewarding with the added bonus that there is much less paperwork! During my teaching career I have been a staff governor and union rep as well as director, participant, dressmaker and scenery painter and general arm twister for the staff Christmas pantos for 4 years. Prior to teaching I worked with many business institutions as well as the Red Cross and I ran my own small business. Apart from my daughter the thing I am most proud of is the fact that I did my degree when I was in my 40s and despite having been out of education for decades I managed to bag myself a 2.1! It's never too late!

My enthusiasm for life knows no bounds and I fully intend to use my natural exuberance and enthusiasm towards making Buckhurst Hill an even better place to live.

Cllr Alison Hall



## Sarah Goodfellow

As a newly-elected Green Councillor the first couple of months have been hugely interesting, particularly as the country begins to slowly open up and cautiously look towards a future where people can once again meet safely and connect with their communities. As Chair of the Recreation and Leisure Committee for Buckhurst Hill, I sincerely hope that with the success of the vaccine programme delivered by our wonderful NHS staff and local volunteers, we can soon begin to plan events that will bring us all back together whilst keeping our loved ones safe. As a community, Buckhurst Hill has been so fortunate to have so much green space on our doorstep to see us through the challenging times and we celebrate that. As the committee begins to consider the future I hope that we can create inclusive, celebratory events that bring old and young, families and individuals from all parts of the area together in the beautiful spaces that we are so lucky to be surrounded by.

Cllr Sarah Goodfellow



## Anne Redelinghuys

First of all, a huge thank you for your support in casting your vote to get me elected as one of your Parish Councillors. I feel humbled and honoured.

First and foremost my heart is for the community and with many years of experience in community work, environmental awareness projects, and social justice, my aim is to commit my efforts to attend to the requests and ideas of the community of Buckhurst Hill.

Secondly, let's use what we have and ensure that we build on the good foundations laid before us.

Thirdly, let's create new and innovative pathways that would leave a legacy to those who will come after us.

Finally, in all we do, let's collaborate together and remember to be kind and supportive to one another.

Cllr Anne Redelinghuys



## David Saunders

It was a pleasure meeting with so many residents earlier this year. Speaking in person was a real highlight of the year so far after lockdown. Following the Elections, the Parish Council is now led by the Green Party. As a Conservative Councillor, I will be trying to ensure that we can deliver on our previous ideas for Buckhurst Hill. At our first Committee we discussed parks, skate parks, a memorial for the late Duke of Edinburgh, HRH Prince Philip, a new Roding Valley Hall and a farmer's market for Queens Road! Last year's 29th Annual Buckhurst Hill Boot Sale in Powell Road was a great success and we are hoping to be able to do the same this year on the 12th September if the rules allow. Whilst everyone has worked tirelessly throughout the lockdowns, I would like to pay particular thanks to the teachers and staff at St John's Primary School and our other local schools for working so hard to get our children back to school safely – thank you. I hope you keep healthy and safe.

Cllr David Saunders



29th Annual Buckhurst Hill (Powell Road) Car Boot Sale

## COUNCILLOR REPRESENTATIVES TO OUTSIDE BODIES 2021/2022

ORGANISATION	REPRESENTATIVE(S)
Larger Local Councils' Forum	Chairman, Parish Clerk
Local Councils' Liaison Committee and Essex Association of Local Councils (Epping Forest)	Chairman, Parish Clerk, Cllr Mrs A Redelinghuys
Bedford House Community Association CIC	Cllr Mr G Chambers
Buckhurst Hill Village Forum	Cllr Mr S Heap, Cllr Mr S Neville, Cllr Mrs J Share-Bernia
Passenger Transport	Cllr Mrs A Hall, Cllr Mr S Neville
Police Liaison	Cllr Mr S Neville, Cllr Mrs A Redelinghuys, Cllr Mr K Williamson
Roding Valley Nature Reserve	Cllr Ms S Goodfellow, Cllr Mrs A Redelinghuys
Rural Community Council of Essex (AGM)	Cllr Mr M Vance
EFDC Standards Committee	Cllr Mr S Heap





The Three Colts and Landlord, Adam Brooks



## Gavin Chambers

Greetings. The Elections are now over, and a new Parish Council has been formed. I finally stepped back from Epping Forest District Council and am delighted that Cllr

Ken Williamson is my replacement on the District Council.

I had my arm twisted to stand on the Parish Council by my Party and as many of you know I love Buckhurst Hill so it's always very difficult for me to say no. However the Parish Council is no longer under Conservative control – and although our Parish Council should not be political, the very fact that we all stand under a Party banner means we have different philosophies and approaches. The Parish Council now has a majority of Councillors from the national Green Party, and the Conservatives are in the minority. Naturally, we will continue to do our best to all work together for the good of the residents.

At my first Council meeting, I chose to propose that we have a memorial stone in Buckhurst Hill for the late Duke of Edinburgh, HRH Prince Phillip, and the Council has agreed in principle that this can happen later this year.

I have also decided that I am going to use my article allocation to support different businesses in Buckhurst Hill. I am pleased to report that the first business I have chosen is the *Three Colts* – a local pub which has been hit hard by the Coronavirus pandemic restrictions and then by a fire. Please take the time to support them.

*Cllr Gavin Chambers*

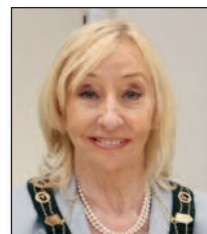


## Simon Heap

I was born in Buckhurst Hill and have returned to the area to care for my father. As a Parish Councillor my aim is to improve the sense of place. To restore a bit of pride in our area, to encourage care and above all to do what is best for the residents of all of

Buckhurst Hill. My approach will always be to get the biggest agreement possible for any decisions we need to make and to strive to keep expenditure to a minimum. However, we do need to get things moving and, fortunately, we are helped by having a very good team of officers, so we can push forward with existing and new plans. The residents will always be informed of decisions and what's happening. Keep an eye on this magazine.

