

# BuckhurstHill

Parish Council Magazine **Winter 2023**

News and views from around Buckhurst Hill



## Chairman's Welcome

Welcome to this autumn edition of your local parish magazine. We have had a busy period over the summer months at the Parish Council and have been looking forward to updating residents with all the new things coming to Buckhurst Hill! After months of planning, it is fantastic to see some preliminary designs of the new children's playground which will be built near Hornbeam Road. We look forward to the building work getting underway and the eventual opening ceremony in time for summer next year. Residents would also have noticed that footpaths are being repaired or replaced by Essex County Council's contractor as they progress around Buckhurst Hill on a rolling programme of upgrade works.

Each year the Chairman is able to nominate a local charity which receives any charitable money raised by the Parish Council for that year. It was my pleasure to nominate Buckhurst Hill Money Advice Service in recognition of all the good work they do assisting residents, especially as the Cost-of-Living crisis affects so many. We have been advised that any money raised will go towards training new advisers to expand their existing team who already receive lots of calls from residents.

Also, over the past few months:

- We have welcomed our **new PCSO, PC Miles** to Buckhurst Hill who also attended his first Parish Council meeting recently. Please say "Hi" to Morgan if you see him on the beat.
- The proposed **Zebra Crossing** outside St. John's C of E Primary School is progressing through Essex County Council and funding has been received for the design to commence.
- The **31st Buckhurst Hill Grand Car Boot Sale** was a great success and raised a substantial amount of money for St. Joseph's Hospice.
- Our annual **Harvest Festival** was held at St. John's Church and included so many incredible local organisations operating in and around Buckhurst Hill for the benefit of our community.

Following the war in Ukraine many in the UK have provided support, whether that be by sending much needed items such as food or clothing, or monetary donations. Two of our Parish Councillors, District Cllr Aniket Patel and Cllr Robert Church have taken in Ukrainians who have been displaced by war. It was a pleasure to welcome our Ukrainian friends to Buckhurst Hill and we look forward to supporting them in any way we can as they adjust to life with us in the UK.

As this magazine was going to press the war in Israel had broken out and we would like to offer our sincere condolences and best wishes to everyone affected by this tragedy. Our thought and prayers are with you at this time.

Please feel free to contact me by email ([chair@buckhursthillpc.gov.uk](mailto:chair@buckhursthillpc.gov.uk)) should you wish to discuss any of the items above or indeed any other matters relating to Buckhurst Hill and I will be happy to assist where I can.

With best wishes, **Cllr David Saunders**

## New Playground coming soon – take a look here!

Buckhurst Hill Parish Council is delighted to announce it has agreed to fund and provide a new playground at Hornbeam Road in the Recreation Ground. The new playground will be on the site of the old redundant area and will incorporate play

for ages 1 to 12. Its anticipated building works will commence early in the new year.

The new design for Hornbeam Play Area is a haven of creativity and fun for children of all ages and abilities.

The new design is a homage to the

natural beauty of the open space location, incorporating its hues into the soft natural colour palette of the equipment and flooring, fostering a seamless blend between the industrial and the organic. With exciting slides that twist and turn, dynamic swings that soar to new heights, and challenging climbing structures that encourage both physical development and cognitive problem-solving, the Hornbeam Play Area design offers a spectrum of play experiences.

(cont'd on page 3)



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# Cllr Jane Forker-Clark

Recreation & Community update

Earlier this year, Buckhurst Hill Parish Council, together with the Buckhurst Hill Residents Society, held a successful Coronation Event at the Buckhurst Hill Football Ground. We raised a wonderful £1,865.00 for each of the following charities – Noah’s Ark Community Hub; Rose Walton Centre and ELHAP (Every Life Has a Purpose). Thank you to all of our residents for supporting the event and for the helpers in the planning and helping on the day to make it such a success for the community.

As Chair of the Recreation & Community Committee, myself and the team are now busy organising the annual Senior Fish & Chip Lunch at Roding Valley Hall for local residents. This has been a popular and successful event for the last few years and this year will be held on Friday 24 November 2023, 12.00-3.00 pm. Places are very limited, but if you would like to nominate a resident to receive an invitation to the lunch for this year, please contact the Parish Clerk on 020 8498 9933 or by email at [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk).

The Christmas Tree Lighting event is scheduled for Friday 1 December at 5.00 pm. Take your places please, for a jolly Christmas Carol singalong and join us at the junction of Knighton Lane and Queens Road. Everyone is welcome.

