

BuckhurstHill

Parish Council Magazine **Winter 2022**

News and views from around Buckhurst Hill



From the Chairman

The times we are in remind me of a Tale of Two Cities. 'It was the best of times, it was the worst of times', let us hope that it is also the age of wisdom.

The worst of times includes the loss of our Sovereign Queen Elizabeth who made such a positive influence on so many lives and should be an inspiration to all of us. May she Rest in Peace. God Save the King.

Dealing with the best of times from our last newsletter. The Jubilee event, proved hugely popular and raised significant amounts for our two charities, The Rose Walton Centre and Noah's Ark Community Hub. Sincere thanks to Buckhurst Hill Football Club, Buckhurst Hill Residents' Society and the Staff and Councillors from the Parish that made this event special. There were a few glitches which we will learn from, the main issue was a problem with the power supplies to the inflatables.

I was privileged to be able to officially name the ground at Buckhurst Hill Football Club, which is now known as Myrak Park and to open the new stand. Congratulations to the Club for reaching a level that enabled them to take part in the FA Cup, a wonderful achievement for all involved. I also took part in the opening of the Noah's Ark Pantry and was moved by the dedication of the volunteers and helpers and was able to see first hand the excellent use our donations.

I always look forward to the Annual Open Day on our Allotment Sites, this is a project that quite literally bears fruit. With this summers dry conditions it must have been very hard work, but the indomitable spirit keeps things going, again thanks to the Committee and Volunteers that manage these valuable spaces.

We hope to be in a position to go forward with our plans for

a Covid Memorial, we are currently in discussions with Epping Forest District Council and will update you on progress via the Noticeboards and social media.

There are many Noticeboards throughout the Parish and I urge you to spend a few minutes looking at the information provided. All Committee Agendas are published on the Noticeboards, as well as upcoming events. Look out for dates of our Christmas events.

Now we come to the future and in line with all other organisations, it would be remiss of us if we did not look critically at all of our costs and try to maximise income. This will be ongoing over the next few months.

BUCKHURST HILL PARISH COUNCIL PRESENTS



Christmas Tree Community Celebration
Friday 2nd December - 5pm
Carols around the tree to celebrate Advent
All welcome to come and join the singalong!
Hot drinks · Mulled wine · Mince pies

SEE INSIDE

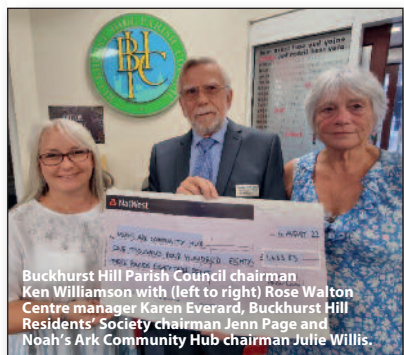
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Cllr Steven Neville

A lot of you have been very concerned about speed on our roads for some time. I have been proud to occasionally go out with the group that is SpeedWatch. You may well have seen the SpeedWatch volunteers doing their speed checks around and about Buckhurst Hill on a very regular basis several times a week. From this warning letters are issued to the speeder. Also they have built up a very solid case that there is speeding in our area. We knew it but the facts don't lie. In the course of their actions they have received abuse from the occasional driver as well as support from others for the good work that they do. However they could always do with more volunteers and I would please recommend contacting Simon Forsdyke who has been doing a sterling job leading this effort. Email: valleyhillTTC@hotmail.com

Cllr Steven Neville



Parish council presents community Jubilee event proceeds

Cheques totalling almost £3,000 have been presented to two causes by Buckhurst Hill Parish Council.

Parish council chairman councillor Ken Williamson handed over the cheques at the August parish council meeting.

Noah's Ark Community Hub received £1,483.83 and the Rose Walton Centre in South Woodford – which supports children with cerebral palsy – £1,483.82.

The money was raised at the Queen's Platinum Jubilee community event held at Buckhurst Hill Football Club and organised by the parish council, Buckhurst Hill Residents' Society and the football club.

Council receives Foundation Award

Buckhurst Hill Parish Council has received the Local Council Award Scheme's Foundation Award which highlights the council's service standards to the community.

The certificate was presented to parish council chairman councillor Ken Williamson and parish clerk Liz Petyt-Start by Essex Association of Local Councils chairman councillor Peter Davey.

Mr Davey said: "You should be very proud of this council."

He highlighted the council's responsibilities which include two community halls – the Woollard Centre and Roding Valley Hall – and various play areas, and said the Foundation award recognised "the benchmark on which to build further success".

The Foundation Award recognises councils that want to show that they meet a set of minimum standards to deliver effectively for their communities. To meet the award the council had to demonstrate that it has the required documentation and information for operating lawfully and according to standard practice.

The award is a tool that councils can use when working with the local community or other local partners, giving them confidence that the council is delivering to a national professional standard. The scheme will contribute to the national reputation of local councils demonstrating achievements and a commitment to improvement.

PRESS RELEASE ... PRESS RELEASE ... PRESS RELEASE

New councillors

Conservative candidate Bob Church was elected onto Buckhurst Hill Parish Council in an uncontested election.

An election had been called for the vacant Buckhurst Hill West seat but only one candidate had been nominated when the nomination period closed.

Previously, two new councillors were co-opted onto the parish council.