*Cllr Simon Heap*



## Jo Share-Bernia

It has been a strange and difficult year for all of us but as I write we are in the process of gradually returning to some normality. Our major shopping venue, Queens Road, is becoming lively with people enjoying cafes and restaurants and the many fabulous

hairdressers, beauty salons and retail businesses. Roll on 19th July when hopefully restrictions will be loosened further.

Latest news, I have been selected as a Buckhurst Hill West Parish Councillor for the third time, thank you to all our residents who put their trust in me. I promise to work hard and continue to answer your questions and listen to your views and involve our very helpful teams at the Council office. We also welcome back Cllr Gavin Chambers returning as a Parish Councillor.

A little more news... As most of our residents know, I am a Buckhurst Hill District Councillor and this year (and last year) I was nominated as Vice Chairman of Epping Forest District Council. This role is apolitical and embraces the whole of the district recognising the great work and considerable community efforts our residents give. Together with this role I undertake the committee work at District and Parish.

Plans at Parish are afoot organising a Christmas Event, deciding on the lights and floral arrangements with our businesses and generally continuing to make Buckhurst Hill a great place to live and work.

Now, I am acutely aware that many have suffered due to the COVID virus. Sadly, a close family member of mine died of COVID pneumonia in January and is missed greatly by me and our family. If any resident needs help or information, please do not hesitate to call our Parish office where officers are very welcoming and can contact me or another Councillor to respond to you personally.

*Cllr Joanne Share-Bernia*



## Ken Williamson

Firstly, thank you to all of you who voted (for whichever party or candidate) in the recent elections, it is extremely important that we encourage participation in our local democracy.

We live in a strange world and quite often it makes little sense. I fully understand the need to extend houses when there are growing families or possibly elderly relatives to look after, but often, it seems that we are extending because we can. With the Climate Change Emergency does anybody stop to consider the enormous extra spaces we are heating, lighting and often cooling? Does anybody stop to consider the amount of materials and carbon footprint of these extensions? We are currently concerned about the lack of some building materials, what impact does this have on the new housing building programme?

Can we now move on to Permitted Developments, again, I can see the advantages of allowing simple extensions, but common sense dictates that there are going to be sites where the rules permit developments that impact on neighbours and the community. For example, steeply sloping sites, where taking one dimension at the top of the slope means that the lower elevation is much higher, corner plots, where extensions at the bottom of the garden become elevations on the side of the road and impact the first house adversely and finally, with our current housing shortage, how many additional dwellings have been provided under this legalisation? Well even if nothing happens I feel better having just said it.

It is a huge privilege to be able to represent you for a further term and I hope that whatever the summer brings, you find time to relax with family and friends.

*Cllr Ken Williamson*

## Marshall Vance



Firstly, may I take this opportunity to thank the electorate for returning me as their County Council Representative for Buckhurst Hill for the next four years.

I know it often said, but I will do my best to serve you all.

The new administration is now in place at County Hall and the Conservative led team have issued their plan going forward that is based on the principles **Renewal, Equality and Ambition**:

**Renewal:** We will work to renew the local economy as we work towards a COVID Recovery.

**Equality:** The Council aims to deliver equality for all by giving people the tools they need to succeed in life regardless of their background.

**Ambition:** The County Council have an ambitious agenda to improve and protect our environment with attainable climate targets, which will be overseen by a new Climate Change Czar.

Behind each of these targets there are many policy targets, such as introducing LED street lighting, and a policy to protect the young and vulnerable, especially to protect lone female travellers. The Council aim to bring to the forefront means to support the elderly and those needing adult social care. These and more are our ambitious plans and I hope to be able to let you know more in the next newsletter.

More closely to home I of course will help support the residents with their concerns wherever possible, but please remember I cannot succeed in everything you want. I will continue to help with Highways, Potholes, Grass Vergers, Trees, and others as they arise.

I can report to you that I have once again been allocated a £10,000 grant from Essex County Council to spend on local initiatives. I will be working with local groups and the Parish Council to identify how this money can be spent on local projects which I hope will in turn benefit the local community, whether it's

**Tests done.  
Roll on the fun.**

**LET'S KEEP  
COVID  
IN CHECK** ✓

All together safer.  
Test twice a week.  
Get two jabs.  
Keep Covid in check.  
[www.essex.gov.uk/get-a-test-kit](http://www.essex.gov.uk/get-a-test-kit)

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.

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, fingers crossed for the 19th July – Keep safe, keep well, and remember when offered get a jab as soon as possible.

*Cllr Marshall Vance*

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

Buckhurst Hill Parish Council provides a media service to keep people up-to-date with our news, meetings and events. The service is provided by Everything Local News media service – which is part of the Everything Epping Forest local news and information service.

Our releases highlight forthcoming meetings and Council decisions as well as other Council-related news. The releases are sent out to the local media – newspapers, community magazines and local radio – and anyone who wishes to receive them. Our releases are featured on the Everything Local News Twitter feed (@ELNews\_) and the Everything Local News Facebook page. Our news is also featured on Everything Epping Forest.

If you would like to be added to the circulation list for the Council's media releases, please email [everythinglocalnews@gmail.com](mailto:everythinglocalnews@gmail.com) with BHPC MEDIA in the subject line and you will be sent a link where you can register your email address.

Please note that no contact information received by Everything Local News is passed on to any other organisation and you can amend your information or ask for all your contact details to be deleted at any time.