Volunteering as a Parish Councillor also gives an opportunity to be a participant in other committees supporting organisations that local residents may not even be aware exist in their local area. One such committee is The Roding Valley Meadows LNR Consultative Group Meeting on which I am a representative for the Parish. Meetings are held twice yearly at Grange Farm Centre – usually in March and September. The Roding Valley Meadows has SSSI status. (Site of Special Scientific Interest). This Committee oversees the valuable work that is carried out by Essex Wildlife Trust on behalf of Grange Farm Trust and Epping Forest District Council.

At each meeting, Iona Kay of Essex Wildlife Trust gives an overview of the vital work that is carried out to keep the Roding

Valley Nature Reserve in good order. At the most recent meeting it was reported that Thames Water repaired two sewage pipes and replaced several manhole covers with a few to still be replaced.

Each year the Gunnell Family of Chigwell carry out a hay cut. This year, cattle have been unable to graze the land due to the threat of Bovine TB which is present in the general area.

One of the projects that the Trust is currently seeking funding for is the installation of a Disabled Access path to link the M11 bridge, as far as the David Lloyd. The Trust is open to volunteers to help with the everyday upkeep of the reserve – not just the hard graft, but also for items such as carrying out Butterfly surveys which are carried out weekly during the butterfly season. Events are run at The Roding Valley Meadows and are highlighted on the Epping Forest District Country Care site. These events include: The Bat Walk – which this year was held on the 23 September; A Winter Bird Walk; Dawn Chorus; Fun Run – organised through the Epping Sunflower Group (formerly know as Chigwell Disabled Group).

For more information about the Reserve or to offer your support as a volunteer, contact Iona Kay: [IonaK@essexwt.org.uk](mailto:IonaK@essexwt.org.uk)

There is currently an age restriction of over 18s for volunteers. Next door, literally to The Grange Farm Trust is the Chigwell Riding Trust for Special Needs run by Deborah Hall and her team. It has been in existence for nearly 60 years and is one of the leading riding schools in the UK for people with special needs.

There are also volunteering opportunities at this site for those over the age of 12 for those who would like to be actively involved in the huge task of daily care of the horses. For more information please see their website @ [www.chigide.org.uk](http://www.chigide.org.uk). All visits to the Trust have to be by appointment only. The Trust hold an annual fundraising Barn Dance once a year, usually in September, and hope to shortly be able to return to offering Open Days which have been curtailed during the Covid period. Donations in support of this charity can also be made through their website.

It’s really good to be able to end on a positive note. The Recreation & Community Committee have now selected a preferred supplier from the 10 tenders that were received for the reinstatement of the playpark at the rear of Hornbeam Road and the final plans for this are now progressing. There will be more information to follow in the not too distant future – please keep an eye on developments via our local noticeboards and Parish website.

# Cllr Marshall Vance



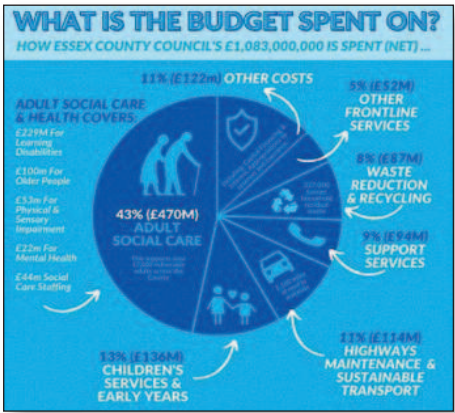
**Council Budgets – where does your money go?**  
In the previous newsletter I outlined what Essex County Council does, the areas it gets involved in and the support it provides

across the county.

This time I would like to talk about where your money goes and some of the issues I have supported locally on your behalf. Everyone asks: “Where does my money go, and: “What are they doing with my taxes?”

So, let’s start at the beginning. Firstly, there are two areas that money is spent. Those are Capital (major projects like schools and hospitals) and there is revenue (money the council gets in grants from government and importantly the council taxes you pay). So, where is your money spent? Well rather than

go into too much detail, please do have a look at the infographic, notice the cost of health and social care and how it now takes up half the budget.



## Local Issues

I am pleased to be able to report that in Buckhurst Hill, Essex is now seeing a large number of pavement repairs around the town. Residents have thanked me for getting these underway but have also been pleased to see that in the process, they have been getting their dropped kerbs repaired at the same time.

