

BuckhurstHill

Parish Council Magazine **Autumn 2021**

News and views from around Buckhurst Hill



From the Chairman



I do hope you had a good summer and were refreshed from your time on holiday, if indeed you managed one. When I last wrote to you I had just become Chairman of the Parish Council. I said it is a great honour to serve the people of Buckhurst Hill, the town in which I have grown up in. As Chairman I've represented the Parish Council at a number of events recently. These include the reopening of the old St Elisabeth's building in Hornbeam Road, the unveiling of the blue plaque at Holmehurst which remembered its role in housing Czech enemies of the Nazis during the Second World War and being home to young Holocaust survivors just after the war, and the opening of new sporting structures at a local football club and a local cricket club. As a Parish Council we progressed or raised a number of issues.

Youth Work in Buckhurst Hill

One area of concern of local residents is the lack of youth provision in the area. We know that youth provision has been cut back substantially over the years as part of cutbacks to public services.

It is with great delight that the Parish Council unanimously decided to support youth work in Buckhurst Hill. We will partner with the Red Balloon Foundation. They have an excellent track record in delivering youth and children's work around

the district. In the first instance they will do detached youth work in order to discover from the young people themselves what is lacking in the area in terms of youth provision. We already know there is a lack of youth work in the area but what we don't know is what young people want themselves. If you have any children who are teenagers please do contact Red Balloon on office@rbh.org.uk

Speeding

Another concern of local residents is speeding cars and traffic generally. This has been raised at a recent Parish Council meeting. Firstly, one way of dealing with it that has been helpful is having a Speed Watch group. We set one up in Buckhurst Hill about three years ago. We had some successes in catching people speeding but thanks to Covid and life commitments the group has dwindled in size. If you think you can help with this group – you will be given full training – then please contact the Parish office.

We are also asking the County Council to think about what traffic calming measures can be used along our main roads such as the Epping New Road, Roding Lane, Loughton Way and Buckhurst Way. Also, Essex County Council are looking for a new lollipop person to work outside St John's school. Is that you?

Christmas in Queens Road

Covid prevented the last Christmas in Queens Road taking place and unfortunately it has stopped another one taking place. It takes a lot of planning and a big lead-in time to make sure everything is in order. We haven't had that this year. Hopefully next year we will be able to do something special. However, the illuminations will be taking place!

War memorial at St Stephen's

I personally got involved recently when I was informed by a resident that the war memorial at St Stephen's was overgrown. I'm glad to say it is now looking a lot better – thanks to all those involved who made it possible. It is most important that our war memorials look good at this time of year.

Halls redevelopment

A number of people ask me the question 'what's going to happen with the halls?' We own the Roding Valley Hall in Station Way

and the Woollard

Centre in Loughton Way.

There was a proposal to redevelop the Roding Valley Hall. There is an article in this magazine about that. In short, the Council of largely new Councillors had to get to grips with what had been proposed before and then look for a way forward.

Litter pick

In July the Parish sponsored a litter pick of the area. Eight local volunteers came out in support of the event. From children with their parents to senior citizens we collected a lot of litter that day. It's a great way for the community to work together for the benefit of the local area. The litter was then disposed by the District Council. Watch out for the next pick and do join in.

Other items of concern

You'll see an article in the magazine asking for your ideas for the Platinum Jubilee of the Queen. It is a great way to bring the community together. I remember being involved in the Golden Jubilee event 20 odd years ago. The Parish Council has been involved in running both that event and the one for the Diamond Jubilee in 2012.

I will be holding a Chairman's Quiz in aid of my charity for the year, the Epping Forest Food Bank. This will take place on 27th November 2021, 7.00pm for 7.30 pm. Teams of six. If you would like to attend please contact the Parish office.

We have also agreed to work to install a defibrillator in the area. There is a lack of provision on this front and the Parish Council has agreed to fund one defibrillator. Once we know where this will be exactly located we will let you know.

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

SEE INSIDE

Council Information	1-4
Dates for the Diary	8
Community News	5-12



Aniket Patel

At the Annual Council meeting of Epping Forest District Council earlier this year I was delighted to be appointed into the role of Portfolio Holder for Community & Regulatory Services. Having previously

overseen Regulatory Services including licensing, Building Control, Environmental Health and health and safety functions, I am now also responsible for a number of the Council's community service areas.

As Chair of the Epping Forest Health & Wellbeing Board I'm pleased to now have responsibility for the Council's Community, Health & Wellbeing service area. The range of health and wellbeing projects, programmes and initiatives delivered by the Council is extensive, a recent example being the organisation and delivery of a multi-agency "Community Health & Wellbeing" event on 11th Oct at the new Civic Offices. The event was attended by hundreds of local residents who came along to sample physical and cultural activity taster sessions, hear informative presentations from a range of local

organisations including; Pharmacists, NHS staff and First Responders, and to access on-site health checks and flu jabs. It was a fantastic day and the feedback from residents, and also the plethora of organisations involved on the day, was overwhelmingly positive.

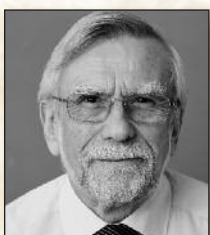
I am keen to support the continuation of the excellent partnership working that happens in our district and, as such, I am pleased to represent the three District Councils in West Essex on the NHS West Essex Clinical Commissioning Group Board.

The Council's Grant Aid Scheme provides financial support for a range of key community and voluntary sector groups across the district including; Epping Forest Citizens Advice, Voluntary Action Epping Forest, Epping Forest Foodbank and Epping Forest Community Transport, to name a few. Over the coming months I will be awarding further Grant Aid funds to support even more local community groups and am keen to encourage volunteering more widely across the district.