## Parish PCSO making POSITIVE IMPACT

The operation tackling antisocial behaviour and drug activity in the Hornbeam Road and surrounding area concluded mid-May and is thought to have been a success, with great support from beat officer PC Karen West and dedicated parish council funded PCSO, Adam Dixon-Peters. Targeted patrols saw some positive stop and searches recovering controlled drugs. Adam has since been focusing his attention in Boxted Close, the car park at the top of Queen's Road and the Rous Road area due to concerns of a similar nature. Increased patrols seem to be having a positive effect so far, and Adam is grateful for the information received to date. He has also been addressing road safety concerns near Loyola Prep School on Palmerston Road, where working alongside the parking enforcement officers patrols to combat the horrendous parking has resulted in great feedback and the road clearer and safer.

Residents are reminded of the value of reporting suspicious activity. A report on the evening of 30th May regarding persons seen in suspicious circumstances with a vehicle in the Queen's Road area led to two teenage boys being arrested on suspicion of multiple offences including: possession of a knife in a public place, assault on an emergency worker, theft of a motor vehicle and two incidents of robbery. Thank you to the informant.

Please be alert to a recent theft of motor vehicle trend, particularly of Land Rovers. Some prevention tips: always ensure your vehicle is double locked; keep keys out of view and easy reach from windows and doors when at home; and make use of security pouches for your key fob (and spare) to avoid relay theft of a keyless vehicle. Always activate the tracker if your vehicle has one.

We encourage those who can utilise digital 101 reporting options at [www.essex.police.uk/](http://www.essex.police.uk/) to do so for non-urgent reports. You'll also find a Live Chat function here, open 7am-11pm daily. Remember CrimeStoppers and Fearless, who will take information from you ensuring your anonymity, but will pass to police (cannot in the case of an emergency or if you are a victim of crime).

If you are able to access social media, you can keep updated with local policing news on @EPEppingForest on Facebook or Twitter. We look forward to seeing more of you as restrictions continue to lift.

\*Updates as of 10th June 2021.

## National Trust Woodford and District Centre

At last, some light in the tunnel that has been this global pandemic! We have, with thanks to our various marvellous local publications managed at least, to remind you all of our being here still. Through the advent of 'Zoom', with which we have managed to touch some of our members and interested people with our four talks, these have reminded us of how much we have missed the communal emotion of being together... and the news is, we can plan for that as we have a date and subject ready!

So, we plan to re-open our meetings with the first at All Saints Church Hall, Woodford Green at 2.30pm on Wednesday 22nd September 2021. The speaker is Ed Fairey talking about the National Gardens Scheme in Essex, which we hope should appeal to all. More news next month with the rest of the Winter Season meetings and other National Trust local news. Certainly, one item will be London 'visits', as plans are in action to take a group to the National Army Museum in Chelsea hopefully in October!

With best wishes to all in Woodford and Wanstead areas, Buckhurst Hill, Loughton, Highams Park, Chigwell and Chingford – keep well and safe.

### Buckhurst Hill Library – new opening hours

Please note our new hours of opening are:

Monday 9.30am – 5pm

Tuesday 9am – 7pm

Wednesday 9.30am – 5pm

Thursday 9am – 1pm

Saturday 9am – 5pm

### THE BOYS: HOLOCAUST SURVIVORS IN THE EPPING FOREST DISTRICT

New Exhibition

Free Entry



17 May - 4 September 2021

Epping Forest District Museum

39-41 Sun Street, Waltham Abbey, EN9 1EL  
01992 716882

Facebook: [www.facebook.com/efdmuseum](http://www.facebook.com/efdmuseum)  
Twitter: @efdmuseum  
Instagram: [www.instagram.com/efdmuseum/](http://www.instagram.com/efdmuseum/)

[www.eppingforestdc.gov.uk/museum](http://www.eppingforestdc.gov.uk/museum)



Dr. Liz Munro from the Palmerston Veterinary Group will be sharing with us some seasonal pet advice.

### Summertime, and the living is easy.... (well, most of the time!)

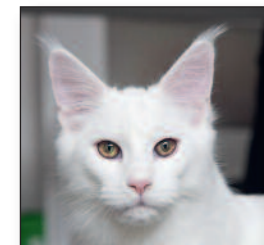
Well, summer may have taken its time getting to us this year, but hopefully at the time you are reading this article, we will be enjoying some long-awaited sun! In this article I would like to make some timely reminders about things to consider during this time of year for your pets.

#### Dogs

Heatstroke is a very common problem during hot weather for dogs. Dogs can only sweat through their paws or release heat by panting, so heatstroke can occur. It happens when dogs overheat and are unable to cool down sufficiently by these methods, and can be fatal. It can happen to any dog but is even more common in brachycephalic dogs (those with short noses such as Bulldogs, Pugs and Boxers), overweight dogs and elderly dogs.

Heatstroke is commonly associated with dogs being left in hot cars, but it can also occur when dogs are walked in the heat.

Never leave your dog locked in a car, even for a few minutes and/or with the windows cracked open. Even on a cloudy day, temperatures inside a car can rise significantly in a short space of time.



If you would like to speak to one of our team for advice, or you would like to book an appointment, please call

**020 8505 1435**

Dr. 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)



## RICKY PAUL FLOWERS

Ricky Paul Flowers Ltd is a floral design company who have been supplying wedding and event flowers for 10 years. Ricky and his team of florists are one of London's most creative floral design companies taking inspiration from theatre and set design over the years they have provided flowers for London's top venues including Sketch, Soho House, The Savoy, Aqua Shard and The Groucho Club and are well known for their wild creative and fun floral designs including poodles, hot air balloons and carousel horses, Ricky has featured on Channel 4, Lorraine and Sky 1.

Ricky Paul Flowers have now opened their first retail flowers shop bringing their fabulous floral designs to Buckhurst Hill with fresh and faux flowers, balloons, party hire, and flowers for the home and weekly flower classes. They also provide flowers for weddings and events and of course fabulous festive installations.