Jane Forker-Clark was a parish councillor for five years before losing her seat at last May's election while Rashpal Kaul was co-opted in a 4-2 vote over Anthony Young.

Mr Kaul has lived in Buckhurst Hill for almost 20 years and told the council he was interested in supporting project work for the council.

He said: "I'm interested in getting things done for the community" adding he felt he could "bring a different perspective to a process that I don't think enough people get involved in".

Mr Young, who polled 47 per cent of the vote in a recent by-election when he stood for Buckhurst Hill Residents' Society losing to Conservative candidate Alan Weinberg, had said he had represented the society at council meetings for eight years and was involved locally with the U3A and Memory Cafe.

Council chairman Ken Williamson thanked Mr Young for putting himself forward and described him as an "incredibly credible candidate" but the meeting heard the councillors were swayed towards Mr Kaul because the vacancy was for the East Ward and Mr Young lived in the West Ward.



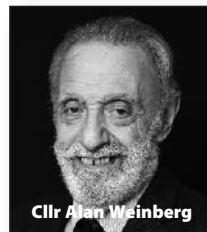
Cllr Jane Forker-Clark



Cllr Rashpal Kaul



Cllr Bob Church



Cllr Alan Weinberg

Council continues discussions over COVID memorial

Buckhurst Hill Parish Council is continuing its discussions over the idea of a planted COVID-19 memorial area on the corner of Palmerston Road and Kings Avenue.



Community turns out for Jubilee event

Various attractions including community stalls and a stilt walker, inflatables and a big screen showing the 'Platinum Party at the Palace' were enjoyed by a large crowd at Buckhurst Hill's community jubilee event. The event, held at Buckhurst Hill Football Club on Saturday to celebrate the Queen's Platinum Jubilee, was organised by Buckhurst Hill Parish Council, Buckhurst Hill Residents' Society and Buckhurst Hill Football Club.

Buckhurst Hill Parish Council chairman councillor Ken Williamson said: "The parish council was delighted with the high numbers attending the event."

"We would like to thank Buckhurst Hill Football Club who allowed us to use their facilities and helped enormously with the planning as did Buckhurst Hill Residents' Society which ran many of the stalls. "Well done everyone. We can now start on next summer's event."

The parish council also thanked the Community Fund of the National Lottery which provided a grant of £9,020 towards the cost of staging the event which raised almost £3,000 for charities including Noah's Ark community hub and the Rose Walton Centre.

Buckhurst Hill Football Club chairman Simon Cornwell said: "The club was honoured to be asked by Buckhurst Hill Parish Council and Buckhurst Hill Residents Society to host the jubilee celebrations."

"Thankfully the weather stayed dry and a wonderful time was had by all to celebrate this historic occasion."

"The Buckhurst Hill Football Club Family would like to thank Katie Oswin and Ray Sherrin for all their hard work in the lead-up to the event with the numerous committee meetings, and Katie and all the girls for working so hard throughout the day to look after all our guests to enjoy a beverage and a bite to eat."

"We look forward to many more joint events and to continue with our ethos of becoming the hub of the local community."



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FAMILY CHRISTMAS TREES
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BUCKHURST HILL PARISH COUNCIL PRESENTS



Friday 25th November 2022 12.30-4.00pm

Roding Valley Hall
Free Entrance to Buckhurst Hill Residents
Tickets Only • Pre-Booking required

office@buckhursthillpc.gov.uk
0208 498 9933

Parish council raises issue of missed bin collections

Buckhurst Hill Parish Council has written to Epping Forest District Council asking for an explanation over the missed refuse collections which are affecting the parish, and other parts of the district. The request was made by Councillor Simon Heap. Council chairman Councillor Ken Williamson told the August meeting: “Buckhurst Hill has come out a lot better than other areas but that doesn’t make it right. There are severe problems with the contractor with vehicles and staff.”

Cllr David Saunders – Vice Chair

It was with great sadness to learn of the passing of Her Majesty Queen Elizabeth II. At our last Full Council meeting, I and fellow councillors were able to observe a minute silence out of respect and in recognition of Her Majesty Queen Elizabeth II incredible steadfast dedication and length of service to our country. Many of us in Buckhurst Hill, together with people all over the world enjoyed celebrating Platinum Jubilee events earlier in the year which marked the 70th anniversary of the accession of Queen Elizabeth II. Our Parish Council staff and Councillors organised a well attended celebration event at Buckhurst Hill Football Club which raised a substantial amount of money for local charities and was great fun.

Also at our last Full Council meeting, I was honoured to be able to award in person a cheque for a £500 grant to the Christian Drama Resource Centre. This local organisation provides costumes for hire to local schools and youth centres for events such as nativity plays and will go a long way to supporting a local organisation after Covid.

After the school summer holidays it was fantastic to see that St. John’s C of E School has a Crossing Patrol person. Sarah is very jolly in the mornings and it is great to have someone who cares as much about road safety as we do. Now it is even more important given the successive roadworks along many of our roads locally and the traffic which this generates. From speaking with Thames Water I am informed that these works are covering general upgrades to ensure our water pipes are not wasting water unnecessarily as well as general repairs.

We received a presentation from Buckhurst Hill’s community policing team and were pleased to learn that crime is falling in Buckhurst Hill. According to the latest statistics, July 2022 (the latest results we have) compared to the same month last year, shows a reduction in every type of crime. This is great news for our community and we hope this trend continues.