Ultimately, I am passionate about ensuring that our local residents are able to live happy, healthy and fulfilled lives and feel safe in the communities in which they live.

Season's Greetings to you all.

Cllr Aniket Patel



Ken Williamson

I know it is difficult to find positives from the recent pandemic, but here goes.

The extra walks have taken me all over the local area. An area I have lived in for most of my life and thought that I knew very well.

Walking made me realise that driving down roads doesn't mean that you know them. You see so much more when you are walking. There are some amazing front gardens and obviously some where the description would be "must try harder". Some people really look after the grassed verges and have prompted me to take better care of the area in front of my house. Can we do something

about the front gardens that are completely paved, perhaps think about some planting in pots to soften the landscape? With a little bit of thought the black and green bins could also be less obtrusive.

Whilst walking I also noticed areas of pavements that require some work, if you have concerns about a specific area you can report it on the Essex Highways website, or let one of your Councillors know of your concerns.

The variety of architecture and trees reinforces that this is a very pleasant place to live. Take the time to walk around your area I hope you will see what I mean.

By the time this is delivered we will be approaching Christmas and I hope that you all have a great time and then we can all look forward to 2022.

Cllr Ken Williamson



New beat for the Community Police

Buckhurst Hill has a new beat officer, PC David Morgan. PC Morgan has worked in a variety of roles within the police and has over 20 years policing experience. He looks forward to meeting the community and assisting with any local issues residents are concerned about. PC Morgan will be based from Loughton Police Station.

Now that autumn is upon us with darker evenings ahead, make your home less attractive to thieves.

Put that light on!

The clocks go back on 31/10/2021, check and reset the time of your timer plugs, lights and other security devices. Remember, to a thief, a house in darkness is an empty house.

External lighting and CCTV

Make sure your security devices are clean and working.

Hedges, trees and plants

Overgrown plants can obstruct security cameras and lights. It is advised to keep hedges at no more than 1.2m, so that your property front is visible and prevents thieves from working unobserved.

Sheds and gates

Keep them locked when not in use. Alarms on sheds and outbuildings are a good idea.

Property marking

Consider marking your property and making a note of its serial number. Many items recovered by Police are not returned to their owner due to lack of identification marks.

If you would like further advice regarding security please look at the Essex Police website

www.essex.police.uk/cp/crime-prevention/ and www.securedbydesign.com/.

Naturally we also ask you to report any unusual activity to police in an emergency on 999 or after the event on 101 or "Do it online" www.essex.police.uk/do-it-online/report-a-crime/

COPY CLOSE DATES FOR NEXT EDITION

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

SPRING – Copy close: **11 February 2022** – delivery planned for week commencing **21 March 2022**



Alison Hall

Queen's Platinum Jubilee

Whether you are a Republican or a Royalist no-one can deny that doing the same job for 70 years is a feat that not many of us could or would

manage. A feat to be admired and celebrated. Our Queen's stalwart determination to do her duty is second to none. She's had her share of heartache and tragedy, from the thrusting of her father into the role of King to the recent loss of her beloved husband but she has remained stoical – a support to her family and a role model to us all. Her dignity shines through at every public function she attends

As head of the Commonwealth, Queen Elizabeth, and latterly Prince Charles, have worked hard to bring people together, to help and support a variety of projects to empower and free people, particularly women and to eradicate poverty.

Next year will be Our Queen's 70th year of reign eclipsing her great great Grandmother, Queen Victoria who reigned for 63 years, and we at the Parish Council would like to celebrate this but we need your help. We'd like to ask the residents of Buckhurst Hill to help us choose a fitting and appropriate way to celebrate this momentous occasion. How can we show that we are grateful to Her Majesty for all her hard work and dedication over the years?

You can email your suggestions to any of the Councillors whose names and contact details are listed here or email the Parish Office office@buckhursthillpc.gov.uk

Help us make it a moment to remember.

Cllr Alison Hall



Sarah Goodfellow

As we emerge from the restrictions of the Pandemic, it's been very difficult for us all to know what might come next. Do we feel comfortable hugging our friend who we

haven't seen for a long time, do we take our masks off or not? What is the right thing to do? We at the Parish Council have struggled with the uncertainty too. We've wanted to bring the community together but have been wary of going too fast, too soon. We've been waiting for guidance that was clear and felt secure. We've also been so proud of those in our community who have been helping each other and taking care of each other during these difficult times, one reason that the Chairman's charity is Epping Forest food bank this year.

A key community moment is the Christmas on Queens Road day each year. In 2019 the Parish Council and Buckhurst Hill Residents Society did a wonderful job by closing the road and putting on a magical scene. Normally planning for this begins in January to make the event a success. Due to Covid the last council just wasn't able to begin those plans and, with restrictions only lifting in the summer, the Christmas Working Group find ourselves with energy and enthusiasm but not enough time to deliver value for money to the residents of Buckhurst Hill. After consultation with the Buckhurst Hill Residents Association who do so much work for the event, we have reluctantly agreed that there is not the opportunity to deliver something that benefits the community in the way that we would like it to. Our hope is that the Full Council will agree to budget for events which are even bigger and better in 2022 and therefore give Buckhurst Hill the opportunity to stage a number of brilliant community events including Christmas and the Queens Platinum Jubilee that we can be very proud of and that will unite us all.

Cllr Sarah Goodfellow



Gavin Chambers-Bagshaw

I hope you have/had a great Christmas break and also a happy Hanukkah to our Jewish residents. It been a tough two years and it seem we are now moving in the right direction.

Please keep yourselves well this winter. It's not all about Coronavirus. Please take the winter flu vaccine if you qualify.

It has been lovely to have a great summer in 2021 with the opportunity for us all to get some time away. I enjoyed my daily walks to Knighton Woods and I know many residents have enjoyed feeding the ducks and watching the seven little ducklings grow up on the pond. Please make sure that if you do feed the ducks this winter it's not bread. The ducks thrive on sweet corn and peas.