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 during the school holidays, plus lots of other venues in and around West Essex every week including Loughton and Goodmayes. 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/)



# Braeside School – boy chat with Chloe Moon – the move to co-education

At the start of the next academic year, Braeside School in Buckhurst Hill will be celebrating a very exciting new development. Currently an all girls school for pupils from 2½ to 16, from September 2021 the school will be extending its provision to boys as part of a phased plan over several years. A member 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. We speak to Mrs Chloe Moon, Braeside’s Headmistress, about the many benefits of this change and the positive impact it will have on the school as a whole.



**Q: Why has the school decided to accept boys from Sept. 2021?**

**A:** In this modern era, we believe that a co-educational environment is in the best interests of the children and will benefit their development as we move forward into the 21st Century. It also means that whole families will be able to become a part of the Braeside experience and benefit from our educational journey. The world is co-educational, and mixing boys and girls together in schools develops social skills and adds many educational opportunities. Since 1990, the number of UK single sex independent Schools has halved with girls’ schools now making up just 10%. This reflects the national and international trends that favour co-education.

**Q: What are the benefits of extending Braeside provision to boys?**

**A:** At this young age, socialising with other children is a vital part of the learning and development process. There are so many additional learning opportunities that we see in our other schools. Parents with children of both genders will also benefit from choosing one school that accommodates both boys and girls.

**Q: Will this change the school’s aims, ethos and values?**

**A:** Not at all! On the contrary, this actually reflects Braeside’s long-term historical ethos and values of community, compassion and empathy. It has always been our intention to educate happy, confident pupils who are stimulated and challenged to succeed in an ever-changing world. The move to co-education supports this.

**Q: What about the extra-curricular provision? Will that be affected?**

The extra-curricular club provision contributes greatly to the refreshing and stimulating environment at Braeside and provides many opportunities for pupils to harness new skills and have fun together. Our extra-curricular programme is already extremely varied with clubs that both boys and girls can enjoy, and we are looking at extending this even further in the future.

**Q: How will this affect pupils already at Braeside?**

Introducing boys into the school from 2021 will not directly affect any of the current girls at Braeside as they are starting in our Kindergarten and Reception. The only real change will be that current pupils will encounter boys in their day-to-day life at school. Our pupils choose co-educational sixth form schools or colleges, so it is timely and fitting that we reflect the learning environments that our pupils go on to study in. It is best that we prepare students for life beyond Braeside that is sixth form, college, work and university – all of which offer mixed, diverse environments.

This is an excellent school and I am pleased that we have found the right shape for the future in which our pupils can learn in a purposeful environment that will become even more vibrant.



Find out more at [www.braesideschool.co.uk](http://www.braesideschool.co.uk)



Buckhurst Hill u3a is now in its sixth year and despite the restrictions imposed due to the Coronavirus pandemic we remain 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 normally 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.

The imposition of “lockdowns” and other restrictions since March 2020, meant that all of our activities had to be put on hold, with only the occasional emergence of the Craft and Photography groups in the Autumn of 2020 as a temporary relaxation of restrictions between lockdowns allowed.

However, following the Government “roadmap”, we have recently restarted our Craft, Photography and Walking Groups much to the delight of the group members – “it’s so nice to get out and meet real people” has been the most frequently heard comment. Other Groups have continued to meet via Zoom where possible.

Monthly meetings are still out of the question, but we are keeping our fingers crossed that these will be able to resume in the not-too-distant future: although we are not certain when and in what format.

We continue to stay in touch with our membership through our monthly Newsletter and via our website. Having

recently restarted accepting membership renewals we have been gratified at the high proportion of our membership that have renewed their subscription – we have also gained three new members.

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.

## Welcome to ST JOHN’S

The exhausting months of on and off lockdown have left us all deflated, whilst being able to live stream our services has been a great benefit, there is nothing like seeing much missed friends and family in person. We have been thrilled to see people feel more comfortable about returning to worship as the vaccine programme has been rolled out and we have been continuing to work within the COVID frameworks to make the building safely accessible to those who want to come.

With the gradual lifting of restrictions we have been able to welcome back our Sunday School, our baby and toddler group Little Fishes and we will be running some stay and plays in the Rectory garden over the Summer holidays. A few social activities have already started, and we’ve even managed to have a COVID compliant Golf Day at Chigwell Golf Club.



As we look to September and beyond we are delighted to bring back more in person events, spiritual and social and of course celebrating the major life events that have been on hold for so long.

We have three services every Sunday; 8.45am is a quiet said service, 10.45am is our main family service with Sunday School and 7.00pm is a relaxed session with worship and teaching.

For information about what is going on at St John’s please do contact the office on

[parish-office@sjbh.org.uk](mailto:parish-office@sjbh.org.uk) or call us on **020 8506 2150**

We are also on facebook: [stjohnschurchbuckhursthill](https://www.facebook.com/stjohnschurchbuckhursthill) and Instagram: [stjohnschurch\\_buckhursthill](https://www.instagram.com/stjohnschurch_buckhursthill)



## Daiglen Preparatory School

After a difficult year adapting to remote learning during periods of closure Tricia Dear, the Headteacher at Daiglen Preparatory School is proud of her Year 6 pupils and their achievements.

