

BuckhurstHill

Parish Council Magazine Summer 2023

News and views from around Buckhurst Hill



Chairman's Welcome

Welcome to this summer edition of your local parish magazine.

All our Councillors and Officers are passionate about engaging with fellow residents as much as possible, so we hope you enjoy reading this issue. It is truly an honour for me to be elected by Councillors to represent residents as Chairman of the Parish Council. I would like to thank the previous Chairman Cllr Ken Williamson who has put in a tremendous amount of effort over his term as Chairman. Cllr Williamson has been responsible for leading superb events such as our late Queen Elizabeth II Platinum Jubilee party and the more recent event to celebrate the Coronation of King Charles III. Both events were well attended and raised a substantial amount of money for local charities.

One of the reasons I stood for local election in May 2020 was that I wanted to be more involved within our local community and try to make a difference. This Parish Council is here to serve our residents and local organisations and I would like to build on the previous good work done and ensure we are even more integrated within the community. We would like to hear ideas from fellow residents of how we – your local Parish Council – could be more involved within the community which we serve. Maybe you run a local organisation, or a local charity or group, in which case we would like to hear how you think we can help you. Please contact me by email (chair@buckhursthillpc.gov.uk) with any ideas you may have, and I will be happy to discuss these further with you.

All our councillors dedicate a lot of time to running committees and trying to represent residents' views. We would welcome residents to attend these committees if they have a concern or a matter which they would like to raise. Please check the parish website or parish noticeboards for upcoming dates.

The past few months have seen a substantial amount of progress made with local initiatives and events for residents. Some of the things which have happened locally include:

- **Coronation Party for King Charles III at Buckhurst Hill FC which raised around £5,000 for local charities**
- **A new children's playground at Hornbeam Road which is currently being tendered to contractors**
- **Introduction of our new PCSO Morgan Kitchen to Buckhurst Hill**
- **Supporting our local allotments to ensure they are available and accessible to residents**
- **Reviewing the Woollard Centre and Roding Valley Hall to ensure they are providing value for money for residents – with possible upgrade works on the horizon!**

I would like to extend thanks on behalf of the Parish Council to our previous PC Dave Morgan who is retiring after a commendable 30 years' service. I would also like to thank Sarah who operates as Crossing Patrol at Buckhurst Hill C of E primary school who is super-dedicated and always has a smile to cheer everyone up in the morning – thank you!

If you are part of a local group or business and would like to contribute to this magazine in future, please contact the Clerk for details. We hope you have a great summer and look forward to sharing more good news with you shortly.

With best wishes, *Cllr David Saunders*



A word from the new Vice-Chairman

Dear Residents, it is an honour to represent you as vice-chair of Buckhurst Hill Parish Council and I look forward to supporting Chairman Cllr David Saunders and the other Parish councillors in our endeavours to keep Buckhurst Hill a great place to live. Having resided in Buckhurst Hill East for more than 20 years with my wife Neelam

and two boys, it was not until the pandemic and working from home, that I properly appreciated the true beauty of our local area. In my ongoing role as chair of the Planning Committee, I strive to continue to positively influence development in our Parish. While the Planning Committee only has an advisory role in decision-making, we are often the first port of call for residents' concerns with applications, so the Planning Committee meeting can be an important part of the ultimate approval process. This is why we always encourage residents to participate, either in person or in writing through the Clerk's office. We are here to listen and address your concerns wherever possible.

During these challenging economic times, it is important to stay engaged with the community and bring as much local cheer as we can. We certainly did that before Christmas with the Annual Fish

& Chips Lunch which has become a regular entry in the Parish diary and more recently with the Coronation of King Charles III where celebrations at the Buckhurst Hill Football Club raised thousands for local charities. The Coronation street parties, including in my own wonderful neighbourhood in Roding View, is a testament to the caring and cohesive nature of our community. It has also been a joyous time for the claret and blue contingent of Buckhurst Hill with the recent European triumph of the mighty West Ham! Looking forward to sharing many more successes and good times to come.

Thank you to all the residents and Parish Council staff for making Buckhurst Hill what it is. There is plenty to do so I look forward to diligently serving the community in the coming period!

Best wishes, *Cllr Rashpal Kaul*

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Cllr Jane Forker-Clark

Recreation & Community Committee

Buckhurst Hill Parish Council together with Buckhurst Hill Football Club and Buckhurst Hill Residents Society organised a successful

event to celebrate the Coronation of King Charles III.

It was held at Buckhurst Hill Football Club and included children's entertainment, games, rides and bouncy castles. Adults also enjoyed the bar, food, various stalls and a BBQ.

Proceeds went to the Parish Council's local charities Noah's Ark and The Rose Walton Centre and the Buckhurst Hill Residents Society charity for this year – Every Life Has A Purpose (ELHAP).