Please get in touch with me if you have any local concerns. I am here any time you need to chat about local issues and concerns. If I can't help I definitely know someone who can.

The business I have chosen to support in Buckhurst Hill this time is Mr Tony Melotta who I used recently for some electrical radiators. Good service and a local Buckhurst Hill family man. His company is Indigo Electrical. Mr Melotta's email is enquiries@indigoelectrical.co.uk and his number is 07766 307028. It is so important to support our local business and high street where we can, especially when they provide an excellent service.

Happy New Year!

Cllr Gavin Chambers-Bagshaw



School Crossing Patrol Officer - Vacancies

Are you looking for an opportunity to support your local community?

Come and join Essex County Council's School Crossing Patrol Team.

Vacancies across Essex

£11.13 per hour

Term Time - Part Time hours available

To apply visit www.workingforessex.com, or call the Resourcing Team on 0333 013 5888.



INSPIRED TO DO MORE



David Saunders

I share the view which many of our residents hold, which is that speeding vehicles in Buckhurst Hill is one of our biggest safety concerns and must be tackled now. My sincere condolences go to the family, friends and everyone who knew the young woman who tragically lost her life following a vehicle collision on Buckhurst Way. Initially, of particular concern to me was speeding vehicles along the High Road at school drop-off and pick-up times. With the support of a number of other parents and residents we commenced a petition to have a zebra crossing installed. Please show your support by signing this petition at <https://chn9.it/PC9dPVYdZS> . Particular thanks go to the school and the PTA for their support so far with this campaign. Following the tragic collision on Buckhurst Way, another resident has commenced a further campaign for traffic calming measures along Buckhurst Way and I would also urge you to show your support and sign this petition at <https://cjm9.ot/knVV8cGqww>

Since my time of last writing for our Parish magazine, I have been busy with a number of new initiatives for our residents. Facilities available within Buckhurst Hill is one of those. Our Library is a key part of this and we are exploring plans with our Essex County Councillor Marshall Vance to introduce a Community Hub to the Library with the aim of increasing the facilities available for children and adults. Alongside this we continue to explore the possibility of rebuilding the Roding Valley Hall. The outcome of this and the next steps will be decided at the Full Council meeting on 25 November and I look forward to being able to provide an update to residents following this meeting.

Cllr David Saunders



Buckhurst Hill Leisure Gardens CIC (BHLGCIC) are to create ‘easy-access zones’ on the allotments that specifically cater for those with disabilities, wheelchair users and the infirm. The ambition is to eventually build a number of these zones across all the five allotment sites in Buckhurst Hill. BHLGCIC voluntarily manages the five allotment sites on behalf of the Buckhurst Hill Parish Council.

The allotments are for many local people a cornerstone of community life encouraging healthy eating, exercise, horticulture and a place where lifelong friendships are made, and community spirit thrives.

Allotment gardening is an extremely rewarding pastime and can contribute greatly to the quality of people’s lives both mentally and physically. Unfortunately, it is all too common that allotments are not accessible to people with disabilities. It is BHLGCIC’s and BHPC desire to make areas on the allotments that are wheelchair friendly with raised beds and have accessible ground surfacing enabling the allotment to be accessible to all will change lives for the better. Consultations with local councillors, community groups and residents have indicated that the creation of these ‘easy-access zone’ on the allotments is strongly supported. We are aware that not all people with disabilities will be wheelchair bound, some people may have impaired sight or hearing or have other physical disabilities as well as those with mental health issues. We aim, as part of the implementation process, to invite some potential gardeners with disabilities down to our site so that they can provide extra ideas as to how they would like to garden and things they would like incorporated into to the design.

We envisage that the ‘Easy-Access Zone’ will need annual maintenance and replenishing. Volunteers to work alongside the users with disabilities to ensure the upkeep of the area.

Matt West

Safety on our local roads is a long-standing issue and one the Parish Council is keen to address with the recent tragic accident on Buckhurst Way, in which a young woman was killed helping to highlight the urgent need to introduce traffic calming measures on Roding Lane, Buckhurst Way and Loughton Way. Anyone that lives off these roads knows that speeding is a persistent and dangerous problem and that there are frequent accidents.

As it happens the issue of speeding on these roads had already been raised by several local residents and in September, we wrote to Essex Highways through Cllr Vance to request that speed tests on these roads be carried out as a first step towards bringing in such measures. We hope to be able to provide an update on this work soon, but we would also appeal again for volunteers to join the SpeedWatch group. Separately, we are also appealing to Essex County Council to provide us with an update on when local streetlights will be replaced with cheaper LED bulbs and are trying to ensure street lighting on some of our main roads, such as Buckhurst Way stay on longer and are brighter, given the obvious safety issues presented by poorly lit local streets.

Another concern is the need for children to be able to cross the High Road safely near to St John’s Church of England School, as well as the need to urgently recruit a school crossing patrol officer. We believe both are required to keep school children and their families safe as they cross the High Road, particularly as we head into winter and the nights get longer.

As most residents of Buckhurst Hill will also know, there have been quite a few roadworks around the town lately with some roads closed for several months and in one instance temporary traffic lights operating at both ends of Palmerston Road. This caused quite a lot of inconvenience to residents and while the Parish Council is largely powerless to control when road works take place, we do acknowledge this has been a particular issue for many local people. While unfortunately we can’t control when roadworks will take place, we have found a solution that may help us inform local residents when and where they are happening. In future we will be issuing notices on both the Parish Twitter and Facebook accounts in order to give local residents at least some warning. We appreciate this is an imperfect solution, but it may at least help people plan their journeys a bit better.