Over the last few months, I have managed to get 36 major potholes repaired

and am also able to report that starting in November, I will allocate another 36 potholes that are guaranteed to be repaired, and yes, I know enough is never enough but it’s a start.

Our roads continue to be an issue, but I have also managed to get highways to agree to resurface parts of Loughton Way and Palmerston Road, and to address the poor state of Roding Lane. **Note these roads will be closed overnight for up to 8 nights so expect some disruption.** This work will commence in early November.

You should also now see the streetlights being upgraded to LEDs so if you have a defective lamppost in your street, please bear with us we will get to you.

I am proud to have found some monies to support local groups and charities which enable them to do those little extra things when money is short.

There are still a number of issues I continue to support residents with daily (bus shelters, salt bins, white lining, red routes, zebra crossings and speeding on our roads).

I also represent you on the rebuild of Whipps Cross Hospital, (destined for 2028) and continue to make sure your needs will be provided in any new services. Next time I will focus on highways and the work they do and how you can report issues yourself.

## New Playground

(cont’d from front cover)

The new play area design includes equipment for all ages and abilities. This includes a roundabout which enables users to experience great sensory and motor stimulation. The installed height allows for an easy transfer between wheelchair and the equipment. The large Pod swing offers open space and is at a height suitable for easy wheelchair transfer. All swinging has positive effects on the inner ear of children with auditory impairments and a claiming influence on children with learning difficulties. Repetition of movement also has a calming effect.

There are also a number of tactile play panels which are a fantastic tool for encouraging physical and practical play and can help develop a child’s concentration skills and improve co-ordination. These panels are accessible to all children and bring low level play into the play area.

We hope you like the initial play area design and welcome your thoughts. Please look at the design here (insert QR code)

Please provide feedback to [office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk)

BUCKHURST HILL PARISH COUNCIL PRESENTS

**Christmas Tree Community Celebration**  
**Friday 1st December - 5pm**  
**At the top of Queen’s Road**  
**Carols around the tree to celebrate Advent**  
**All welcome to come and join the singalong!**

BUCKHURST HILL COMMUNITY PRIMARY SCHOOL PTA INVITE YOU TO

**FIREWORKS 2023**  
**FRIDAY 3RD NOVEMBER**  
at Buckhurst Hill Community Primary School  
Lower Queens Road, IG9 6DS

**GATES OPEN AT 6PM | FIREWORKS START AT 7:30PM**  
**FOOD COURT | FAIR GROUND GAMES**

**TICKETS: ADULT £7 | 4-16 YEAR OLDS £6 | UNDER 4 FREE**  
**VISIT [WWW.PTA-EVENTS.CO.UK/BHPCS](http://WWW.PTA-EVENTS.CO.UK/BHPCS)**

BOOK HERE

# Come and talk to your local police officers

To find out more about what’s going on in your local area and to meet with your local policing team, please come along to the following meeting.

## Local Community Meeting

Date	24 Nov / 19 Dec / 24 Jan / 20 Feb
Time	11am-12pm
Venue	Costa Coffee, 48 Queen’s Road, Buckhurst Hill
This is an open meeting and all members of the public are welcome.	



# Essex Police – dispatch newsletter

We’re offering more ways of keeping up-to-date with our work across Essex through our weekly e-newsletter, called **Dispatch**.

**Dispatch** provides our communities with a weekly overview of news from Essex Police, along with crime prevention advice, information about our latest job vacancies, top tweets from a selection of our Twitter (X) accounts and remembering former colleagues who have sadly died.

Since August 2021, we’ve gained 10,000 subscribers and we hope to keep growing.

**Dispatch** brings together news and information published by our officers, staff and volunteers, so that those who live in, work in and regularly visit Essex, can go to one place to find out what’s been happening across the county that week.

We’re delighted to have received some really positive feedback from our subscribers too.

Visit us online to find out what police are doing in your area  
[www.essex.police.uk](http://www.essex.police.uk)

Stay up to date with the latest news from Essex Police by signing up to our weekly e-newsletter – **Dispatch newsletter | Essex Police**

[www.essex.police.uk/police-forces/essex-police/areas/essex-police/au/about-us/dispatch/](http://www.essex.police.uk/police-forces/essex-police/areas/essex-police/au/about-us/dispatch/)



# Essex County Council Waste Strategy

Councils across Essex are working in partnership to develop a new Joint Municipal Waste Management Strategy. This draft Waste Strategy for Essex sets out how we will manage the recycling and waste produced in the county for the next 30 years.