Speedwatch scheme records more than 400 speeding offences

Buckhurst Hill Speedwatch group co-ordinator Simon Forsdyke told August’s parish council meeting 28 checks had been carried out with 435 vehicles recorded exceeding 36mph along a 30mph stretch of road.

He said the fastest speed recorded was 57mph – a driver near The Monkham’s – with one session alone recording 48 speeding drivers.

Twelve drivers had been caught speeding on more than one occasion, Mr Forsdyke said.

The Buckhurst Hill scheme currently has 17 trained volunteers.

Parish council chairman councillor Ken Williamson offered the council’s “huge thanks” to the Speedwatch volunteers and congratulated them on doing an “amazing job”.

New “more modest” proposals to be sought for new community hall

New “more modest” single-storey proposals for a new community hall on the site of Roding Valley Hall in Buckhurst Hill are to be sought by Buckhurst Hill Parish Council.

Parish council chairman councillor Ken Williamson told August’s parish council meeting the current proposals – and architect’s drawings – for a replacement for the Station Way hall were now “totally dead in the water” and “unaffordable”. Councillor David Saunders recognised that construction costs had “rocketed” but were now dropping and suggested the preparation of several schemes for the parish council to consider.



Allotments Open Day

The Allotments Open Day for 2022 was held on Saturday 13th August at the River Housing Allotment Site. The Open Day is part of the annual National Allotments Week and the theme this year was ‘Bugs, Bees and Broccoli’. It was one of the hottest days of the year and that made it difficult for some to attend, but thankfully some did venture out and came along, including Councillor Ken Williamson and Mrs Laurie Williamson, who we thank for their continuing support. The event provided an opportunity for plot holders to share their knowledge and experience in growing fruit and vegetables. This year’s theme acknowledges the importance of cultivation with nature in mind. An allotment plot is a complex web of plants, micro-organisms, fungi, insects and animals that not only produces food but also supports eco-system services such as pollination and offers a refuge for wildlife in urban areas.

Tim Ward – Chair, on behalf of BHLGCIC

Noah’s Ark Community Pantry

Noah’s Ark Community Hub opened their Community Pantry a few weeks ago. Local residents and community groups were invited to the Grand Opening where Chairman of the Parish Council, Ken Williamson, and National Director of Feeding Britain, Andrew Forsey, cut the ribbon. Hub and Pantry Manager, Julie Willis, explained that the purpose of the Pantry “is to provide access to affordable food for our local community and families who may be dealing with food insecurity because of the rising cost of living or because of personal circumstance.” The Pantry is open to all, with no questions asked about financial status. It runs on a membership basis; members pay £5 per visit and have access each visit to between £20 and £40 worth of food and toiletries. As well as buying in food the Pantry is part of the of the Fareshare Network, which enables organisations to collect unwanted food from local supermarkets. If you would like to support the pantry, and local families, donations of food or toiletries are always welcomed.

Noah’s Ark Community Hub have also secured a local allotment plot which it is hoped will supply the pantry with fresh, seasonal, produce. This is tended by local people who wish to improve their mental health and wellbeing, whilst helping families in need.

As an add on to both these initiatives the Hub will soon also be running a Community Lunch Club for those who would otherwise eat alone. This will be a free of charge or pay as you feel opportunity aimed at encouraging friendships and social time together for those who may feel a little isolated.

If you would like more information on the Pantry or any other groups that the Hub run, or any information on Volunteer opportunities please get in touch with Julie@noahspreschool.org 07862 755307, or pop into the Hub at St Elisabeth’s Hall, Chestnut Avenue, Buckhurst Hill.



St John's Churchyard

We have been blessed with the most glorious summer this year, although the gardeners amongst you may not agree! As the conkers start to appear on the High Road and in the Churchyard we are looking towards some of our traditional Autumn and Winter events.

On Sunday 30th October we will hold our All Saints service at 10.45am. This will be an opportunity for the bereaved to say prayers, light a candle and spend some time in quiet contemplation for those they have lost.

As we ready ourselves for Remembrance Sunday (13th November) there will be a great deal of work to do in the churchyard to ready our war graves for the day. We are always so grateful for volunteers to help with this on the Saturday mornings leading up to the day itself. No experience is necessary, tea and biscuits always available.

After having carols outside for the past few years due to Covid we are delighted to say that they will return to the church this year with two services. The first will be on Sunday 11th December at 7.00pm which will be a traditional choir-led service followed by mince pies and mulled wine. On Sunday 18th December at 5.00pm there will be a family and children focussed carol service followed by sausage rolls, mulled wine (because you can never have enough at Christmas!) and hot chocolate. Finally, our Nativity service will be in the church at 5.00pm on Christmas Eve.

Whatever brings you to St John’s this season, you are most welcome!

Parish-office@sjbh.org.uk, Facebook: stjohnschurchbuckhursthill, Instagram: stjohnschurch_buckhursthill

Council awards £500 grant to Christian Drama Resource Centre

Buckhurst Hill Parish Council has approved a £500 grant to the Christian Drama Resource Centre, based at Loughton Methodist Church, to go towards the cost of costumes and props which are used by local schools and organisations.

St. James URC, Palmerston Rd, Buckhurst Hill

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 usually meet 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. We have a series of special services this autumn to which all are welcome.