If you don’t already, please do follow the Parish Council twitter account @hill_parish or our Facebook page <https://www.facebook.com/BHPCoffice/>.

Cllr Matt West

autumn 2021

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Bedford House – Adult Education and Leisure Activities

Bedford House launches Bedford House Online in response to the ever-changing Covid-restrictions.

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 as soon as they are developed. 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: “It is essential for organisations to be agile and willing to adapt at speed to the ever-changing challenges and opportunities to ensure they can keep meeting the needs of their customers and in our case as a registered charity to the needs of our beneficiaries. We have spent a great deal more time on outreach, 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. In November we were excited to welcome a new team member who is focussing on Social Media and Member support.”



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’ with one of our local artists Katherine Poluck.

We have also launched an online Card Shop with handmade greeting cards made by our printmaking classes. All funds raised go to Bedford House. A very successful initiative that sold over 220 individual cards in a few weeks before Christmas. Simply fill in the order form and we can either post the cards or you can collect from the porch at Bedford House by appointment.

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 3 bus routes, 167, 20 and 179.

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

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

Our programme of courses and events offers learning and development for adults in health, fitness and wellbeing, and art & craft, as well as in other leisure activities. The courses are delivered by experienced artists, and practitioners of health, fitness and wellbeing and are often tailored specifically to each relevant group of

learners. You will find more in-depth details of our programmes on our website at www.BedfordHouse.org.uk .

We are planning an exciting Seasonal Craft Workshops Programme, including Painting Holly in Watercolours, Sgraffito Workshop (calligraphy), Glass Fusing Christmas Decorations, You’re your own Christmas Wreaths & Table Decorations. The programme is due to be released by 10 October on our website and widely circulated. Please check our website regularly as we will be adding information about new workshops and events when the arrangements for each are confirmed.

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

It was disappointing that the Covid-19 restrictions meant that we couldn’t hold our usual summer exhibition this year but please enjoy and share our virtual summer exhibition on the website with over 100 art works produced by our students.

More information:

If you require more information, please email Enquiries@Bedfordhouse.org.uk or phone **020 8504 6668**

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 and clicking the link ‘Join the Mailing List’

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



Left: Graham and Myra Williams. Above: Rita Smith

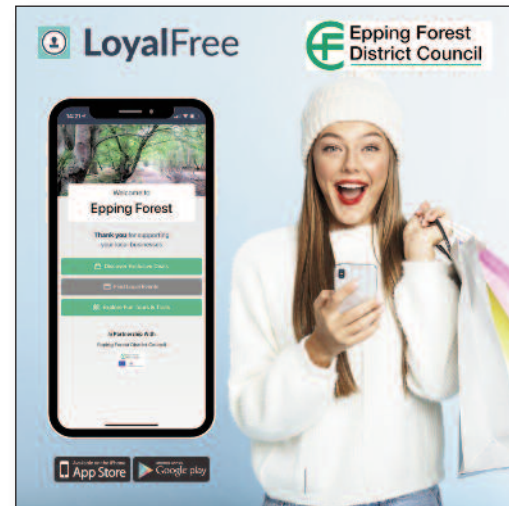
New EFDC Partnership – LoyalFree

Epping Forest District Council has launched a new partnership with multi award winning app LoyalFree, as part of the district's recovery plan from Covid-19.

Epping Forest is the latest area in the UK to launch the LoyalFree app, a place promotion app designed to boost footfall and sales in the district by encouraging consumers to shop local safely.

LoyalFree is an innovative digital platform which showcases vital area information for locals and visitors including exclusive deals and loyalty schemes, fun local events and interesting trails. Businesses will benefit from advertising opportunities, customer insights and social media support and the dynamic app allows users to benefit from using just one app across the UK – so they can tap into the local area wherever they are!

Download the app before the end of October and you can be in with a chance of winning £150 worth of gift vouchers. This consists of a £100 Click It Local voucher to spend in local stores and a £50 M&S e-gift card. The in-app competition can be entered with just one click every day for even more chances to win! You can download the LoyalFree app for free here: www.loyalfree.co.uk/download or search 'LoyalFree' on the iOS and Google play store.



The Noah's Ark Community Hub is a community focussed Christian charity who through social action, support and care wish to enhance the Buckhurst Hill residents' life experience.

Through action, support and care our aim is to initiate activities and services for the people of Buckhurst Hill and surrounding areas, to form a cohesive society with a community feel where we take

care of one another. We wish to explore the needs of families, children and those older in years, so that we can take action to support them and care for their needs wherever they are.

We are just getting started and are about to move to additional premises where we can really kick things off! We have many free of charge community activities and outreach initiatives planned, with a team of staff, trustees and volunteers ready to make things happen.

Here are some of the initiatives that will be starting in December:

- Knit and Natter Group
- 20-30's friendship group for those who don't want to swipe right
- Bereavement Support Group
- Silver Surfer Group
- Community Allotment

- Dementia Friendly Coffee Morning
- 0 to Bump Parent Group
- Lunch Club
- Two by Two Stay and Play Group has already started on Mondays at 1.30pm at St Stephen's Church (term time)

Now is a great time to climb aboard the Ark as we launch our clubs, groups and services which will benefit our local community.

If you feel you would like to be part of this venture or have an idea of a group that would benefit the community of Buckhurst Hill, please get in touch

Julie Willis – Outreach Manager,
Noah's Ark Community Hub
07862 755307
or julie@noahspreschool.org



If you were to visit St. James', you would be sure of a warm welcome from the members who worship there on a Sunday at 10:30 am.

We are getting back to the 'new normal' after the Covid Lockdown, with some services still on Zoom, as well as meeting in the small hall for worship each Sunday morning. Services are led by our Hall Manager, Gerald Lee, visiting preachers or members of our congregation.