## Why do we need to act?

- The previous waste strategy for Essex was developed in 2007 and a great deal has changed since then.
- There is a significant climate change challenge ahead. We need to take action now to address the impacts of climate change and achieve the goal of Essex becoming a net zero county by 2050.
- Waste management is a major contributor to climate change and is currently responsible for about 4% of greenhouse gas emissions in the UK.
- Improving environmental efficiency by making different choices about how we collect and treat waste will help reduce the amount of greenhouse gas emissions generated.
- Waste prevention can also deliver benefits by reducing greenhouse gas emissions in other sectors, such as agriculture, transport and manufacturing.
- Setting a new strategy will ensure we have the right approaches to deliver the best outcomes for Essex.

To access the draft strategy, please go to: [www.essex.gov.uk/wastestrategy](http://www.essex.gov.uk/wastestrategy)

## The draft strategy

The draft strategy is developed by the Essex Waste Partnership. The partnership brings together the 12 borough, city and district councils in the county with Essex County Council. The partnership aims to ensure cost-efficient and sustainable waste management across the county.

The draft strategy takes account of research, national legislation and policy and sets out our proposed approach, what we propose to do, and our targets and ambitions.

The key elements of the draft strategy are:

- Working together to minimise the impact that waste management has on the environment, whilst offering value for money to the taxpayer.
- Embracing the circular economy. This means minimising our waste, recycling more, and rethinking how we will manage the waste that cannot be recycled to conserve resources.
- Coordinating the design and delivery of services to achieve the vision, targets and ambitions of this strategy.
- Supporting residents to reduce their waste and recycle more.
- Working in partnership with each other and engaging with business, industry and government to change how we deal with waste.
- Setting measurable targets and stretching ambitions and aspirations.



Hello everyone,  
I am Anastasia from Crimea UKR and it is an honour to stand before you today to express my heartfelt gratitude and to share my motivation for helping fellow Ukrainians who have found refuge in the UK, like me, under the Home Program for Ukrainians. It is indeed a privilege to be part of a community that welcomes us with open arms here in Buckhurst Hill.

My sponsor, Councillor Robert Church, and his family have welcomed me into their home, and Councillor Aniket Patel has welcomed into his home my two fellow Ukrainians, Masha Nymushina from Sumy and Mariia Khimich from Kiev at the new and truly wonderful, Forest Place Nursing Home at Roebuck Lane.

The world has witnessed the devastating impact of the war in Ukraine, which has taken toll on the mental health and well-being of countless individuals. For me, the journey to a new country and the anxiety caused by the conflict in my homeland have been incredibly challenging.

However, it is through the generosity, kindness, and support of individuals from the Councillor's in this room that I, Masha and Mariia have found the strength to overcome these difficulties, while we are seeking work to support ourselves.

Councillors Robert Church and Aniket Patel and their families have not only provided us with a safe haven but have also offered unwavering emotional support.

Their supportive actions have been a source of solace during this turbulent time. It is through their caring nature that we have discovered balance and resilience, and for that, we are eternally grateful.

Yet, my story is not unique. There are countless other Ukrainians who need support, just like the two young girls here whom Aniket and his family have been housing at Forest Place Nursing Home.

This is where our collective responsibility comes into play, we can extend a hand to those who seek refuge and support, I with Councillors Church and Patel do offer my help with the Ukraine Aid

initiative here through Buckhurst Hill Parish Council.

I stand before you motivated and inspired, not only by my own experiences but also by the compassion of those who have helped in Ukraine Aid here in Buckhurst Hill. My hope is that we can come together as a community to continue providing aid, comfort, and guidance to Ukrainians who have embarked on this challenging journey. Let us remember that in unity, we can provide a haven of hope and healing for those who need it the most.

Thank you, Aniket, Robert, for your unwavering support, and thank you to all the Councillors and everyone here for your dedication to making a difference for us.

Together, we can be the beacon of light for Ukrainian refugees in Buckhurst Hill, ensuring that they find not only refuge but also the strength to rebuild their lives. I am available to answer questions through the Council.

Thank you everyone,  
*Anastasia Hryznova*



Mary Nathan, on behalf of U3A, and with a team of helpers, organised a Macmillan Cancer Support coffee morning at the Roding Valley Hall on the 22 September 2023.