Next up will be the Comedy Night at Pelly House on Friday 6 October 2023. Seats for this will be limited so keep an eye on the notice boards and on the Parish Council's website, facebook and twitter for more news.

Later in the year there will be the Roding Valley Hall Community Lunch – another very popular ticketed event. As well as all the regular items that the Clerk and her team have to keep running smoothly in our area for the benefit of all residents, we are also now progressing towards the installation of a new children's playground adjacent to Hornbeam Road.

As this busy calendar shows, Buckhurst Hill Parish Council is having a positive impact for our local community.

Cllr Jane Forker-Clark



As you may be aware, Buckhurst Hill Parish Council have budgeted for a PCSO for some time who is solely responsible for policing within the Parish. The role has remained vacant for some time now but I am sure that you very pleased to hear that during a recent recruitment process an individual was selected to undertake the role. The new PCSO is Mr Morgan Kitchen and he commenced training in mid-February and is now operational in the parish. Should you have any concerns around crime in general within the parish please do contact the Parish Office on office@buckhursthillpc.gov.uk or attend one of the bi-monthly full council meetings – you will find the dates of all meetings on pages 8-9 and we can pass on your concerns directly to PCSO Morgan Kitchen.



Cllr Marshall Vance

As your Parish and County council representative I have been asked on several occasions by residents “What do Essex County Council Do?”, so I would like to take this opportunity to answer this question but with a slant towards Buckhurst Hill.

The primary role of Essex County Council is to provide public services and improve the quality of life for the residents of the county. One of the key initiatives that the council has undertaken in recent years is the “levelling up” programme. This programme aims to address the disparities between different parts of the County and ensure that all residents have access to the same opportunities and services. Some of the ways in which the council is working to achieve this goal:

1. Investing in infrastructure: The council is investing in transport, broadband, and other infrastructure projects. Ultrafast 5G broadband is being rolled out across Buckhurst Hill and surrounding areas
2. Supporting businesses
3. Tackling social inequality
4. Improving education and skills: I want to ensure that young people in the county have access to high-quality education and training opportunities
5. Protecting the environment.

In addition to the levelling up programme, the council is responsible for a wide range of other services that benefit the community. These include:

1. Education
2. Social care
3. Transport: The council is responsible for maintaining and improving the transport infrastructure, including roads, public transport, and cycle routes. Watch out for the Digigo hop and ride program, plus the £2 single fare
4. Planning and development including the provision of affordable housing and the protection of green spaces. I sit on the Parish Planning committee to scrutinise future planning applications.

As your councillor I have had 18 potholes repaired – the entire length of Palmerston Road – together with 18 repaired along Loughton Way, and have agreed a schedule to have both Station Way, Victoria Road and Westbury Lane repaired in the coming weeks.

I have secured grants for all three local schools, enabling them to secure services when money is short. I have helped Noah's Arc with grants for a new kitchen, and provided money to buy allotment tools.

Presently I am working to get a new zebra crossing for St John School along with several bus shelters and with the help of my parish Colleagues will be introducing mobile speeding signs for the Buckhurst Hill area

I have successfully lobbied for more money to fix some of the library's infrastructure problems but will be pushing for more improvements with a view to it becoming a local hub.

Cllr Ken Williamson

Outgoing Chairman

I have thought long and hard to think of a subject for this article, and after much deliberation I have decided that this article is about you all. You are the reason we stand for election as Councillors to improve our area and respond to your concerns. It is really easy to contact us, either through the Parish Office or through the email addresses that are published in many places.

Sometimes it is hard for us to find a way forward with some of the issues that are raised, but I can assure you that we take all of them seriously.

It was really nice to see so many local people at the Coronation event, your support and contributions to local charities was gratefully received.

I feel honoured to have been invited to hold a Cabinet Post on the District Council for another year. This really gives you the residents of Buckhurst Hill the chance to have your voice and concerns put forward on all local issues.

This is your Parish Council and we are your Councillors.

Parish Cllr Robert Church

Grange Farm Centre

Parish Cllr Robert Church is also a trustee of Grange Farm Centre, and welcomes you and the family to this superb neighbouring facility:

Grange Farm Centre is a 90-acre community facility and charity located in Chigwell, Essex.

The scenic site is extremely popular with residents from Essex and North London, who find the facility an ideal setting for sporting, recreational and educational pursuits. The four top-quality football pitches are in high demand, the Pelican Playground is extremely popular with local parents and children, whilst walkers and wildlife enthusiasts come from all across Essex to explore the Roding Valley Nature Reserve. There is lots to do!

An architectural award-winning pavilion nestles in the heart of Grange Farm and is an impressive venue for clubs and groups to meet. Home Team, Colebrook Royals Football Club, always receive compliments from the opposition on the surrounding scenery of Chigwell and Essex and also the great viewing areas of the playing surfaces for spectators.

The pavilion has two meeting rooms for hire which are perfect for meetings, classes, weddings, children's parties, corporate events, presentations, workshops and corporate days.