St. James URC, Palmerston Rd, Buckhurst Hill

We have a series of special services this autumn:

November 14th Remembrance Sunday

With an outdoor service in the car park, attended by members of the uniformed organisations, the British Legion and anyone else who wishes to come along.

December 12th Gift Service

Led by Keith White
from Mill Grove home in Woodford.

December 24th Christmas Eve Service 6.30pm

Led by Gerald Lee,
with mince pies and sherry to follow.

December 26th Boxing Day Service

Led by Gerald Lee.

We have a weekly **Prayer Time** on Zoom, hosted by Gerald Lee each Wednesday at 1.30 and again at 7.30pm and anyone can come to our **Prayer Space** each weekday morning to light a candle or pray in a quiet space.

A Men's Breakfast takes place at the **Toby Carvery** at 9am on the first Saturday of each month and newcomers are welcome.

A Craft/Prayer Group is held on the first Monday of each month at 2.30pm.

Memory Lane, a group for older people and their carers meets every Monday at 2pm.

We will be having an **Advent Study** on Zoom at the end of November, which has yet to be finalised.

If you have not been to one of our church services we would love to see you, and you would be most welcome to attend any of the events listed above.

Isabel Bala (Church Secretary)

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

VETS CORNER



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

Happy holidays!

The nights are most certainly drawing in now, and this time of year brings lots of celebrations. In this article I'm going to highlight some of the common issues we see at this time of year and how you can help your pet.

Fireworks and noise phobias

One of the most common problems we see around this time of year surrounds the issue of fireworks and noise phobias.

If you know that your pet suffers from noise phobias, here are some tips

- Walk your dog before dark to limit exposure to loud noises.
- Close curtains, and play a radio or TV to help distract from outside sounds
- Make a 'den' for your pet- this might be a covered crate, a space behind a sofa or an understairs cupboard for example. Add cushions and blankets to make it comfy, and encourage your pet to use it when they are scared. If they choose to use it, leave them alone there until they are comfortable to come out.
- Calming pheromone and essential oil

sprays, collars and diffusers, such as Feliway, Adaptil or Pet Remedy can be used around the house and your pet.

- 'Thunder shirts' are tight fitting pet vests which can help create a feeling of security and are really beneficial to some dogs.
- Calming 'drug free' supplements can be started in the days prior to celebrations. Ask your vet for which ones may be suitable for your pet.
- Medications- for some pets, even using a combination of the above methods is not quite enough to help them cope with their anxiety. There are several medications which can be used for short periods to help your pet cope with noise phobias- please ask your vet for advice

To help prevent and desensitise your dog to noise, the Dogs Trust 'sounds scary' therapy is an incredibly useful resource:

www.dogstrust.org.uk/help-advice/dog-behaviour-health/sound-therapy-for-pets

Please also remember cats should be kept indoors whenever fireworks are being set off, and small pets such as rabbits and guinea pigs should be brought indoors or have outdoor hutches covered to help dampen any bangs and flashes of light.

Celebration food

We all love to share our celebrations with our pets but sharing the wrong types or too

much food can lead to upset stomachs or poisonings.

Keep your pets' food the same around celebrations, resisting the temptation to feed leftovers. Instead, plan or purchase a 'pet friendly' treat for your pet to enjoy on the day.

Remember that the following foods are among those toxic to dogs: Chocolate, alcohol, grapes, raisins (including fruitcake) and onions. Be mindful not to leave these types of food within easy reach of your pet, for example when hosting gatherings, or in gifts wrapped under the Christmas tree!

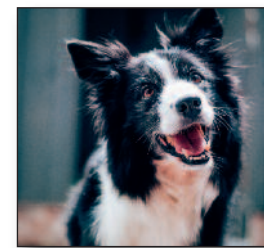
Also remember to dispose of rubbish so that your pet cannot raid the bin for food. Cooked bones and carcasses can cause issues such as constipation, pancreatitis, and stomach perforations.

Medications

If your pet is on long term medication, check well in advance that you will have enough to last throughout the holiday period. Many Vets do not stock large quantities of medication, and wholesaler deliveries can be infrequent over the holiday period, meaning we cannot always provide large amounts at short notice.

Emergency care

Finally, it is always worth making sure you know of the out of hours arrangements for your Veterinary Surgery, so that should you need urgent veterinary care, you will know how and where to find it. Happy Holidays!



If you would like to speak to one of our team about anything mentioned in this article, 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



Update from Buckhurst Hill



At the beginning of September, Buckhurst Hill u3a held its AGM combined with an afternoon tea for members at our new venue, the Woollard Centre, Roding View.

This was the first meeting since March 2020 and was attended by seventy members, which was almost at the level we enjoyed before the first lockdown. This was very gratifying and demonstrated how keen our members are to try and get back to normal. We have put in place measures to try and ensure a Covid safe meeting environment.

Buckhurst Hill u3a is home to many Interest Groups including art appreciation, book club, crafts, history, photography, forest walks and scrabble to name a few and all of which have now resumed regular meetings.

We are in the process of arranging speakers for 2022 and are beginning to think about organising outings to local places of interest as well as some further afield.

We are a very sociable group enjoying frequent coffee mornings, theatre visits and lunch club outings.

The u3a Movement brings together people who have finished working full time or raising their family to develop their interests, continue learning just for pleasure, making new friends, and having fun whilst doing so.

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

Alternatively, please contact our membership secretary,

Christine Slade, on **020 8505 1005** or by email at membership@buckhillU3a.org for further information.

Dates

for your diary

...and local organisations

BUCKHURST HILL PARISH COUNCIL

Meetings held at Buckhurst Hill Library, 165 Queens Road.