In just two hours between 10am and 12 noon a grand total of £1,744.47 was raised for the charity, including some donations being gifted by residents who were unable to attend.

Thank you and well done everyone!



## News from Essex County Council

Essex County Council is running a project to support the creation of small local businesses and organisations providing a wide range of care and support services to older people, people with disabilities and to help improve mental health and wellbeing. This will help people who manage their own care to have access to a marketplace where they can find the right support in their local areas, and to be able to find and contact those services directly via the Tribe platform: [www.tribeproject.org](http://www.tribeproject.org)

### Help guide to using a Community Micro-enterprise

If you pay for your own care, or receive a Direct Payment from Essex County Council, you can choose to pay a Community Micro-enterprise to support you.

## Buckhurst Hill Leisure Gardens

Buckhurst Hill Allotments held their annual Open Day in August for the first time on their Monkham's Allotment Site, off Hornbeam Road. It was a good event with sunny weather enabling residents to attend and talk to the plot holders who spared time from the busy activity of growing their fruit and vegetables. The homemade chocolate and beetroot cupcakes were particularly popular with visitors, and everyone had a good day.

This event is part of the National Allotments Week with the theme for 2023 being 'Soil Health' celebrating the contribution that allotments make to biodiversity and the environment. Healthy soil plays a vital role in our lives in several ways. It is a living ecosystem,

full of beneficial microorganisms that help plants thrive.

These allotment plants, grown in healthy soil, are often more nutrient-dense, thus directly contributing to our nutritional intake when we consume them. Additionally, the process of creating healthy soil through composting and other sustainable practices helps reduce waste and lessen our environmental impact. Healthy soil also plays a pivotal role in mitigating climate change by acting as a significant carbon sink, capturing and holding carbon that would otherwise be released into the atmosphere, consequently improving air quality. Therefore, fostering soil health is not just beneficial for the environment, but also for our well-being and longevity.



## BHPC Cricket and Lacrosse

The Club had a very busy summer after the rain finally relented in May!

Five adult and nine junior cricket teams play each week at Roding Lane and The High Road grounds and also midweek.

The junior teams won four competitions this year.

This year the club fielded two girls teams and started a women's section too which is fantastic.

We enter winter indoor competitions and start indoor training in January.

Please visit our website for information and contact details

<https://buckhursthill.play-cricket.com>

The lacrosse club is active in the winter too and can be contacted at: <https://www.facebook.com/BuckhurstHillLacrosse>

*Phil Mitchell, Hon Secretary*



A couple of years ago I had a bit of surgery. They had me knocked out for three-and-a-half hours. The day after, I was dozing quietly – something I am very experienced at, when I woke up to find an angel (or, on reflection, it might have been the codeine) kneeling by the side of the bed. “Hello Mr Roper,” she said, “I am the physiotherapist.” She then started to give me the recovery sales pitch: how important it is to get out of bed, walk, or even sit in the chair. I knew the pitch by heart, I was on the hospital’s enhanced recovery programme and had had it drilled into me before I got there.

I interrupted: “Look,” I said, “If it helps at all I teach tai chi.” “Oh,” she said, “we won’t have any problems with balance then,” hauled me out of bed, and before I knew it I was halfway down the ward.

Point of the story? When I mentioned tai chi, the first thing my angel thought of was ‘balance’: i.e., I wasn’t going to fall over.

And that’s it, isn’t it? Tai chi is good for balance in older people. (Declaration of interest: I am one.) The subject has been researched to death. The Harvard School of Medicine has researched it, the NHS acknowledges tai chi as helpful and there are countless learned studies if you care to search them out.

But that is physical balance. Elderly folk not falling down and breaking hips and things. But tai chi is holistic – mind, body, spirit, in harmony. So what about our mind? Our mental balance.

We have a great system for revving us up when we are in danger. It gives us a big burst of adrenalin, that boost you need when you have to outrun a sabre-toothed tiger or take down a Neanderthal. The problem for us is that we produce adrenalin in situations where we don’t need it. Adrenalin is a type of fat. It’s the fuel that gives us the physical boost we need to fight or run. The problem is, if we don’t actually fight or run away we don’t burn it up. So it stays where it is, gets deposited in our system, clogs arteries and is generally bad.

In the process, we feel stressed. We get irritable, arguing with colleagues, family, friends, being generally disagreeable with everyone. But people who practise tai chi are generally calmer, and that is all to do with the way we breathe which actually slows things down.