Buckhurst Hill Parish Council Annual Audit and Accounts (AGAR)

Each year, Parish and Town Councils Annual Governance and Accountability Return (AGAR) needs to be reviewed by an external auditor appointed by Smaller Authorities' Audit Appointments Ltd. The unaudited AGAR has been published on our website and local notice boards. As it has yet to be reviewed by the appointed auditor, it is subject to change as a result of that review.

Any person interested has the right to inspect and make copies of the accounting records for the financial year to which the audit relates and all books, deeds, contracts, bills, vouchers, receipts and other documents relating to those records must be made available for inspection by any person interested. For the year ended 31 March 2023, these documents will be available until Friday 14 July:

Mrs Liz Petyt-Start, Clerk, Buckhurst Hill Parish Council
165 Queens Road, Buckhurst Hill, IG9 5AZ
liz.petytstart@buckhursthillpc.gov.uk

Did you know you can travel for £2 as a single fare on all buses running throughout Essex?

Yes – that's right, a £2 cap on single bus fares currently in operation has been extended to run until the end of October 2023. This means you can travel any distance for £2 so great for long journeys. This is the cost for a single ticket, not return, but £2 each way might prove to be good value for many commuters.

The cap will then rise in November to £2.50 for 12 months when it will be reviewed. But be aware you should always check the fare beforehand as some operators might charge you the full £2 for a fare that actually costs less, (ie a short distance).



CORONATION EVENT



Buckhurst Hill Leisure Gardens

Buckhurst Hill Allotments are again holding an Open Day on Saturday 12th August from 12noon to 3pm at our Monkams Allotment Site, access off Hornbeam Close (at the end of Hornbeam Road) through the garages and down the path towards the Rugby Field. This event is part of the National Allotments Week and the theme for 2023 is "Soil Health" celebrating the contribution that allotments make to biodiversity and the environment.

More local people than ever are being inspired by the desire to grow their own fruit and vegetables with an increased interest in health, physical and mental, food security and the environment. Allotment produce has the benefit of travelling zero food miles with no single use plastic packaging needed. The activity of growing fruit and vegetables and tending the allotment plot generally is good exercise. Allotment soils also tend to be healthier than farmland soils, with more worms and higher carbon content due to the use of compost, helps to counter climate change.

All residents of Buckhurst Hill are welcome to come along on the Open Day to meet plot holders, see what is grown and gain knowledge about allotment life.

Time to get walking again!

With Summer well and truly with us, we start to think about getting out to walk in the beautiful English countryside again, but where to find new and interesting walks?

Walking in Essex
www.walkinginengland.co.uk/essex
 has loads of walks to download and print, free, it also has books of walks, details of all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John Harris (who maintains the website) said 'There is so much walking information on the web but it is difficult to find. Walking in Essex (part of the Walking in England website) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you'.

With walks from half a mile to twelve miles plus long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy.

So home or away, check out the websites and get walking!



Local Speedwatch group

It is no secret that some of the driving on the stretch of road from The Monkams towards Oakwood junction in Loughton, along Buckhurst Way, Albert Road, Loughton Way and Valley Hill, is of variable standard. Speeds far in excess of the 30mph limit are frequently witnessed. A number of speed-related accidents over the years, including fatalities, led to the creation of the Buckhurst Hill and South Loughton Speedwatch Group, which started going out and monitoring at five different points along that stretch over 15 months ago. This is part of a country-wide initiative of over 100 groups.

To date, almost 1,000 vehicles driving at more than an agreed threshold over the 30mph limit (including a highest speed of 60mph) have been recorded on a calibrated speed-gun, and logged, with details passed onto the police. Offenders initially receive a gentle warning letter designed to make them reflect on the need to be more mindful of their speed.

The group has around a dozen active trained volunteers, of various ages and backgrounds, who go out at least twice a week, at different times of the day, in small groups, weather permitting. But we could do with more, to expand the times when we have enough people available to monitor. The group is supported by the police, and our presence on the side of the road, in high-vis, in itself tends to modify the behaviour of most (but not all) motorists. But the more evidence we have of just how serious the problem is, the more pressure we can put on Essex County Council to properly consider speed-calming measures.

Most other members of the public we encounter are very supportive of what we are trying to achieve. And despite what some friendly passing motorists claim, those of us who are not yet at retirement age do in fact have "proper jobs". We are not "busybodies". We are simply trying to do what we can, in a small way, to reduce the chances of any further tragedies that could be so easily avoided by people taking more care about how quickly they need to get somewhere.

Contact
valleyhilltc@hotmail.com
 for more details.