■ **THURSDAY 2 December 2021**
7.00pm Planning and Environment Committee
■ **THURSDAY 16 December 2021**
7.00pm Planning and Environment Committee
■ **THURSDAY 6 January 2022**
7.00pm Planning and Environment Committee
8.00pm Personnel Committee
■ **THURSDAY 20 January 2022**
7.00pm Planning and Environment Committee
8.00pm Full Council
■ **THURSDAY 3 February 2022**
7.00pm Planning and Environment Committee
8.00pm Accommodation Committee
■ **THURSDAY 17 February 2022**
7.00pm Planning and Environment Committee
8.00pm Accommodation Committee
■ **THURSDAY 3 March 2022**
7.00pm Planning and Environment Committee
■ **THURSDAY 17 March 2022**
7.00pm Planning and Environment Committee
8.00pm Finance and Establishment Committee
■ **THURSDAY 31 March 2022**
7.00pm Full Council

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

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

ALCOHOLICS ANONYMOUS MEETING
Tuesday 12.30 -1.30, Thursday 11.00 - 12.00
ALZHEIMERS SOCIETY
Email: [essex@alzheimers.org.uk/](mailto:essex@alzheimers.org.uk)
Volssessex@alzheimers.org.uk
Dementia Connect Support Line: 0333 150 3456
Woollard Centre 020 74070700
National Helpline 0800 9177650

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 or visit www.bedfordhouse.org.uk
Registered Charity No. 301268

BUCKHURST HILL BAPTIST CHURCH
Corner of Palmerston Road/Westbury Lane. Lighthouse Coffee Shop open Mon 9am-4.30pm, Tue-Thur 8.30am-4.30pm, Fri 8.30am-2.30pm. Sunday Morning Service 10.30am with children's activities. More events on the website www.bhbc.org.uk
General enquiries: 020 8559 0222 info@bhbc.org.uk

BUCKHURST HILL BOWLING AND LAWN TENNIS CLUB
Great for exercise and fun. The outdoor bowls season extends until early October and the tennis courts are in use all year round. Coaching for all ages

is available. For further details contact Bowls – Madeleine Davis bhbltc.co.uk or 020 8504 4057. Tennis – Bridget Leworthy tennis@bhbltc.co.uk or 020 8554 6528
Website: www.bhbltc.co.uk
BUCKHURST HILL FOOTBALL CLUB
More information @buckhursthillfc or www.facebook.com/buckhursthillfc
BUCKHURST HILL HORTICULTURAL SOCIETY
All visitors welcome. Free entry to members.

£2.00 for non-members. Good parking facilities, teas, home-made cakes, plants and a variety of garden sundries and bulbs for sale. There is always a magnificent display of dahlias as well as vegetables, fruit, shrubs, flowers, flower arrangements, cookery and children's entries. Anyone can exhibit in any of the classes. For help and advice contact: Maureen – 020 8504 8436, email: mbriggs@uwclub.net or Jill – 020 8257 8996 email: Jmailto:Jill998@btinternet.com. For more information about the society visit our website 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's, Palace Gardens and River Housing (Boxted Close) Contact Marcia Levan-Harris. email: bhallotments@gmail.com tel: 07789 003284 for availability of plots.

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

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

BUCKHURST HILL U3A
Meets at 2.00 pm on the second Thursday of every month at 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 or write c/o 165 Princes Road, Buckhurst Hill, Essex, IG9 5DW
BUCKHURST HILL VILLAGE FORUM
For traders and stakeholders in Buckhurst Hill. @buckhursthillvillage
buckhursthillvillageforum@gmail.com

CHABAD JEWISH CENTRE
Chabad Buckhurst Hill is a Jewish Community Centre and Synagogue serving the local community and wider West Essex. For more information or to contact the Rabbi – see www.chabadonthehill.co.uk
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: ceeppingforestdistrict@outlook.com

CYCLING FOR HEALTH
Wednesday and Sunday morning led rides take place in the Lee Valley Regional Park. Routes are generally traffic free as they largely follow bridleways and paths. Rides are approximately 10-18km (6-11 miles) and routes differ in intensity and terrain. There is a limited number of bikes and helmets available to hire for each ride. The Sunday morning rides have been generously supported by Lee Valley Regional Park Community Funding. See eppingforestdc.bookinglive.com or email Karen at kmurray@eppingforest.gov.uk for more details about meeting places and gradients. For booking support you can call 01992 564 226, phone lines open 10am-4pm Monday to Friday.

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 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.

INDOOR BOWLS@DAVID LLOYD
Three sessions run every Tuesday across three rinks. These sessions are self-run and newcomers of all abilities are welcome. David Lloyd Chigwell, Roding Ln, Buckhurst Hill, Chigwell IG7 6BQ. Book on eppingforestdc.bookinglive.com or call 01992 564 226, phone lines open 10am-4pm Monday to Friday.

LIFEWALKS
In and around Epping Forest. There are five guided social walks which take place each week in and around the Epping Forest. The distances range from just under one mile to just over three miles. What you see on your walk can vary greatly as there are many different start points each week. See eppingforestdc.bookinglive.com or email Karen at kmurray@eppingforest.gov.uk for more details about meeting places and terrain. For booking support you can call 01992 564 226, phone lines open 10am-4pm Monday to Friday.

NATIONAL TRUST WOODFORD CENTRE & DISTRICT
www.nationaltrust.org.uk

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

October meeting on 12th October at 10.30am Memorial Hall, South Woodford.
The Historic Waltham Abbey Church, by Greville Weltch.
November Meeting at All Saints Church Hall, Woodford Green, at 2.30pm Wednesday 10th November 2021. 'East Anglian Families of Influence' by Peter Lawrence.
December Meeting at Memorial Hall, South Woodford at 10-30 am on 8th December 2021. 'The History of Ongar High Street' by Anne Padfield. Further details from Richard Speller on 07774 164407 or email speller643@btinternet.com
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.