Breathing properly affects the production of nor-adrenalin. This is the chemical that triggers the fight/flight mode. If we can control it we can stop the tendency to panic unnecessarily, when there is no actual physical danger. And if there is, controlling our breath is a good way to not panic so we can handle the situation.

So in addition to helping us not fall over tai chi keeps us calm. Helps us not panic, I like to think it gives us an equilibrium for life.

If you want to try a simple exercise to see how breathing can affect how you feel try this: If you can, breathe into your abdomen not your chest, slowly breathe in for a count of four and, slowly, breathe out for a count of six. Do this a few times and see if you feel calmer.



## On balance it must be Tai Chi

You can try tai chi for free at The Woollard Centre, Loughton Way, Buckhurst Hill IG9 6AD  
[www.bonsaitaichi.eu](http://www.bonsaitaichi.eu) Email: [john@bonsaitaichi.eu](mailto:john@bonsaitaichi.eu) Tel: 07967 666794

### BUCKHURST HILL PARISH COUNCIL PRESENTS



Friday 24th November 2023 12.00-3.00pm

#### Roding Valley Hall

Free Entrance to Buckhurst Hill Residents  
**Tickets Only • Pre-Booking required**

[office@buckhursthillpc.gov.uk](mailto:office@buckhursthillpc.gov.uk)  
 0208 498 9933

## COMMUNITY TRANSPORT

Epping Forest & Harlow Community Transport is a charity that meets the needs of local people who for various reasons are unable to use conventional public transport.

## VOLUNTEERS NEEDED

### Car Drivers Minibus Drivers Trustees

Would you like to give something back to the Community?  
 If so, volunteering is a great way to do this.  
 Out of pocket expenses are reimbursed.  
 Training provided.

Email: [efct@efcommunitytransport.org.uk](mailto:efct@efcommunitytransport.org.uk)  
 Website: [www.efcommunitytransport.co.uk](http://www.efcommunitytransport.co.uk)



For all Membership details and enquires please telephone.

EPHING OFFICE  
 01992 579556

HARLOW OFFICE  
 01279 798876



# WINTER TIPS FOR PETS

Winter is approaching, and as we often prepare our houses and cars for the cold weather, we can also prepare for our pets to keep them comfortable during the winter months. This is especially important for our older pets as conditions such as arthritis can be exacerbated

by cold and damp weather.

For dogs, specially designed coats can help keep off the chill and rain, particularly when going out. They come in a range of designs, including full body fleece coats which have the added advantage of keeping your pet from getting too muddy.

For indoors, some dogs such as some toy breeds or those with a thin coat of hair, for example whippets, may need a jumper to keep warm.

Another consideration is where your pet sleeps at night; make sure they won't get cold from the cool air rising from uncarpeted floors and that the area is draft-free.

Older cats may need help to access a bed as they may find it difficult to get to a warm spot. Ramps or steps up to a bed can help your cat to move around independently and allow them to get to higher areas where they may feel more comfortable.

For both cats and dogs, pet-safe microwavable pads are available to provide a bit of extra warmth and are safer than using a hot water bottle – though still use these with care and appropriate covers to avoid burns.

Raising food and water bowls may also help your pet if they are feeling less mobile in the winter months and stair gates and non-slip matting on smooth floors may be needed if they are struggling with their mobility.

Noticing your pet becoming a little less mobile and stiffer, particularly in cold weather, can be a sign of arthritis. The most common type of arthritis we see in pets is called osteoarthritis, and occurs when joints start to become roughened. Nowadays there are a range of options for treating this very common condition. These include:

- **Prescription medications** – your Vet can recommend some that have anti-inflammatory and pain relieving properties. There are several different types of medication, and it may take some trial and error to find the best combination for your pet. Some pets may start on one type of medication and then have others added into their regime as the arthritis progresses.
- **Joint supplements** – there are a huge number of different brands on the market, some with a more effective combination of ingredients than others, so it is well worth discussing these with your Vet to find the best one for your pet.
- **Acupuncture** – this has been shown to help relieve discomfort. There are many Vets now trained in animal acupuncture.
- **Hydrotherapy** – this can help build muscle to support the joints without placing undue strain on them. This needs to be undertaken at a designated pet hydrotherapy centre, where the staff are trained in how to swim animals in a controlled manner safe for your pet, and where the water is warm and sanitary.
- **Physiotherapy** – a dedicated veterinary physiotherapist can give you exercises to perform at home for your pet to help keep those joints active and maintain muscle.