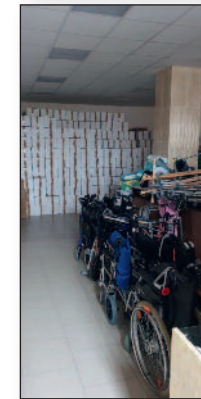
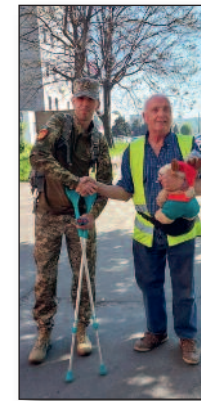
UKRAINE LATEST DELIVERY

Our latest convoy to Kamianske, Ukraine – our 25th load since the start of the invasion. Together with our partners and supporters we are making a huge difference, so, please continue to support us and Teech to support those in most need.

I want to once again thank everyone from the bottom of my heart. Thanks to the people of Colchester for the donation, thanks to Martin Leatherdale for providing us with premises in the city centre, many thanks to the Premier Print & Promotions company for a large amount of thermal clothing. Thank you also to Luke Harrison who repeatedly brought a huge amount of clothes, to our volunteer ladies of the Volya Ukraine community who accepted donations for a month and a half, the UK-AID organisation which helped us with a huge amount of food and hygiene products and the Teech charity organisation for delivering humanitarian aid to Ukraine.

We are all great! Together we can do a lot! Glory to Ukraine!

Alan Hilliard



BH U3A CORONATION PARTY



A great time was had by all at the Buckhurst Hill U3A Coronation party on 5 May.

After a delicious meal from Collins, the Sid Boland band had people singing and dancing. Organised by Mary Nathan who said "she was delighted how it all went and it was lovely to see people enjoying themselves" but that's what we do at the U3A!

Compassionate Neighbours – are you feeling lonely?



All support is provided free of charge

If you live in West Essex or East Hertfordshire and are feeling lonely or isolated due to old age or serious illness, you could access support from a Compassionate Neighbour.

Call our First Contact Service on **01279 773774** or email **patients@stclarehospice.org.uk**

People living with a serious, long-term or terminal illness, as well as the elderly, often struggle with loneliness and could do with some extra support. Compassionate Neighbours can really make a difference.

They are a network of trained volunteers who offer their time, companionship and support to people living in their community who are coping with serious illness or old age.

Compassionate Neighbours can support you by:

- visiting regularly
- offering friendship, emotional support and a listening ear
- helping you do the things you like doing
- helping you stay connected to your community, family and friends



Bereavement Cafés – here for you

St Clare Hospice runs a series of ten, local Bereavement Café groups – which are open to all and free to attend. At St Clare, we feel that some of the most meaningful support you may experience when you have been bereaved, is through connecting with others who have had similar experiences.

Our Bereavement Café project aims to connect local people together, to support each other throughout grief. Everyone is welcome to access this free, community-led service – whether your loss was recent, or a long time ago.

A Bereavement Café takes place at Hemnall Street Social Club, Epping, every Monday from 10am – 11.30am.

There is also a Bereavement Café at St Clare Hospice, Hastingwood Road, every Friday from 2pm – 4pm.

Find your nearest Bereavement Café on the website: **stclarehospice.org.uk/bereavement-cafe** or call 01279 945089 to find out more



Urgent stock appeal – Help your planet, and your Hospice

Are you planning a clear out this summer? St Clare Hospice Charity Shops would really appreciate any donations of pre-loved goods.

They need good quality:

Women's, men's and children's clothing
Shoes and bags

Furniture –
sofas, tables, chairs and wardrobes
Games and toys

Books, CDs and vinyl

To donate, visit your local
St Clare Hospice shop.

Find your closest shop by visiting
stclarehospice.org.uk/shops

WALKING IN MEMORY – Who will you remember?

Where: St Clare Hospice, Hastingwood Road, CM17 9JX

When: Sunday 17th September 2023, 10.30am – 2pm – walk sets off at 11am

Join us to remember your loved ones and celebrate their lives at our fifth annual 5k sponsored walk on Sunday 17th September 2023.

Walking in Memory is our flagship sponsored fundraising event, when we come together with local people and families to take part in a 5k walk in honour of a loved one. Starting from St Clare Hospice, you'll take on a stunning route through the picturesque local Hastingwood countryside, meeting back at the Hospice for a BBQ.

Your entry includes:

- Keepsake heart for all walkers • BBQ sausage or burger (vegan options available)
- FREE St Clare t-shirt when you receive your first JustGiving donation!

Tickets in the Early Bird offer (running until 30th June 2023) are just £12 for adults (normal price £15) and £5 for children (16 years and under).



For more information on taking part in Walking in Memory, please contact the Fundraising team on 01279 773750 or email **fund@stclarehospice.org.uk**



When Communities come together Magic Happens!

Woollard's Kitchen has recently been opened by Lorraine from Slimming World Buckhurst Hill...