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

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

STREET ATHLETICS & STREET TENNIS
These active sessions for 4-12 year olds take place every Saturday morning at Roding Valley Recreation Ground, IG10 3LG. Street Tennis: 08.45-10am Street Athletics: 10.15-11.15am You can book online at eppingforestdc.gov.uk, for support you can call 01992 564 226, phone lines open 10am-4pm Mon-Fri.

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

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

WOMEN'S INSTITUTE
Meetings 3rd Wednesday in each month (2nd Wednesday in December) 7.30pm St. James's United Reformed Church, Palmerston Road. For more information contact the Secretary Elizabeth Stearn. 020 8504 6634

WOODFORD SYMPHONY ORCHESTRA
7.30pm – 9.30pm at the Roding Valley Hall, Buckhurst Hill. www.WSOchestra.org.uk or telephone 020 8924 9370/020 8519 6491



Things on the exercise front seem pretty much back to normal right now. Classes are up and running and at our Wednesday evening tai chi class we are back to working with partners to test what we do, check on our moves and do a bit of 'sensing' hands. But as we move into autumn with darker mornings and declining temperatures another problem arises. It is just not so pleasant getting out there to practise.

Whilst it can be wonderful to practise the tai chi while the sun rises, at this time of year you need to wear lots of layers. Especially a scarf to keep out the wind. And sometimes it rains!

In wet weather, or if you just don't want to got outside, tai chi has quite a few related exercises which make a great alternative to doing the whole set of movements. Some are called nei gong – which means internal – then there are tia chi circles, good for stretching and weight shifting. Also qi gong (chi kung); translated it means 'energy work' and takes many forms. Try a Google search, you will be amazed at how many types you can find. We use one called zhang zhuan which means 'standing like a tree'. Standing becomes harder that you might think, it is a really good exercise for teaching you to relax and at the same time it can tone up your legs and back.*

Qi gong in particular is practised by people interested in the health aspects of tai chi. Here I must add a cautionary note: whatever you might hear or read on the internet none of these practices will 'cure'



Woodford Symphony Orchestra

An exciting, innovative new era has begun for Woodford Symphony Orchestra with the arrival of Claudio Di Mio, its new, dynamic and charismatic award-winning Musical Director/Conductor.

The WSO Autumn Concert is on

Saturday November 27th at 7.30pm in the Great Hall at Roding Valley High School. 'A Homage to English Music' will feature soloist Oliver Gledhill playing 'Elgar's Cello Concerto'. The exhilarating 'Petite Suite de Concert' by Samuel Coleridge-Taylor (once described as the 'African Mahler') and Britten's 'Soirée Musicales' will be also played.

WSO, established in 1963, is one of the leading amateur orchestras serving West Essex and East London, rehearsals are held in Loughton on Thursday evenings during term time. We welcome new players to our friendly orchestra.

Concert tickets on the door or please contact us via our website WSOchestra.org.uk or telephone 020 8924 9370.

Buckhurst Hill Library – new opening hours

Please note our new hours of opening are:

Mon 9.30am-5.00pm Tue 9.00am-7.00pm Wed 9.30am-5.00pm
Thurs 9.00am-1.00pm Sat 9.00am-5.00pm

anything. They are not an alternative to conventional medicine. However, I believe that they can be 'healing' in that they will make you feel better about yourself and, done at the right level, can be tackled by anyone regardless of their age and condition.

I will always acknowledge that tai chi is not for everyone. Like all activities some people take to it and some don't. Having said that, if it is your thing, then it very quickly slips into your lifestyle. Daily practice is never a chore, if you miss a session the day just doesn't feel right.

Another advantage of the exercises is the time they take. When I have a commitment that leaves me without time to go through the whole form I will use one or other of the exercises to get me going. Outside for preference on a nice morning.

Whilst I will encourage everyone to try tai chi (vested interest declared here) there are a few things to look out for. The most important and, perhaps the hardest, is to find the right teacher. Don't be impressed just because he (or she) styles themselves 'master'. There are a lot of self-appointed masters around. You don't just need someone you can respect you need someone who will respect you. If you find a class see if it offers a free 'taster' lesson (we do) or a reduced price first lesson at least. Or maybe you can just watch and talk to the students to get a feel for what it is about. The academy I learned at offered this.

Tai chi is a multi-layered art. Some teachers specialise in one aspect or another, particularly true of health. Don't be put off because someone mentions 'martial art'. With tai chi that is not what you think. No one fights, the whole object of tai chi as a martial art is to *not* fight. Bear in mind that if your teacher practises the whole gamut of tai chi he will be more able to teach you the aspects that interest you.

** You should not attempt these exercises until you have a competent teacher to show you how to do them safely*

The Bonsaitaichi Academy meets at

the Woollard Centre every Wednesday from 7pm.

www.bonsaitaichi.eu

Call John Roper: 07967 666794 email: john@bonsaitaichi.eu



SLIMMING WORLD

Well hello winter – Lorraine here! Most of you would know me as the Senior Nurse in Kings Medical Centre, and currently I am running flu clinics and working at the vaccination centre providing the booster Covid vaccine in Buckhurst Way Clinic. I live, work and breathe in Buckhurst Hill, but I am actually in my 8th year at Slimming World Buckhurst Hill. Since the past lockdowns – specially the last one – I feel a majority of us have gained weight as it was really the only thing we could do that was enjoyable without the worry of passing Covid to another person. So, as we start to try and return to some kind of normality, and my groups have reopened, I'm welcoming new members and some returning ones too.