November 6 – Lynne Morris from *Toybox*, a charity which cares for street children in Central and South America will lead our morning service.

November 13 – Remembrance Sunday Parade Service, led by Gerald Lee

December 18 – Gift Service led by Keith White, from Mill Grove, a children’s home in South Woodford
There will be a *Sing Immanuel* Concert on **Saturday 10th December** at 3.30pm. Free Admission

We have a weekly **Prayer Time** on Zoom, hosted by Gerald Lee each Wednesday at 1pm 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 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.

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)





Lynne – 5 stone



Diana

Slimming World

Slimming World Buckhurst Hill members have recently completed a 5k walk for charity, and between us we raised £300. We try to choose local charities in our area, and this year's charity is Noah's Ark Community Pantry based at St Elisabeth's Hall, Chestnut Avenue, Buckhurst Hill. It is open every Tue, Wed and Thurs 10am – 4pm. It is a social supermarket aiming to offer affordable food to those who may be struggling to pay all the bills and the pantry can offer between £30-£40 worth of food for £5. They give people the 'dignity' of paying their way. (Please note – there are Food Banks in the area for those who are in crisis.) Given the cost of food and fuel in the current situation, families are choosing between food and other bills or getting into debt. The Pantry's aim is to help these families stretch their budget so they are not under so much pressure. Noah's Ark Charity also run a community allotment, where people who may be struggling with

their mental health can go and do some gardening, chat to others and make friends. The food grown on these allotments will also supply the Pantry. We thought this was such a good cause!

Our Slimming World group is more than just weight loss, it's a community, where people do go to lose weight, but usually achieve so much more. Supporting our local community as well as our members is the heart of Slimming World Buckhurst Hill. The following two members completed our 5k walk, helping us to support this charity.

Lynne (our own local hero, who does nothing but help others) has lost over 5 stone in a year. She joined as she was so unhappy about her weight. Her journey has been so inspiring to others. She has been a scout leader for 53 years and now can wear uniform with pride as she feels so much better in it. She also makes the teas and coffees at Dance 21 (a dance group based in Woodford specifically for Down syndrome). At this year's party she wore a skirt for the first time in ten years and danced with the students – something she hasn't done for 30 years! Losing this weight has given her a whole new confidence and lease of life. She is flying to Canada to see family in October for her birthday as she has not seen them since before Covid, and her first goal was to be five-and-a-half stone lighter before she goes. We have no doubt that Lynne will achieve this as she literally only has a few pounds to go.

Diana joined in March this year after being through a really hard time with breast cancer. She was told by her oncologist that oestrogen is in fat cells and her breast cancer was oestrogen receptive. After her chemo and radiotherapy treatment, she knew she needed to do something to help herself by reducing her weight (and therefore fat cells). She knew she would be improving her health chances, and not only does she feel so much better and fitter again, but Diana looks amazing and her confidence has grown. She is a massive part of our group and we love being on this journey with her.

Whatever reason you may have, losing weight will always benefit your health and well-being and if you need to lose weight, we have groups at the Woollard Centre, Loughton Way, Buckhurst Hill Every Wednesday at 5pm Thursday 5.15 or 7pm and Friday morning at 9.15 am just come along or you can call Lorraine 07960 603621.



Bedford House

Appoints their first CEO – celebrating 75 Years of Adult Education

The Board of Trustees has created a new role of CEO at Bedford House to lead their plans of development and growth. Lykke Leszczynski has been appointed to this exciting role and she will be taking the organisation forward, expanding the range of adult education and leisure courses, and leading the garden development project. Pop in to meet Lykke and discover how Bedford House can support you at the next Epping Forest Chamber of Commerce Business Fair on 26 October 10:00-16:00.

Courses and Workshops

Bedford House runs over 35 courses and activities every week offering a wide variety of Health & Fitness courses, Arts & Crafts courses, and Leisure Activities such as 'Art Appreciation', 'Exploring Poetry', and 'Planning for Change'. Look out for our occasional FREE TRIAL sessions or try out a payable taster session any time, subject to availability.

Bedford House will launch the Autumn Workshops programme shortly with crafting workshops providing an opportunity to make your own presents, such as wreath making, clay tree decorations, basket weaving.

Health & Wellbeing Talks – 'Live Life to the Full' Series – Dementia 14 Oct

This autumn we are launching our 'Live Life to the Full' series of talks which provides information about a specific topic in each session. The first Health and Wellbeing talk on Friday 14 October 2022 at 10.30 is on the topic of 'A Journey with Dementia' following a person from pre-diagnosis through the various stages of living with dementia. We are excited to welcome Dr. Qamar Abbas, Clinical Director to deliver the talk and Q&A session. The talk is followed by light refreshments, and then by a talk and Q&A session by Maureen Wheeler from 'Home Instead' a care and support provider that enables people to stay as long as possible in their homes. See our website under 'Workshops and Events' for more information.

Winter Craft Fair – Sunday 27 November

Our famous Winter Craft Fair is taking place on Sunday 27 November 10:30 to 17:00. We are planning to have over 20 stalls and a café.

If you would like to have a stall please contact the CEO on CEO@BedfordHouse.org.uk or find more info on our website www.bedfordhouse.org.uk/ under 'Workshops and Events'.