...to provide company, a free cuppa and a chat for any adult who is feeling lonely, living alone or may be fed up and could just do with a friendly face and chat. We provide free tea or coffee and biscuits, and local residents and members have been baking cakes too. The only requirement is that they can get themselves there. Lorraine explained, "Although the Covid pandemic seems a long-distant memory now, I found that during this time there seemed to be a lot of people who seemed very lonely or alone. They seemed to spend a lot of their time on their own, and really the only place they got to was to shop or to carry out their weekly shopping. Loneliness can have a devastating effect on your mental health, and I just wanted to provide a local, safe place that they could attend and meet other like-minded people to have a chat with a cuppa and hopefully somewhere else they could

look forward to going to. Already we have had people attending – with more turning up every time we open our doors, which shows us that there is a need for this in our local community."

We have been trying to promote Woollard's Kitchen through the media, leaflets and poster, and already we have been welcoming people through our doors. This week **SLIMMING WORLD BUCKHURST HILL** and their members had a 5k walk over the Roding Valley Nature reserve, and some of the people attending Woollard's Kitchen also came along. Weather was amazing and spirits were high, and together we raised money to allow Woollard's Kitchen to open twice a month. We now can open our doors on the 1st and 3rd Thursday of every month from 1.30pm to 3.30pm. If you know of anyone that may benefit or you feel this is what you need please come along.

Living Alone? Feeling Lonely & Fed Up? Ready for a cuppa and a friendly chat?

All Welcome whatever your circumstances

If you just want to meet some friendly faces and just get together over a free cuppa why not come and join us. A warm friendly welcome awaits you. (Twice monthly) 1st & 3rd THURSDAY of every Month 1.30pm - 3.30pm At The Woollard Centre, Loughton Way, Buckhurst Hill

This is a new group that has been brought together by a local practice nurse, who has recognised social isolation in our local community is the importance of being social is just having a chat with other people may make your day a better one

This group is all inclusive & all welcome from 18 - 118 years old. The only requirement is that you are able to attend safely on your own or with someone that can support you. There is no provision for direct support from our volunteers

For further details call Lorraine 07960 603521 or just come along

Run in association and with the support of:

Slimming World

Buckhurst Hill

Easter's Pharmacy

Buckhurst Hill Parish Council

Tai chi and mental health

We hear a lot about 'mental health' these days. Whether you are a school kid or a royal it is OK to talk about it. Employers are expected to take it into account in the workplace and the Metropolitan police take the matter so seriously that it has decided that it will no longer respond to incidents that involve mental health.

It will sound flippant if I say that 'in my day, we didn't have mental health'. It is true in the sense that no one talked about it. I knew people who had serious issues. One, my own father, had, what used to be called, a nervous breakdown; an executive disease largely due to overwork. And, later, a friend who had suicidal tendencies and spent frequent spells in a mental hospital.

They both recovered, but the thing I noticed was that, in the end, the cure was in their own hands. Or perhaps, minds.

I have also noticed that the many, many people I have met in over 20 years of tai chi practice, have been pretty level mentally. Tai chi is a holistic practice that involves mind as well as body and, also 'spirit'. We can debate what is meant by spirit, but let's just say it is 'you'.

Tai chi requires a lot of focus. As an exercise system there is a lot to learn. More than most people expect when they start with visions of elegant movements in their head. But the movements are just part of the whole. Eventually they become internalised, part of you, what you do and even who you

are. A master I was working with summed it up for me once. At a workshop, one afternoon, she told us all to grab a chair.



When we were sitting down she looked around the class and said: "And we are all still doing tai chi, aren't we?"

It is this total focus, absorption of the art that makes it so effective in handling stress. The exercises that we do, including the 'form' – the movements – are designed to make our body and our mind work as a single thing. Grand master Yang Che'ng-fu said: "If I even move my little finger, my whole body is involved in the process."

For me it is this total, holistic aspect of tai chi that makes it such a healing system. And here I need to be careful. There are all sorts of anecdotal claims for tai chi and qigong practice curing all sorts of illness, up to and including cancer. It won't! I always tell students that, what it will do is heal. By which I mean that it will make you feel better about yourself to the extent that you won't worry so much about other problems. Mental as well as physical, they just won't get on top of you.

Meditation, a big part of tai chi, is something we can all benefit from. If you think of mindfulness tai chi is a mindful exercise.

I think one of my students summed it up best: "When I practise tai chi regularly I find that I live in my body and not so much in my head."

You can try tai chi any Wednesday evening at the Woollard Centre.