*“The choice of a senior school is taken very seriously by all at Daiglen and we are proud of our uncompromised commitment to the growth of our children, both academically and socially. From small things, comes greatness, and each of our pupils leaves our care prepared to shape the future. Our families share our values, our work ethic, and are rightly confident in our capacity for success. Academically, our track record is simply outstanding, and 2021, despite its ups and downs, has been another exceptional year with 100% of pupils achieving places at competitive independent senior schools”*

Staff, keen to reward the efforts of the children during remote learning, introduced ‘Fun Fridays’ a series of themed activity days. From Strictly Come Dancing day, with glitter balls and disco lights, Treasure Island day that saw a pirate takeover of the school, Magical Mystery day where the children had to solve the riddle of the missing doughnuts and a fantastic trip to the beach. The children thoroughly enjoyed a bit of light relief and the real celebration of being back together. We value the children’s personal and social development and positive mental health just as much as their academic achievement and events like these help us to strike a truly healthy balance making Daiglen a very happy place to learn.







# SLIMMING WORLD

## Buckhurst Hill – new beginnings... back in group

As we are moving in to new beginnings again following COVID-19 and all that it brought with it, Slimming World Buckhurst Hill feel really excited that we have been able to open our doors again to the public. All groups are now taking place at the Woollard Centre in Loughton Way. Wednesday 5pm, Thursday 5.15pm and 7pm, and Friday 9.15am. Contact Lorraine 07960 603621 for details.

The second lockdown especially was a traumatic time for most people. Unable to see friends and family, carry out normal routines, working from home, having to help with home schooling. The weather was cold and dark and so was the mood. Apart from Netflix the only other outlet was food and therefore lots of people have struggled with their weight throughout the lockdown period. Slimming World Buckhurst Hill was still holding groups online through Zoom and this worked really well. Our Emma McKenna was a prime example – she wasn't going to let COVID or lockdown stop her achieving her weight loss goals – and in March she achieved her



6-stone weight loss Certificate and was the Greatest Loser in her Thursday 7pm Group. Her 'I can do' attitude inspired us all. She attended every class and she felt that the support from the group, the insights and recipes all added to her success. The weight loss has given her confidence and a new attitude. She is still on her journey but what an amazing achievement, and she intends to get to her chosen target now we are back in our live groups and we love being on this journey with her. We are so incredibly proud of this amazing young lady.

Our Bethany Mills also has been very successful throughout lockdown. Attending Zoom meetings, she has lost 1.5 stone so far and looks so different. Again, she says attending the weekly Zoom meetings inspired her to keep going. Without the group she most probably would have given up, but having the support kept her motivated and every award kept her focussed. Again now we are back in live groups she is ready to continue her journey all the way to her target.

If you feel that it is time for your new beginning and ready to start your journey, please contact Lorraine on 07960 603621. Let us help you get back to your best.

## All in a breath

Something I have been coming across a lot recently is breathing. Now, tai chi is all about breathing. Correct breathing is what makes it so powerful, for maintaining health and, for those who are interested, for self-defence. Recently the BBC ran a series on radio four called *Just One Thing*. Each episode detailed one thing you can do to improve your life and fitness. One episode was all about how to breathe correctly and discussed the physical response of correct breathing. I also discovered that the NHS is recommending breathing techniques to help patients recovering from surgery to relax. We talk a lot about 'chi' and many people still believe that this is a 'magic' power and is a fiction but the literal translation of 'chi' is 'breath'.

The kind of breathing that I am talking about is 'belly' breathing, or, if you prefer, diaphragm breathing. The kind of breathing any trained singer uses to give their voice power, the kind that doesn't need a microphone to fill a hall with sound. From our point of view we are using our breathing to maintain a relaxed state as we go through our moves. It also boosts oxygen take up and distributes it more evenly in the body. Belly breathing, when we practise tai chi, keeps us relaxed and helps us concentrate through the precision of the slow moves that make tai chi what it is.

At the moment mental health issues are getting a lot of press. Correct breathing can help here too, as it also reduces stress. Correct breathing oxygenates the area of the

brain that is involved in stress and panic – the fight and flight effect. It reduces the creation of nor-adrenalin. This is the hormone that fires up the adrenal 'axis' raising the heart rate and causing rapid breathing. PANIC! Correct breathing can keep you calm and prevent all of this. Don't get me wrong, the fight/flight effect is there for a purpose, if you are being chased by a sabre toothed tiger it may save your life but there aren't many sabre teeth left in Epping Forest and the effect can be triggered by quite mundane events. The problem then, is that you don't burn off the adrenalin which long term can lead to all sorts of physical problems.

Mention the martial aspect of tai chi and many people will run a mile. But this is to misunderstand martial arts. In his book *Mind Over Matter*\* Master Shi Ming states that, at the higher levels, a martial art is about *not* fighting. The training regime is about personal development, it develops focus and concentration which makes you more aware of your environment. It helps keep you relaxed. And the critical element of this? Learning to breathe.

Tai chi, and meditation for that matter, is not a quick fix. But over time it can become just the way you are. At one tai chi workshop that I attended, during the afternoon, the master running the class said: "Everyone grab a chair and sit down." When we were all seated she looked around the class and said: "And we are all still doing tai chi, aren't we?"

The Bonsai tai chi academy at the Woollard Centre every Wednesday from 7pm. Enquiries: john@bonsaitaichi.eu, 07967 666794 www.bonsaitaichi.eu

\*Mind Over Matter by Shi Ming with Siao Weijia. Translated by Thomas Cleary. Frog Ltd Berkely California



Everyone seated but still doing tai chi



**Life is gradually returning to normal, for most of us. However, many are suffering from the crippling effects of multiple lockdowns and the impact of isolating for prolonged periods. Others are coping with the loss of loved ones or overcoming the aftermath of illness.**

The pandemic has impacted everyone's lives, and many are asking themselves 'will I ever feel like me again?' as they struggle with the overwhelming and all-consuming feelings of anxiety. The symptoms of anxiety are frightening, and individuals may fear that they are having a heart attack when their heart starts racing. There may be sleepless nights, your mind working overtime and worrying. You may experience spontaneous tearfulness without knowing what the tears are about and your mind may race as you wonder 'how do I make this feeling stop?' If these feelings resonate with you, the first step may be to talk to somebody; a friend, a family member, GP or a Counsellor. Sharing your thoughts can make all the difference.