### Winter hazards for your pet

During the winter take care not to walk your dog on ice, as slipping can further increase joint pain and damage. Muddy walks can also put strain on arthritic joints so going for short walks on firm ground is better for arthritic dogs.

There are a few additional things that can be hazardous for pets:

- **Rock salt** – used to defrost pavements and roads, rock salt can cause ulceration to feet if crystals get caught between the toes. A good idea is to gently wash your dog's feet with warm water when returning from a walk. An alternative would be to use dog 'booties' to protect their paws.
- **Ethylene Glycol** – this is a chemical used in some types of anti-freeze, and if swallowed can cause life-threatening damage to the kidneys. We see this most commonly in cats but can also happen to dogs. Ideally do not buy products containing this chemical, or if you do, take care to avoid spillages.

Speak to your Vet if you have any concerns about your pet's health during the winter months, they will be able to provide tailored advice for you and your pet.

Liz Munro is an experienced Vet providing pet end-of-life care and in-home euthanasia in the East London and Essex area.

For more information on how we can help you and your pet, please call Roundwood Pet Hospice on

**0800 0495944**  
[www.roundwoodpethospice.co.uk](http://www.roundwoodpethospice.co.uk)





# 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)  
[Volssessex@alzheimers.org.uk](mailto: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](http://www.bedfordhouse.org.uk)  
Registered Charity No. 301268

### BUCKHURST HILL BAPTIST CHURCH

Corner of Palmerston Road/Westbury Lane.  
Lighthouse Coffee Shop open Mon 9am-4.30pm,  
Tue-Thur 8.30am-4.30pm, Fri 8.30am-2.30pm.  
Sunday Morning Service 10.30am with children's  
activities. More events on the website  
[www.bhbc.org.uk](http://www.bhbc.org.uk)  
General enquiries: 020 8559 0222  
[churchoffice@bhbc.org.uk](mailto: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](http://www.bhbltc.co.uk)

### BUCKHURST HILL FOOTBALL CLUB

More information @buckhursthillfc or  
[www.facebook.com/buckhursthillfc](http://www.facebook.com/buckhursthillfc)

### BUCKHURST HILL HORTICULTURAL SOCIETY WINTER TALKS

**Monday 5th February, 2024**  
Mr. Brian Carline – The Science of Plants  
Venue: St. James' United Reformed Church,  
Palmerston Road, Buckhurst Hill, IG9 5NG.  
Admission Free entry for members, £2.non-  
members. Refreshments. Time: 7.30 – 9.30 p.m. For  
more information please contact the Chairperson,  
Mrs. Ros Smith, -email roshsmith45hotmail.com or  
ring 0208 508 1567  
**Monday 4th March, 2024**  
Followed by our AGM Mrs. Nina Lewis – The  
Future of Gardening  
Venue: St. James' United Reformed Church,  
Palmerston Road, Buckhurst Hill, IG9 5NG.  
Admission Free entry for members, £2.non-

members. Refreshments. Time: 7.30 – 9.30 p.m. For  
more information please contact the Chairperson –  
Mrs. Ros Smith, -email roshsmith45hotmail.com or  
ring 0208 508 1567

### SPRING FLOWER – Saturday 6th April, 2024

2.00 p.m. – 4.30 – p.m. The Centenary Hall, St.  
John's Church, High Road, Buckhurst Hill, Essex  
IG9 5RX  
Includes: Spring flowers, Cookery section,  
Photography, and junior entries, Plants for sale, teas  
and delicious homemade cakes. Admission free for  
members (£2 for non-members) for more  
information contact Show Secretary, Robert  
Studham – email: mahduts@hotmail.com or ring  
0208530 5217

### BUCKHURST HILL

### LEISURE GARDENS ASSOCIATION

The Association manages local allotments on behalf  
of the Parish Council at Lower Queens Road, Forest  
Edge, Monkham's, Palace Gardens and River  
Housing (Boxted Close) Contact Marcia Levan-  
Harris. email: bhallotments@gmail.com  
tel: 07789 003284 for availability of plots.