Meet Anne, top left. When I spoke to her at the beginning of the year she said this was the biggest she had ever been in her life. I was then running Slimming World virtually through zoom. Her first reaction was 'I cannot do all that zoom lark', but a couple of days later she changed her mind and said I need to really start doing something about the weight gain as it was getting her down, making her joints ache and she was feeling sluggish. She was the person standing behind everyone in photos so she didn't have to look at herself. So she joined

in on Zoom and attended every week, and is now two-and-a-half stone lighter. She is still on her journey and is back in the group, but the difference is so apparent. She looks and feels so much better. Her joint pain is better, she's feeling healthier and has so much more energy. She looks amazing. Losing weight doesn't just make you look better, it lifts your mood, and it improves your health and wellbeing.

Mohammed – top right – decided to join Slimming World Buckhurst Hill when our groups reopened. He has been through a bit of a challenging time as, after two separate car accidents, he ended up on such heavy medication to get him walking again and approximately 18 months to actually reduce the medication. The inactivity caused lots of weight gain which affected his diabetes. He decided to take matters into his own hands and with the help of his friends, started to lose weight. However, a month later he had a relapse and was left with a slipped disc, causing pain through his spine. It also caused numbness in his left leg. He knew then that he really had to do something about his weight. His diabetes was so poorly controlled that he was told he would have to start on insulin. This was the spur he needed to take control of his weight. He started to lose weight before groups were open and then joined Slimming World to give himself the extra boost he needed to get the support to get to his goal weight. He has just achieved an amazing loss of 5 stone – friends who had not seen him in a while hardly recognised him! He knew he had to get to his goal weight to get himself back into the gym, reduce the amount of tablets he was taking and avoid being put on insulin. So he is not on insulin and it also helps with the injury taking the pressure of his damaged spine. He is ready to start heading for the gym again. By losing weight he has put his health first. What an amazing achievement after all that he has been through!

If you are thinking of losing weight for whatever reason and want to come along. Our groups are open Wednesday 5pm Thursday 5.15 or 7pm and Friday 9.15 am Woollard Centre, Loughton Way, Buckhurst Hill just come along or call Lorraine on 07960 603621.

Slimming World
taste the freedom

BUCKHURST HILL
Groups open

Wed 5pm
Thurs 5.15 or 7pm
Fri 9.15 am

Woollard Centre
Loughton Way

Call Lorraine
07960 603621
or just come along

ST CLARE HOSPICE

Hastingwood Road,
Hastingwood,
Essex CM17 9JX



Media Release

One in five patients are cared for by St Clare Hospice due to previous gifts in Wills



Mark Astarita, Trustee and supporter of St Clare Hospice is leaving a gift in his Will to the Hospice.

Hospice Trustee calls on local people to leave a legacy

St Clare Hospice Trustee, Mark Astarita, is making an impassioned plea for local people, in West Essex and East Hertfordshire, to consider making a gift in their Will to St Clare Hospice, in order to help the charity continue to provide outstanding care to people in the local community.

St Clare Hospice is using Mark's support to launch a new campaign to highlight the impact that leaving a gift in a Will can make; one in five people are cared for by the Hospice due to the generosity of others who have previously given in this way.

Harlow resident, Mark, experienced Hospice care first-hand, when his wife was cared for at a hospice "Losing a loved one can be a very scary and painful experience, but arriving at a hospice with my wife instantly took the pressure off of mine and my son's shoulders," recalls Mark. "We were able to enjoy the precious time we had left with my wife, knowing the nurses and doctors would take great care of her."

Since his wife died, he has become a Trustee at St Clare Hospice. "I am now in the privileged position of seeing all of the hospice's extraordinary work and I want to make sure that St Clare is here in many years to come so that local families throughout East Hertfordshire and West Essex can continue to receive the same level of care that my family did. That is why I have decided to leave a gift in my Will to St Clare Hospice."

Mark explains "St Clare is a local charity mostly funded by local people – a significant amount of money comes to St Clare in the form of gifts in Wills. If those were to disappear, then the range of outstanding care St Clare provides could be at risk. St Clare currently cares for around 1,500 families each year, both at the Hospice and in people's own home, as well as providing free bereavement support.

"Writing a Will is a profound thing to do – it is simple and empowering and I think everyone should think about writing one. When writing my Will, I made sure that my family and friends were taken care of first, and then I left gifts to various charities, including St Clare. Knowing that I will be making a difference to local families

when I am no longer here means the world to me – because as long as my family and friends are taken care of, why wouldn't I want to help someone else that is in desperate need of hospice care?"

Mark adds: "I like knowing that I will be leaving the world in a slightly better place once I have gone – my legacy will live on, knowing that I have left a bit of my star dust behind to help others. I believe that giving is a two-way thing, you get a lot back from giving to someone else."

Writing or amending a Will is easy to do either by using a solicitor or on-line. When leaving a gift to St Clare, people can choose to leave a percentage of their estate or a specified amount. Any gift, no matter how big or small, will make a difference to St Clare Hospice and the local people they care for 24 hours a day, 365 days a year.

For more information, visit St Clare Hospice's website:
stclarehospice.org.uk/leave-a-gift-in-your-will
or email fund@stclarehospice.org.uk

The following information needs to be included when making a gift in a Will:

The Hospice's legal name: St Clare Hospice

The Hospice's address:

Hastingwood Road, Hastingwood, Essex CM17 9JX

The Hospice's registered charity number: 1063631

The amount or percentage you wish to leave to St Clare Hospice

St Clare Hospice is a charity providing specialist palliative care for people living with terminal or life-limiting illnesses across West Essex and East Herts border. We care for patients and their families, providing physical, emotional, social, psychological and spiritual support, and ensuring they have timely access to skilled, compassionate and sensitive care in a place of their choice. Our services are free of charge to those who need our care, but cost around £5 million a year to run. With limited NHS funding we need to fundraise the majority of this each year through donations and other voluntary sources.



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

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020 8498 9933 Office@buckhursthillpc.gov.uk. **Prices start from as little as £30**

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