Volunteering

Join our Gardening Volunteers Team or Admin Volunteers Team. Volunteering is great for sharing your existing skills, learning new skills, socialising, staying connected, maintaining mental health, wellbeing, and physical activity.

Be the first to know of new developments by signing up to our mailing list by either just sending us an email on Admin@bedfordhouse.org.uk or going to the home page www.bedfordhouse.org.uk and clicking the link 'Join the Mailing List' and leave your email address.

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.

If you require any further information, please email

Enquiries@Bedfordhouse.org.uk or phone

020 8504 6668

www.bedfordhouse.org.uk



Hello everyone. Here is the lorry for Moldova which we loaded today. Approximately 11000 kilos. It will leave on the 19th once we have completed the paperwork. There will be 3 vehicles going one of which will be an ambulance kitted out with the medical supplies. Thank you to everyone who donated.



We're Here and We're Free®

In the spirit of Tradition 6, C.A. 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. It is a free organisation.

St John's C Of E Church, High Road Buckhurst Hill, Essex IG9 5RX Tuesdays 7pm-8.30pm
The Woollard Centre, 50 Loughton Way, Buckhurst Hill, Essex IG9 6AD Friday 4pm to 5pm, Sat 8am to 9.15am
CA Helpline Number 0800 6120225 Email: helpline@cauk.org.uk

www.ca-london.org

Drinking more than before, maybe dabbling with drugs?

My story

Thank you for letting me be of service, it is an honour to write my story for CA.

I took my first drink at 14. I remember it well. My face flushed and I felt a sense of ease and comfort.

From 15 onwards I was drinking and at 24 drugs entered my life. Things took a turn for the worse and I ended up alone, isolated and broken internally.

I walked into the rooms of CA just over 9 months ago after nearly 20 years of drinking and using drugs and have not looked back.

My life has changed entirely and today I live free without drink or drugs, happy and content. I have a happy family life and the most beautiful friends around me most whom I have met through CA.

I regularly attend the meetings in and around Buckhurst Hill. The laughter and the stories roaring through the meetings is truly inspiring.

CA not only saved my life, it has given me a new lease of life.

If you are struggling or think you may have a problem, reach out. You are not alone. It truly is the best thing I have ever done in my life.

Dates

for your diary

...and local organisations

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

ALCOHOLICS ANONYMOUS MEETING
Tuesdays 12.30-1.30. Woollard Centre, Loughton
Way. 020 7407 0700/National helpline 0800 917 7650

ALZHEIMERS SOCIETY
Email: [essex@alzheimers.org.uk/](mailto:essex@alzheimers.org.uk)
Volsexsex@alzheimers.org.uk
Dementia Connect Support Line: 0333 150 3456
Woollard Centre 020 7407 0700
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 – Brigid Leworthy
tennis@bhbltc.co.uk or 020 8554 6528
Website: www.bhbltc.co.uk

BUCKHURST HILL FOOTBALL CLUB
More information @buckhursthillfc or
www.facebook.com/buckhursthillfc

BUCKHURST HILL HORTICULTURAL SOCIETY
Mon March 7 AGM – Growing and using plants in
containers – Speaker Robin Carsberg. Mon Oct 3 –
Soil, sweat and tears – Speaker Brian Carline.
Mon Nov 7 – Details TBC
2022 Show dates Sat 9 Apr, Sat 9 Jul, Sat 10 Sept.
Should you require further information please
contact Jill – 020 8257 8996 or email:
Jill998@btinternet.com. 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 (Boxed Close) Contact Marcia Levan-
Harris. email: bhallotments@gmail.com
tel: 07789 003284 for availability of plots.

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

BUCKHURST HILL ROYAL BRITISH LEGION
Meetings are held at 7pm on the first Tuesday in the
month at St. James' URC Church, Palmerston Road
(except August and January). Non-members are very
welcome to attend. For details of the monthly talks:
www.branches.britishlegion.org.uk/branches/buckhursthill
or telephone Stephen Goddard,
President, 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).
www.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

COMMUNITY, CULTURE AND WELLBEING ACTIVITIES
Adult Street Dance Tuesdays 9-9.45am
The Limes Centre, Limes Avenue, Chigwell IG7 5LP
Dance your way to fitness and move your body to old
school classics, learning basic street dance foundations.
Dance movements learnt will be put together into a
new routine each week. Option to stay after the class
until 9.55am for class debrief and community talk.
First class FREE, then £5.20 per session.

Active Living – Zoom Wed 13:30-14:00, at home
via Zoom. Active living is a gentle introduction to
getting back in to exercise. The class is low impact
with the option to stay seated throughout. If you have
been struggling to get some movement back in to
your life this is the perfect stepping stone for you. Our
priority is supporting you mentally and physically
throughout your journey. Join us each week for some
light movement and a social chat. £2 per session

Active Living Monday 9:15-10am, Epping Forest
District Museum, Sun Street, EN9 1EL. This class is
free for 6 weeks if you are an EFDC resident.

Cycling for Health Sunday and Wednesday
mornings. Various locations in and around Lee
Valley Regional Park. Routes are generally traffic-free
and rides are approximately 10-15km (6-11 miles).
£5 per ride + £5 for optional bike hire.

Keep Fit Fridays 10-11am. Loughton Bowls Club,
Eleven Acre Rise, Loughton, IG10 1AN. Please bring
your own mat to this upbeat exercise class. £5.20 pay
as you go. Savings available when using a Loyalty Card.