You may not be suffering yourself but have a loved one that is suffering and feel helpless knowing what you can do to help. Be patient, keep communication lines open, be kind, compassionate, listen and reassure them. Also, take time to look after yourself.

Many people are embarrassed about accepting that they struggle with mental health issues or that they're not in control of how they feel. This mindset is changing. If you have a physical ailment, you would seek medical help from a doctor. Struggling with mental health should be no different.

Cherry Tree Therapy Centre offers help and support to the community. Our team of experienced therapists offer **free monthly support groups** and one to one counselling sessions for anyone who needs to talk through how they feel.



## Summer School 2021 at Bedford House – Adult Education and Leisure Activities

Summer School 2021 is now open for enrolment with activities such as Yoga, Pilates, Ballet, Line Dancing, Aerobics, Painting and Drawing, Sculpture in Clay, Recycle-Upcycle-Repair Handicraft workshops. See our new website [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk) for more information.

Join us in the garden under the gazebos where most courses will take place subject to weather.

Ease yourself into normality and spend relaxed learning time in the garden.

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.

Bedford House returned on 12 April to run in-person classroom-based courses and our forest walks, and on 17 May we were able to add the indoor exercise classes. As soon as restrictions ease further we will be able to reopen for Space Hire for parties.

We are looking forward to the annual Summer Exhibition 2021 on Saturday 24 July 2021, especially as we had to skip the exhibition in 2020. Pop in and see the great artworks our students have produced over the last year, as well as the winning entries of the Bedford House Art Competition 2021. Opening times: 10am to 4pm.

To know more about upcoming events sign up to our mailing list via our website [www.bedfordhouse.org.uk](http://www.bedfordhouse.org.uk). You can also visit our webpage BHCA News and check

the latest shared news.

Bedford House is easy to find at 4 Westbury Road, Buckhurst Hill IG9 5NW. Look out for the large sign and carpark on the left-hand side of the road when going down from Palmerston Road. Bedford House is within walking distance from Buckhurst Hill tube station, and three bus routes, 167, 20 and 179.

### More information:

If you require more information, please contact Lykke Leszczynski, Centre Manager, on

07710 428 090

or [Office@bedfordhouse.org.uk](mailto:Office@bedfordhouse.org.uk)  
Website: [www.BedfordHouse.org.uk](http://www.BedfordHouse.org.uk)





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.

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: Patrick 07788 425392, Andy 07833 096318  
Also Friday 4pm to 5pm. Contact Raj 07939 434029 or Anish 07916 178280  
We also meet Tuesday 7pm to 8.15pm, St Johns Church, High Road, Buckhurst Hill IG9 5RX  
Cocaine Anonymous Helpline Number 020 8007 1130

www.ca-london.org

In the spirit of tradition six CA. Is not affiliated with any sect denomination politics organisation or institution

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	
Social Services (Adult)	0345 603 7632
Social Services (Children)	0345 603 7627
Essex County Council	0345 743 0430
London Borough of Redbridge	020 8554 5000
London Borough of Waltham Forest	020 8496 3000
Citizens Advice Bureau	0843 816 6252
Department of Work & Pensions	0800 731 7898
Samaritans	116 123
Child Line	0800 1111
NSPCC	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	0330 400 4333
Newham General	020 7476 4000
The Holly Private Hospital	020 8505 3311
Roding Spire (private)	020 8551 1100

GPs

Kings Medical Centre	020 8504 0122
Palmerston Road Surgery	020 8504 1552
River Surgery	020 8504 7364

CLINICS

Buckhurst Hill Clinic	020 8504 0405
Marie Stopes Fairfield Clinic	020 8505 4641

HELP WITH DRINK AND/OR DRUGS

CA Helpline	020 8007 1130
-------------	---------------

MOBILE TOE NAIL CUTTING SERVICE

mobilechiropody@gmail.com	07949 149766
---------------------------	--------------

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

Chelmsford (HQ)	01245 491491
-----------------	--------------

YOUTH ORGANISATIONS

Air Training Corps	020 8505 3353
--------------------	---------------

TRAVEL INFORMATION

Stansted Airport	0844 335 1803
Gatwick Airport	0844 335 1802
Heathrow Airport	0844 335 1801
Luton Airport	01582 405 100
TFL Customer Services	0343 222 1234
National Railways Enquiry Line	03457 484 950
City Link (bus & coach)	0871 266 3333
Kentish Bus & Coach (Arriva)	0344 800 4411
Metrobus	01293 449 191
National Express	0871 781 8181

ANIMAL WELFARE

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

UTILITIES

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

SPORTS FACILITIES

Bancroft Rugby Football Club	020 8504 0429
Buckhurst Hill Cricket Club & Lacrosse	020 8504 5652
Buckhurst Hill Bowling & Lawn Tennis	020 8504 0780
David Lloyd Centre	0345 129 6783
Epping Sports Centre	01992 565 670
Loughton Leisure Centre	020 3225 5460
Roding Valley Cricket Club	020 8502 1001
Roding Valley Tennis Centre	020 8505 4008

MINI CAB SERVICES

Mason Car Services (Woodford Green)	020 8504 1685
Mayflower	020 8502 1111
Sadlers	020 8508 6600
Chingford Radio Cars	020 8524 1111

CHURCHES

St John's/St Stephen's	020 8506 2150
Buckhurst Hill Baptist	020 8559 0222
St James United Reform	020 8505 0300

<b>BUCKHURST HILL VILLAGE FORUM</b>	020 8559 0529
-------------------------------------	---------------

Dates

for your diary

...and local organisations

BUCKHURST HILL PARISH COUNCIL Meetings held at Buckhurst Hill Library, 165 Queens Road.