The first lesson is free so there is no initial commitment. Call John on 07967 666794 or email **john@bonsaitaichi.eu**. **www.bonsaitaichi.eu**

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/
Volssessex@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
churchoffice@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 bowls@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

Forthcoming events for 2023

SUMMER FLOWER SHOW

Buckhurst Hill Horticultural Society –

Saturday 8th July, 2023

2.00 pm-4.30 pm The Centenary Hall, St. John's
Church, High Road, Buckhurst Hill, Essex IG9 5RX
Includes: Floral art, cookery section and junior
entries. Plants for sale, teas and delicious homemade
cakes. Admission free for members (£2 non-
members) for more information please contact
Show Secretary Robert Studham, email:
mahduts@hotmail.com or ring 020 8530 5217

AUTUMN FLOWER SHOW

Buckhurst Hill Horticultural Society –

Saturday 9th September

2.00pm-4.30pm The Centenary Hall, St. John's
Church, High Road, Buckhurst Hill, Essex IG9 5RX
Includes: Floral art, cookery section, vegetables and
junior entries. Plants for sale, teas and delicious
homemade cakes. Admission free for members
(£2 non members) for more information please
contact Show Secretary Robert Studham, email:
mahduts@hotmail.com or ring 020 8530 5217

WINTER TALKS

Monday 2nd October 2023

Mr Mike Jervis –

Safety in the garden/Autumn Maintenance

Venue: St. James' United Reformed Church,
Palmerston Road, Buckhurst Hill, IG9 5NG.

Admission Free entry for members, £2.non-
members. Refreshments. Time: 7.30-9.30pm.
For more information please contact the Chairman
Mrs. Ros Smith, email: roshsmith45@hotmail.co.uk
Tel: 020 8508 1567

Monday 6th November, 2023

Ms. Jackie Aviolet –

Christmas fruit and vegetable stories

Venue: St. James' United Reformed Church,
Palmerston Road, Buckhurst Hill, IG9 5NG.
Admission Free entry for members, £2 non-
members. Refreshments. Time: 7.30-9.30pm.
For more information please contact the Chairman
Mrs Ros Smith, email : roshsmith45@hotmail.co.uk
Tel: 020 8508 1567

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's, 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 Roding Valley Hall, Roding View,
Buckhurst Hill, Essex, IG9 6AD (car parking is
available on-site).

www.u3asites.org.uk/buckhurst-hill

or email: enquiries@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

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

Saturday 27 May – Saturday 2 September. This
exhibition tells the story of one of Britain's best-
loved picture books, *The Tiger Who Came to Tea*.
Explore our interactive exhibition, facsimile artwork,
immerse yourselves in the world of Sophie and enjoy
a cup of tea with the Tiger.

Join us at Epping Forest District Museum for our
summer drop-in sessions. All ages are welcome but
the activity most suits those aged from 5 to 11 years.
NO NEED TO BOOK. Just drop in during the times
above and allow about 30 minutes to do the activity.
Children must be accompanied by a responsible
adult. We regret we cannot accommodate large
groups or holiday clubs at these sessions – please
contact us to arrange something. Children all ages:
Tue 25 July – Clay Day; **Tue 1 August** – Animal
Puppet; **Tue 8 August** – Tiger Prints; **Tue 15 August**
– Peg Doll; **Tue 22 August** – Clay Creations 10.30am
– 3.30pm. Epping Forest District Museum, 39 Sun
Street, Waltham Abbey EN9 1EL. 01992 716882
museum@eppingforestdc.gov.uk

Toddler Tuesdays take place once a month during
term time. Each session uses a traditional nursery
rhyme as a theme to explore real museum objects,
learn the words and sing it with actions. We read a
story together, then make a craft activity – usually
something that encourages simple role- or game-
playing so you can continue enjoying the session
together back at home. These sessions are ideal for
Toddlers from 18 months to 4 years to help them
become 'school ready'. They will learn about routine,
different activities, taking turns, and develop social,
language and motor skills. **4 July** – Incy Wincy
Spider; **12 September** – Row, Row, Row; 17 October
– Old Mother Hubbard; **21 November** – Goosey
Goosey Gander. PLEASE BOOK IN ADVANCE –
museum@eppingforestdc.gov.uk

EPPING FOREST PLAY IN THE PARK

Roding Valley Recreation Ground Recreation
Ground, Roding Road, Buckhurst Hill, IG9 6BU
(supported by Buckhurst Hill Parish Council)
Wednesday 2 August: 1.30pm-3.30pm; Wednesday
16 August: 1.30pm-3.30pm Roding Valley Recreation
Ground, Spider Park Field, Buckhurst Hill, IG9 6BX
(supported by Buckhurst Hill Parish Council)

Monday 7 August: 1.30pm-3.30pm; Wednesday 9
August: 1.30pm-3.30pm

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

PYNER, Charles

St John's C of E Church, Buckhurst Hill would be
pleased to hear from any relatives of Charles Pyner
buried in plot I14.1 in 1953. You can make contact
with the Parish Administrator on 020 8506 2150
or parish-office@sjbh.org.uk.