Lifewalks Four regular walks per week. Meeting
places and routes across the district. Guided social
walks around the countryside. Distances range from
just under one mile to three miles. £2.60 pay as you
go, savings available using Privilege Card.

Pilates Fridays 11-12pm. Loughton Bowls Club,
Eleven Acre Rise, Loughton IG10 1AN. Stretch and
core session with Lucy. £5.20 pay as you go. Savings
available when using a Loyalty Card.

Street athletics Saturdays 10:15 – 11:15am
Roding Valley Rec ground, S View Rd, Loughton
IG10 3LG (Athletics track). Street Athletics sessions
will help participants improve athletics skills such as
co-ordination, balance and speed through athletics
games all whilst having fun! Suitable for ages 4-12.
£3.60 per session

Street tennis Saturdays 8:45am-10am. Roding
Valley Rec ground, S View Rd, Loughton IG10 3LG
(Tennis Courts). Street Tennis is all about having fun
and playing games! All while improving skills such as
co-ordination, movement and improving your
tennis ability! Play fun games with our coaches, this
sessions is the perfect introduction to Tennis!
Suitable for ages 4-12. £3.60 per session

Strength & Balance Mondays 10:30-11:30am and
11:45am-12:45pm. Epping Forest District Museum,

Sun Street, EN9 1EL. Strength and Balance is a class
designed to help improve every day tasks. With each
class ensuring to exercise each muscle head to toe to
help build strength and improve your daily lifestyle.
This class is low impact, we use bodyweight and
work with resistance bands always ending with some
work on our core and balance. Each week the group
will work together in a light and sociable
atmosphere. £5.20 pay as you go. Savings available
when using a Loyalty Card.

Strength & Balance Wednesday 2:15- 3pm. At
home via Zoom. Strength and balance is a class
designed to help improve every day tasks. With each
class ensuring to exercise each muscle head to toe to
help build strength and improve your daily lifestyle.
This class is low impact, we use bodyweight and
work with resistance bands always ending with some
work on our core and balance. Each week the group
will work together in a light and sociable
atmosphere. £2 per session.

Walking Football Tuesdays 11:30am-12:30pm.
Town Mead Football Pitches, 112 Brooker Rd,
Waltham Abbey EN9 1JH. A slow-paced version of
the beautiful game, Walking Football is aimed at
getting players back into the sport. £3.20 per session.

Wildcats – Girls Football Fridays 5-6pm during
term time. Town Mead Football Pitches, 112 Brooker
Rd, Waltham Abbey EN9 1JH. Whether you want to
learn new skills or have fun, have a go at football or
make new friends, this session is perfect for you! £2
per session.

Revive Tuesdays and Thursdays 1-1:30pm. At home
via Zoom. Revive Zoom Class – A session including
Pilates, Stretching and Mindfulness to get you
moving in the middle of the day. £2 per session

Easter Activities for Children and Young People Very soon the Community Culture and
Wellbeing Team at EFDC will be opening bookings
for their Easter programme. Activities are set to
include the following... and more!

Arts Award Explore at Epping Forest District
Museum – a nationally recognised accreditation for
young artists 8 – 14 years old

Family Fun drop ins at Epping Forest District Museum

Multisports Days in Epping and Loughton

Play in the Forest at High Beech

Easter Egg Hunt at Epping Forest District Museum

Play in the Park across the district (free activity).

As usual, all bookable activities can be found at
eppingforestdc.bookinglive.com and the museum's
opening hours can be found at
www.eppingforestdc.gov.uk/museum

For further information or booking support, readers
can call 01992 564 226.

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. See p. 7. 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.

EPPING FOREST DISTRICT MUSEUM
39-41 Sun Street, Waltham Abbey, EN9 1EL
Georgie Meadows: Stitched Drawings 29 January-30 April 2022

On tour from the Welcome collection. This
exhibition brings together 24 textile artworks which
explore personal experiences of ageing and
dementia. Meadows, a Monmouth-based artist and
retired occupational therapist, crafts uniquely
affecting and compassionate portraits, translating
line drawings of people she knows or has cared for
into stitched works. Using a domestic sewing
machine to sew through two pieces of cloth,
separated by wadding, Meadows creates delicate
pieces whose tangled threads are both a metaphor
for the scrambling of neural connections during
degenerative illness and a tender and tactile form of
portraiture. No booking required for this
free exhibition.

Wildlife Photographer of the Year 21 May-27 August 2022

The world-renowned exhibition, on loan from the
Natural History Museum in London, will open at
Epping Forest District Museum on 21 May 2022,
featuring exceptional images which capture
fascinating animal behaviour, spectacular species
and the breath-taking diversity of the natural world.

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
A friendly social group for older people. Meets
Tuesdays 1-3pm at St James United Reformed
Church, Palmerston Rd., Buckhurst Hill.
Members and visitors £3 per session. For more
information phone Margaret on 020 8504 4899.

INDOOR BOWLS@DAVID LLOYD
(New Horizons) Tuesdays, multiple time slots. David
Lloyd Chigwell, Roding Ln, Chigwell IG7 6BQ
Session 1 – 09:30 – 11:30 (6 Spaces on each rink –
5 rinks). Session 2 – 11:45 – 13:45 (6 Spaces on each
rink – 5 rinks). Session 3 – 14:00 – 16:00 (6 Spaces
on each rink – 5 rinks). £5.20 pay as you go. Savings
available when using a Loyalty Card.