■ THURSDAY 22 July 2021

7.00pm Planning and Environment Committee  
8.00pm Full Council

■ THURSDAY 5 August 2021

7.00 pm Planning and Environment Committee

■ THURSDAY 19 August 2021

7.00 pm Planning and Environment Committee

■ THURSDAY 2 September 2021

7.00 pm Planning and Environment Committee

■ THURSDAY 16 September 2021

7.00 pm Planning and Environment Committee

■ THURSDAY 30 September 2021

7.00 pm Full Council

■ THURSDAY 7 October 2021

7.00 pm Planning and Environment Committee

8.00 pm Accommodation Committee

■ THURSDAY 21 October 2021

7.00 pm Planning and Environment Committee

8.00 pm Recreation and Community

■ THURSDAY 4 November 2021

7.00 pm Planning and Environment Committee

■ THURSDAY 18 November 2021

7.00 pm Planning and Environment Committee

8.00 pm Finance and Establishment

■ THURSDAY 25 November 2021

7.00 pm Full Council

Details correct at the time of going to print but may be subject to change for Statutory/Policy requirements. Further information from the Parish Office: 020 8498 9933 or our website [www.buckhursthillpc.gov.uk](http://www.buckhursthillpc.gov.uk)

ACTION FOR FAMILY CARERS

Thursdays 10am-12.30pm Keeping Active Together  
Thursdays 1pm-3.30pm Active Minds

From 1st July will move to the Jack Silley Pavilion, Stonards Hill Recreation Ground, Epping, CM16 6SS  
General enquiries: 03007 708090

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

Email: [essex@alzheimers.org.uk](mailto:essex@alzheimers.org.uk)/  
[Volseessex@alzheimers.org.uk](mailto:Volseessex@alzheimers.org.uk)  
Dementia Connect Support Line: 0333 150 3456

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 [bowlb@bhbtlc.co.uk](mailto:bowlb@bhbtlc.co.uk) or 020 8504 4057. Tennis – Brigid Leworthy [tennis@bhbtlc.co.uk](mailto:tennis@bhbtlc.co.uk) or 020 8554 6528  
Website: [www.bhbtlc.co.uk](http://www.bhbtlc.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: [Jill998@btinternet.com](mailto:Jill998@btinternet.com). For more information about the society visit our website [www.bhhortsoc.co.uk](http://www.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, Monkham, Palace Gardens and River Housing (Boxted Close) Contact Marcia Levan-Harris. email: [bhallotments@gmail.com](mailto:bhallotments@gmail.com) tel: 07789 003284 for availability of plots.

BUCKHURST HILL

RESIDENTS SOCIETY

Meetings held at St James' United Reformed Church, Palmerston Road. Non-members are very welcome to attend. Further information from: Emails: [enquiries@buckhursthillresidents.co.uk](mailto:enquiries@buckhursthillresidents.co.uk) Facebook: @bhresidentsociety Twitter: BHRS2016 Website: [www.buckhursthillresidents.co.uk](http://www.buckhursthillresidents.co.uk) Correspondence: c/o Broomes Newsagents, 34 Queens Road IG9 5BY

BUCKHURST HILL

ROYAL BRITISH LEGION

7.45pm on the first Tuesday of each month at St James' URC Church, Palmerston Road. For more details contact the Chairman, Stephen Goddard on 020 8505 2570.

BUCKHURST HILL U3A

Meets at 2.00 pm on the second Thursday of every month at Woollard Centre, Roding View, Buckhurst Hill, Essex, IG9 6AD (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. [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)

CHRIST EMBASSY EPPING

FOREST DISTRICT

Woollard Centre, 50 Loughton Way, Buckhurst Hill, Essex IG9 6AD Services: Wednesdays 7pm-9pm, Sundays 10.30am-12.30pm. Contact 07572 548396 Email: [ceepingforestdistrict@outlook.com](mailto:ceepingforestdistrict@outlook.com)

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, Woollard Centre, 2 Roding View, Buckhurst Hill, Essex, IG9 6AD. Contact details: John 07798 838 161 or Ben 07919 412867

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-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 and 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 and 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)

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





## CHRIST EMBASSY Epping Forest District

*Special Invitation*

You are cordially invited to our special service:-  
You will enjoy God's glorious presence and victory, as you take a daily dose of His Word, transform and prepare you for a very fulfilling, fruitful, and rewarding experience with God's word. God bless you and your family!!!

Please kindly make early reservation so that we can reserve your seat because of the Covid-19 policy.

**Time of Service**  
Wednesday's @ 7pm - 9pm.  
Sunday's @ 10:30am - 12:30pm.

**Contact:** 07572548396

**Venue:** Woollard Centre 50 Loughton Way, Buckhurst Hill Essex IG9 6AD  
(Near Buckhurst Hill Station)

## 29<sup>TH</sup> ANNUAL GRAND CAR BOOT SALE

Sunday 12<sup>th</sup> September 2021  
8am-2pm in Buckhurst Hill

Admission £1 per adult

Refreshments, raffle and at least 100 stalls!



In the grounds of 'St Just',  
Powell Road, Buckhurst Hill, IG9 5RD

## STALLHOLDERS

**CONVERT 'JUNK' IN TO MONEY**

*If you have an attic or garage to clear out, why not come along and make some cash?*

Price per car: £15

Gates open at 7am for stallholders

For further details and to reserve your space, ring

0208 504 4282 or 0208 505 9882

## BUCKHURST HILL HORTICULTURAL SOCIETY

### Autumn flower show Saturday Sept 11, 2021

*This will be our first physical show for 2021 as the Summer and Spring shows were virtual shows.*

**2.00-4.30pm**

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

Includes: Flower arranging, cookery section,  
vegetables, and junior entries,  
plants for sale and garden sundries,  
teas and delicious homemade cakes.