WANSTEAD AND WOODFORD BLIND CLUB

Every 2nd and 4th Thursday of the month from
24pm. 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.westessexramblers.org.uk

WHITE HEATHER DANCERS

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

Friendly local orchestra welcomes extra string and
brass players. Rehearsals on Thursday evenings at
7.30pm at Roding Valley High School, Alderton Hill,
Loughton.
WSO 60th Anniversary Concert: Saturday
November 18th, 7.30pm in the Great Hall,
Roding Valley School, Loughton. Further details
from: www.WSOOrchestra.org.uk or telephone
020 8924 9370

BUCKHURST HILL PARISH COUNCIL FULL COUNCIL MEETINGS 2023/24

Meetings held 7pm at Buckhurst Hill Library

Details of all meetings can be found on our website
www.buckhursthillpc.gov.uk

■ **THURS 27 July '23** ■ **THURS 23 September '23**
■ **THURS 23 November '23** ■ **THURS 25 January '24**
■ **THURS 28 March '24** ■ **THURS 23 May '24** Annual Council

COPY CLOSE DATES FOR NEXT EDITION

Items are welcomed from
all local organisations,
subject to space and may be edited.
Email to office@buckhursthillpc.gov.uk
WINTER – Copy close:
6 October 2023 –
delivery planned for week commencing
6 November 2023

BOOK YOUR FREE CLASS TODAY!

monkey music

Award winning music classes for babies & young children

South Woodford, Loughton and Buckhurst Hill

E: southwoodford@monkeymusic.co.uk

T: 020 8989 7017

Sharing precious time together www.monkeymusic.co.uk



St. James URC, Palmerston Rd, Buckhurst Hill

On Sunday 9th July, after our morning service, Lynn Haseldine-Jones, the local historian will be coming to our church to give a talk on the history of St. James, as it is 150 years now, since the foundation stone of the old Congregational Church in Palmerston Road was laid. The first part of her talk will begin at 11am, followed by a shared lunch and then Lynn will give the second part of her talk. It should be very interesting and it is open to anyone who would like to attend.

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

October 8th – A speaker from London City Mission will lead our morning service.

November 12th – Remembrance Sunday Parade Service, led by Gerald Lee.

December 10th – Gift Service led by Keith White, from Mill Grove, a children's home in South Woodford

December 9th, 3pm – Sing Immanuel Concert at St. James'

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)

Bedford House Community Association established in 1946 Supporting the Community to lead healthier and happier lives

Community Courses

Our weekly, low cost or donation-based community courses have been a great success and we are looking at how we can continue to run these over the next year despite the pressure of increasing overheads. Bedford House is an independent community resource, and our core courses receive no funding support. Our community courses invite everyone to be creative and sociable in a relaxed and friendly environment with no pressure to perform.

Join Jo and the **Craft & Cuppa** group on Mondays at 10:30 to 12:30. Jo teaches a wide range of crafts from paper box folding, crocheting, card making, sew a toy mouse, and much more.

Join Michael and the **Rediscovering Radio** group on Fridays at 14:00 to 16:00. Michael used to teach on HMS Belfast and is an amazing source of knowledge whether the waves.

Join us at the **Tuesday Socials** which are following on from the successful Sunday Socials we ran earlier in the year and which were sponsored by Your Active Essex. Bedford House is now piloting Tuesday Socials which take place 12:15 to 13:45 and though the content may vary from time to time there will always be space for socialising, and refreshments are available to purchase such as tea and cake. The current activity is Seated Dance. These sessions are currently free to attend, and we hope to obtain funding so that we can continue to offer these popular activities to the community.

Summer School

The Bedford House Summer School 2023 launched on 12 June with approximately 10 activities every week throughout the summer. You can dip in and out and pick the dates that suit you. Booking is easy and can be done online.

Look out for the **September Courses programme** of 30+ Fitness and Arts and Crafts courses launching soon. You can find all the information online. Taster sessions are available.

Summer Show – Sunday 9 July

Our popular Summer Show is taking place on Sunday 9 July 11:00 to 16:00. Over 100 artists will be exhibiting. In addition to the art exhibition you will find art for sale, taster sessions of our courses, meet the tutors, live music, tombola, and café with homemade cakes.

Volunteering – Join our Gardening Volunteers Team or Admin Volunteers Team. Volunteering is great for sharing your existing skills, learning new skills, socialising, staying connected and active, enjoying nature (gardening) and keeping physically active.

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 Admin@Bedfordhouse.org.uk or phone 020 8504 6668. www.bedfordhouse.org.uk

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.

We look forward to seeing you at one of our events or courses. Bedford House is a Dementia Friendly Organisation.

Bedford House is easy to find at 4 Westbury Road, Buckhurst Hill IG9 5NW.

Look out for the large sign and car park on the left-hand-side of the road when going down from Palmerston Road. Bedford

Harvest at St Johns

St John's will be celebrating Harvest with an open day on Saturday 30th September. Come and find out about some of your many local organisations and clubs and see what you can get involved with. There will be a café with home-baked cake and tea available.