MEMORY CAFÉ
Every second Friday of the month 10.00-12.00 at the
Roding Valley Hall. If you care for someone with
Dementia or feel lonely or isolated
enquiries@buckhursthillresidents.co.uk or call
Anthony 07743 097973

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.

MEETINGS 9th March at All Saints Church Hall still
on 'Audiology in the 21st Century' 2-30pm by two
Audiology Principals NHS, 6th April at 2-30 pm at
All Saints Church Hall, AGM 'A Stroll through
Snaresbrook' by Lynn Jones

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 Service 10.30-
11.30. Church worship with tea/coffee afterwards to
which 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


WANSTEAD AND WOODFORD BLIND CLUB

Every 2nd and 4th Thursday of the month from 2 –
4pm. Meeting at the United Reform Church in
Woodford. We provide a warm and friendly social
club for people with age related sight problems and
it is free to join. Lindsey Kennedy Chairman 07803
128 859

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.westsexramblers.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

WOODFORD SYMPHONY ORCHESTRA
Autumn Concert – Saturday 19th November 2022 at
7.30pm in the Great Hall at Roding Valley High
School, Alderton Hill
Music by Haydn and Debussy including Haydn's
Trumpet Concerto. Tickets at door or telephone 020
8924 9370 www.WSOchestra.org.uk



National Trust

Woodford & District

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 throughout the autumn, winter and spring months at Memorial Hall, South Woodford and All Saints Church Hall, Woodford Green. Good company, interesting topics and friendship – socialise with local people with an interest in the work of the National Trust.

Autumn/Winter 2022:

‘Mr Bowles, The Crocus King and Myddleton House’
– by Brian Hewitt
All Saints Church Hall, Woodford Green –
Wednesday 21 September at 2.30pm

‘Livery Companies’ – by David Cole-Adams
Memorial Hall, St Mary's Church, South Woodford –
Tuesday 11 October at 10.30am
Talk, followed by guided tour of the hall and gardens. Refreshments available.
Booking is required – please see newsletter.

‘Coast of East Anglia’ – by David Simmonds
All Saints Church Hall, Woodford Green –
Wednesday 16 November at 2.30pm

‘The Amazing History of Lighthouses’ –
by Mark Lewis
Memorial Hall, St Mary's Church, South Woodford –
Tuesday 13 December at 10.30am

Do come along!
For further details contact Richard Speller on 07774 164407 or email speller643@btinternet.com



Social Club For The Blind

We are a warm and friendly social club for people with sight problems



Would you like to join us?

Do you know anyone who would benefit from joining us?

Come along for company and companionship

2nd and 4th Thursday monthly **St Anne Line Church**

2pm – 4pm **7, Grove Crescent**

Every Thursday from 15 September) **South Woodford**

E18 2JR

For information contact:

07840 850838

susanmann9@yahoo.com



We look forward to hearing from you

BUCKHURST HILL MEMORY CAFÉ

PLEASE JOIN US 10.00am – 12noon

EVERY SECOND FRIDAY OF THE MONTH

IN THE RODING VALLEY HALL

We welcome back old friends and look forward to meeting new ones.

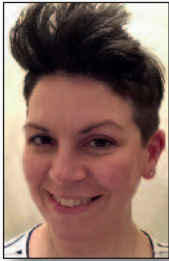
If you care for someone who has Dementia, or if you feel isolated or lonely, please join us.

For further information please email enquiries@buckhursthillresidents.co.uk or ring Anthony Young on 07743097973



DO COME IN, YOU ARE VERY WELCOME





PETS AND TRAVEL

With travel restrictions now lifted to most of the UK, 2022 has been the year of the holiday for many. But how should you plan so that your pet has an enjoyable time too?

Kennels and catteries

Some pets do not enjoy travel, especially long journeys, or in unfamiliar environments. Booking your pet to a kennel or cattery means your pet can mean that they enjoy their own 'hotel' stay as well!

Kennels for dogs vary from places where your pet is housed separately to other dogs, to other home-from-home type premises.

Catteries should have pens separating individuals or house groups, to avoid fighting, and reduce risk of stress and spread of disease.

It is worth checking that the premises are licensed and insured and look for reviews from other users. Make sure you visit before using them for the first time and ask to see the are your pet will be staying and exercise in (if applicable). The staff should be happy to show you around and answer any questions you may have. Don't forget to discuss any regular medication that your pet takes, to make sure that the kennel staff are happy to administer it. It is also worth booking your pet in for a day or two trial to make sure that they are happy and comfortable there before committing to a longer stay. See if it is possible that your pet takes their own bedding, toys, and food to make them feel at home.

Check which vaccines are needed for your pet to board and ensure these are carried out in plenty of time before their stay. You will need an up-to-date vaccine record card from your Vet to show to the kennels. Ensure your pet is up to date with flea and worm control before they board and if your pet is on medication or eats a special diet, make sure you have enough for the entire length of their stay, plus a little extra in case of emergency.

Travelling in the UK with your dog

It is quite possible to take your dog with you when travelling in the UK. An increasing number of hotels, apartments and campsites allow dogs. It is worth researching the area that you are planning to travel to, to see if there are any additional precautions, such as additional tick protection, that your dog may need.