Admission free for members  
(£2 for non-members).  
For more information contact Show Secretary:  
**Jill Jones**  
jill998@btinternet.com  
020 8257 8996

Should you wish to receive details regarding  
membership please contact:

**Mrs P. Thompson**  
020 8502 0106



## Promote your Business or Event by advertising in the Parish Magazine

If you would like to find out more about  
advertising in this magazine, please contact  
the Parish Office on **020 8498 9933**

Office@buckhursthillpc.gov.uk

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

## COPY CLOSE DATES FOR NEXT EDITION

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

**WINTER** - Copy close: **8 October**  
2021-delivery planned for week  
commencing **8 November 2021**

## Buckhurst Hill Funeral Home

In May 2019, Harold White Independent Funeral Directors, a fifth-generation family business, opened their third office 'Buckhurst Hill Funeral Home' at 178 Queen's Road, Buckhurst Hill IG9 5BD (located opposite the Library / Post Office) with the aim to support bereaved families through the most difficult time in their life.

Led by Executive Director, Gary R Clugston, and supported by Qualified Funeral Director, Stephanie Butler, their highly dedicated

team are committed to the principles of professionalism, consistent in providing each family with 'Excellence in Service' and a bespoke funeral that reflects the unique Life of a Loved one.

As a member of SAIF, they strive to uphold the Code of Practice as set down by The National Society of Allied and Independent Funeral Directors (SAIF) and honour the Core Values of Tradition - 'Caring for Bereaved Families, in their Time of Need'.

Please feel free to pop into their beautiful funeral home and say hello to Gary, Stephanie, and the team - everyone is welcome.

### Buckhurst Hill Funeral Home

178 Queen's Road, Buckhurst Hill  
Essex IG9 5BD

Tel: 020 3903 7906  
www.buckhursthillfuneralhome.co.uk





*Upholding the UK's highest standards  
among Independent & Family Funeral Directors.*

♥ Our Family Caring for Your Family  
In Time of Need ♥

Whilst modern times demand modern ways, our service and commitment remains as traditional as when we began in 1888.

Our professional team provide the highest standard of care and funeral service across Essex, London and Hertfordshire - 24/7, 365 days a year.

**Our services include:**

- \* Traditional & Green Funerals.
- \* Traditional Veneer / Solid Coffin & Casket Ranges.
- \* Environmental, Contemporary, Cardboard Coffins & Caskets.
- \* Beautiful Ashes Caskets & Urns.
- \* Modern & Vintage Funeral Fleet & Horsesdrawn Funerals.
- \* Order of Service booklets & Funeral Stationery.
- \* Ashes into Glass & Commemorative Jewellery ranges.
- \* Pre-Paid Funeral Plans - for future planning.



For more information or guidance, please contact Stephanie Butler, Dip.FD or Our Executive Director, Gary R Clugston on 020 3903 7906.

*Buckhurst Hill Funeral Home  
(Branch of Harold White, a fifth-generation Family Independent Funeral Directors,  
Established 1888).*



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



### This term

#### Services

**Celebrate Christ**  
Sunday 10.30

#### Prayer Room

Daily 8.00 to 13.00 and Fridays 12.00-13.00.  
All welcome

#### New Activities

**Memory Lane**  
September - TBA

**The Bridge Club**  
September - Tuesday 12.00

**Carers First**  
September - Monthly, Wednesday 13.30

**Bible Study**  
TBA

'Understanding Unanswered Prayer'

### Church Life

Firstly, we are OPEN.

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

First it was November then April, and as yet, undefined. Watch this space for updated information and advertising.

Please visit us, you are most welcome.

Contact the Church for more info on 020 8505 0300 (mornings only)

### Farewell

After 6 years serving the Forest Group of Churches our Minister Rev Ulrike Bell is moving on. She has accepted a new call to a Parish church in her hometown in Germany.

There is much excitement. She will start her new placement in August and though farewells are often sad, we and she part company the richer for having known and participated in her ministry here at St James.

Her farewell service is on  
**18th July 10.30am**  
at the  
**Woodford Green URC**





**Free** initial consultation

EXPERIENCED

CREATIVE

PRACTICAL

# Buckhurst Hill

## in Bloom Competition 2021

Residents are invited to submit a photo showing  
**'Buckhurst Hill in Bloom'**

This may be of a garden, window box or allotment –  
the choice is yours! Next year after the restrictions have lifted  
we hope the competition may be judged by Councillors in  
person, but until then please submit photos to  
[office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk)  
Entries deadline by 31st August 2021.

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

## SUMMER 2021

**EPPING FOREST**

**PLAY IN THE PARK**

**FREE**

**Roding Valley Recreation Ground,  
Roding Road, Buckhurst Hill,  
IG9 6BU**

**WEDNESDAY 28TH JULY  
1.30PM - 3.30PM**

**WEDNESDAY 18TH AUGUST  
1.30PM - 3.30PM**

**WEDNESDAY 25TH AUGUST  
1.30PM - 3.30PM**

**Hornbeam Road Recreation Ground,  
(Near Newton Court),  
Buckhurst Hill, IG9 6JT**

**WEDNESDAY 11TH AUGUST  
1.30PM - 3.30PM**

Play in The Park is all about playing and having fun outdoors.  
The Play In The Park Team bring along a range of sports equipment and arts & crafts resources for children and young people to enjoy. The team help organise activities and games ALL TOTALLY FREE OF CHARGE!

**FOR MORE INFORMATION  
PLEASE CONTACT US ON:  
01992 564226**