More importantly it will be an opportunity give back to the local community. On Harvest Saturday you will be able to donate goods to Epping Forest Foodbank. Simply bring your donations to St Johns on the day and we will arrange for them to be delivered to the Foodbank. Check out their website to see what they are most in need of www.eppingforest.foodbank.org.uk.

Come and see us at St John's you are always welcome, information on service times and events can be found at www.sjbh.org.uk



FREE

All ages welcome. Children must be accompanied by an adult.

Play in the park is all about playing games and having fun outdoors. No need to book, just drop in at any time. The Play in the park team bring a range of sports equipment and arts & crafts resources for children and their parents/carers to enjoy together. The team will be there to help organise activities and games all totally **free of charge!**

BUCKHURST HILL

Roding valley recreation ground, Roding Road, Buckhurst Hill, IG9 6BU

Wednesday 2 August 13:30 – 15:30
Wednesday 16 August 13:30 – 15:30
Roding valley recreation ground, spider park field, Buckhurst Hill, IG9 6BX

Monday 7 August 13:30 – 15:30
Wednesday 9 August 13:30 – 15:30

For a full list of Play in the park sessions scan me:

eppingforestdc.bookinglive.com
01992 564 226

@efdccommunitywellbeing
@efdccommunity

Epping Forest District Council

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

U3A

Summer Holidays

24 July – 25 August

Tiger Day

Saturday 29 July | 11am - 3pm
Epping Forest District Museum, EN9 1EL

FREE
Booking not required
All ages welcome

M.A.D. Camp (Multi Activity Day)

Tuesday 25 & Thursday 27 July | 8:30am - 4pm
King Harold Academy, Waltham Abbey, EN9 1LF

£26
Book here
5-12 years

M.A.D. Camp (Multi Activity Day)

Tuesday 22 & Thursday 24 August | 8:30am - 4pm
Leveton Primary School, EN9 3BE

£26
Book here
5-12 years

Musical in 2 Days: Matilda

Monday 21 & Tuesday 22 August | 10am - 3:30pm
North Weald Village Hall, CM16 6BJ

£50
Book here
6-12 years

Family Fun Drop In's

Every Tuesday | 10:30am - 3:30pm
Epping Forest District Museum, EN9 1EL

£2.50
Booking not required
5-11 years

Play in the Park

Daily | 10am - 12 noon / 1:30 - 3:30pm
Locations across the District

FREE
Booking not required
All ages welcome

West Essex Inclusion Project

Activities daily
Locations across the District

Various charges
Booking required
0-14 years

Book online: eppingforestdc.bookinglive.com
Phone: 01992 564 226
@efdccommunitywellbeing @efdccommunity

Epping Forest District Council

AVON HOUSE PREPARATORY SCHOOL

- 3+ Years Entry
- 4+ Years Entry
- 7+ Years Entry
- Small Class Sizes
- Specialist Subject Teachers
- Extensive Sports Facilities
- Co-Curricular Clubs
- Qualified School Nurse
- SENCO Support
- Wraparound Care
- Holiday Clubs

Fees from £3,800 per term / £11,400 annual

For more information, contact:
admissions@ahsprep.co.uk
020 8504 1749

490-492 High Road, Woodford Green, IG8 0PN

CELEBRATING & SUPPORTING EVERY CHILD

CHABAD BUCKHURST HILL



Chabad Buckhurst Hill is the local Jewish Community Centre run by Rabbi Odom & Henny Brandman offering a wide range of programmes for all ages. These past few months have been extremely busy with a new Tuesday morning Chatty Cafe for older members, social quizzes, programmes for youth, and festival celebrations. Another new initiative, the Mini Shabbat Programme on a Friday afternoon saw over 40 babies, children, parents, and grandparents welcoming in the holy day of Shabbat (the day of rest) together. Celebrating with arts and crafts, games, songs along with prayers for lighting of the candles, drinking grape juice and enjoying traditional chicken soup and Challah (plaited bread).

To get involved in the community and see what else Chabad has on offer, please check out their website www.chabadonthehill.co.uk



Would you like to join the
Buckhurst Hill Residents' Society?

Please visit our website:
www.buckhursthillresidents.co.uk
where you will find details of when we meet,
past events and minutes, events
and enrolment form.

We meet at St James' United Reformed Church,
Palmerston Road, once a month.

If you are a member of the Society and would
like to sit on the Committee, please contact:

jennpage1946@gmail.com

or our secretary:

davidnfreeman1972@gmail.com

31st ANNUAL GRAND CAR BOOT SALE

Sunday 10th September 2023

8.00am - 2.00pm in Buckhurst Hill

Admission £1 per adult



Refreshments, Raffle and at least 100 stalls!



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

STALLHOLDERS

CONVERT 'JUNK' INTO MONEY

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

Price per car : £15

Gates open at 7.00am for stall holders

For further details and to reserve your space,
ring **020 8504 4282**

Proceeds to Epping Forest Conservative Association
& St. Joseph's Hospice, Mare Street, Hackney