Cats do not generally enjoy car travel, and often find new environments too stressful for it to be worth taking them away with you.

If your pet finds car travel stressful then consider leaving them in kennels, or otherwise talk to your Vet about how to de-sensitise them to car travel, or for any medications or supplements that can be used for carsickness or travel related anxiety.

Also, remember that heat stroke can be a problem for any breed of dog, so ensure that your plans ensure that they are safe.



Travelling abroad to a Europe and Northern Ireland with your pet

Travelling abroad with your dog, cat or ferret has become significantly more complicated since Brexit. Pet Passports issued in Great Britain are no longer valid for travel, even if the rabies vaccine is still valid.

Pet passports issued in the EU *may* still be able to be used if the rabies vaccine is still valid- if in doubt check with DEFRA or the APHA (see website below)

To travel to Europe, dogs, cats, and ferrets without a valid pet passport will either need a new Animal Health Certificate or Export Health Certificate each time they travel and may also need to undertake additional worming treatments. You can find out more at www.gov.uk/taking-your-pet-abroad *

The Animal Health Certificates are 10 pages or more long, must be stamped and signed several times on each page and photocopied in triplicate. This means that they are very time consuming to complete and thus more expensive than the previous pet passports were.

You should also be aware of additional diseases that your pet may encounter whilst away. You can find out more about these diseases and how to help prevent them at <https://www.escap.org>

House sitters

House sitters can be a great option for some pets, especially cats, where neither travelling with you, nor going to a cattery or kennels is suitable. House sitters can either stay in the house for the duration of your trip or can visit at least daily to feed and check on your pets. This also allows some extra peace of mind that your house is occupied for some part of the day whilst you are away. Again, ensure that any house sitters are reputable and insured, there are agencies who can help you with this.

Small pets

Don't forget your bunnies, guinea pigs and exotic pets! For these pets you can use specialist kennels, or house sitters to feed and clean out your pets.



*Information correct as of 19/09/2022. Always check regulations well in advance of your intended travel and consult your Vet.

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

Liz Munro is a Vet and Clinical Director at Palmerston Veterinary Hospital, Palmerston Road, Buckhurst Hill IG9 5NG. www.pvgvethospital.co.uk



Introducing the Anne Robson Helpline – if you or someone close to you is dying, you can talk to us.

At the Anne Robson Trust we aim to be there to listen to anyone who faces dying or the imminent death of someone they care about. We know that facing the end of life can leave you feeling isolated and alone. Being able to access support is so important. Gaining knowledge of what may happen towards the end of life and being prepared helps both the person dying and their loved ones to feel a sense of control.

Calls are free and confidential. Call us on 0808 801 0688 – we have time to talk Please visit

www.annerobsontrust.org.uk/helpline-service to find out more.



Thank you to our friends at Waitrose for their support and kind donation for the Queen's Platinum Jubilee Event.



An eventful year. In June an extra bank holiday to celebrate the Queen's platinum Jubilee making her the longest reigning monarch then in July the hottest summer many people can remember, and I do remember 1976, though I don't think it was quite as hot. Followed by the Queen's death in early September.

The Bonsai Tai Chi Academy was very pleased to be invited to give a demonstration at the parish council's Jubilee event.

The problem when the weather hits an extreme, hot or cold, is that people don't want to go out so class sizes fall and any practice sessions fall off people's agenda. As far as our Wednesday class is concerned the irony is that the hall at the Woollard Centre stays surprisingly cool.

Practice is a real problem for a lot of people. Students always feel that they should practise between classes and it is true that to really develop in tai chi you need to do it. For a teacher it is easy to spot students who do and students who don't. And it can lead to a lot of stress and guilt for some people.

A lot of that comes from a general misunderstanding. Although tai chi is a brilliant exercise system it really comes into its own once it becomes part of your lifestyle. Now that might sound like too much of a commitment for someone who is already busy with a demanding job, looking after kids, running a house or involved with community work. The fact is that tai chi will actually help with all of those things.

I always remember an occasion at a workshop I attended. I recall quoting it in a previous article but it is worth repeating. Sometime in the middle of the afternoon session the master running the workshop told us all to grab a chair and sit down.

'Great,' I thought 'we are going to get some theory.' But she just looked around the class and said to us: "And we are all still doing tai chi, aren't we?" Crazy, everyone knows tai chi is about walking around the room waving your arms in the air. But actually it is one of the most profound statements about tai chi that I think I have ever heard.

The problem here is that it can take years to actually achieve the state she was describing. Also there is no sudden realisation, changes are incremental and you change slowly but over time you begin to appreciate changes in your body and how it works; how you do everyday things.

This where the practice comes in. But I always tell students that it is not necessary to re-run the whole routine from the class. Great if you can but just doing something, practising a few specific moves from the form, some of the other exercise or a bit of the meditation we do – standing up, you can meditate in the supermarket queue, no one will know. All of this gets your head around the concept that people like me seem to keep going on about.

The same master said on another occasion: "You should practise when you can but you mustn't beat yourself up if you can't."

Especially in a long hot summer.

The Bonsai Tai Chi Academy meets every Wednesday Evening, whatever the weather, at the Woollard Centre, Loughton Way, IG9 6AD. For details go to www.bonsaitaichi.eu email: john@bonsaitaichi.eu or call 07967 66794



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