### BUCKHURST HILL RESIDENTS SOCIETY

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

### BUCKHURST HILL ROYAL BRITISH LEGION

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](http://www.branches.britishlegion.org.uk/branches/buckhursthill)  
[/buckhursthill](http://www.buckhursthill.org.uk) 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](http://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](mailto:buckhursthillvillageforum@gmail.com)

### CHABAD JEWISH CENTRE

Chabad Buckhurst Hill is a Jewish Community  
Centre and Synagogue serving the local community  
and wider West Essex. For more information or to  
contact the Rabbi – see  
[www.chabadonthehill.co.uk](http://www.chabadonthehill.co.uk)

### 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  
**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  
As usual, all bookable activities can be found at  
[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com) and the museum's  
opening hours can be found at  
[www.eppingforestdc.gov.uk/museum](http://www.eppingforestdc.gov.uk/museum)  
For further information or booking support, readers  
can call 01992 564 226.

### DRINK OR DRUG HELP: COCAINE ANONYMOUS

Group of men and women who have overcome their  
struggle with drink and/or drugs, and are here to  
help others. Families, friends and professionals also  
very welcome. Saturday morning 8am to 9.15am,  
Woollard Centre, 2 Roding View, Buckhurst Hill,  
Essex IG9 6AD. Contact details:  
London Helpline 0800 0595 130

### 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  
**Friday 24 November – Cavalcade of Light. FREE 5.00pm -7.00pm**

Drop into the museum and join us for an evening of  
festive fun, refreshments and live entertainment.  
**Saturday 2 December – Meet Father Christmas £6.50, 11.00am-3.30pm**

Our special Christmas event is back with Father  
Christmas here at the museum. Have a go at fraft  
while you wait to visit the grotto and receive a  
special gift. BOOKING IS NOT REQUIRED.  
**Tuesday 5 December – Toddler Father Christmas £6.50, 10.00am-11.00am**

A special opportunity for toddlers to meet Father  
Christmas in his grotto. Enjoy singing a nursery  
rhyme, making a craft and hearing a story before  
visiting the grotto to receive a special gift.  
**Volunteer at Epping Forest District Museum**  
If you enjoy interacting with people, want to learn  
more about local history, are looking to develop new  
skills or meet new people, we have lots of  
opportunities for you. You can get involved with  
many aspects of museum work from collections to  
education, from exhibitions to front of house and  
looking after our garden. To find out more contact  
the museum on 01992 716882 or email  
[museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk)

### ESSEX POLICE – COFFEE WITH COPS

11am-12pm. Costa Coffee,  
48 Queen's Road, Buckhurst Hill  
**Friday 24 November 2023, Tuesday 19 December 2023, Wednesday 24 January 2024, Tuesday 20 February 2024.**

### 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

### 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.

### Winter Meetings 2023/24

National Trust Centre for Woodford and District  
are pleased to welcome everyone to our meetings  
and these are as follows:  
**Wednesday 15th November 2023: Historic Houses Association** by Dr Ben Cowell at All Saints Church  
Hall, Woodford Green at 2-30pm.

**Tuesday 12th December 2023: The Christmas Garden** by Nick Dobson at Memorial Hall,  
South Woodford at 10.30am.

Do come along to our congenial community  
get-togethers!

### RODING PLAYERS ORCHESTRA

This enthusiastic group of musicians meets weekly  
on Monday evenings. 7.30pm at Roding Valley High  
School, Loughton, Essex. New members welcome  
For more details [www.rodingplayers.co.uk](http://www.rodingplayers.co.uk).

### ST JAMES'

### UNITED REFORMED CHURCH

Palmerston Road Sunday Morning Service 10.30-11.30.  
Church worship with tea/coffee afterwards to which  
all welcome [www.forestgroupurc.co.uk/](http://www.forestgroupurc.co.uk/buckhurst-hill-urc.html)  
[buckhurst-hill-urc.html](http://buckhurst-hill-urc.html)

### ST JOHN'S CHURCH

St John's Church, High Road, Buckhurst Hill  
Sunday Services – 8.45am quiet service, 10.45am  
family service with Sunday School, 7.00pm teaching  
and worship. Everyone welcome!

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

BINGO

DO COME IN, YOU ARE VERY WELCOME

### Events and Community Life:

Little Fishes Stay and Play. Thursday 10-11.30am  
term time only. Small Group bible study, times  
available throughout the week. Regular events  
include Ladies' Socials, Men's Meals, Prayer  
Evenings, Mothers' Union, Book Club and  
Churchyard Gardening Group.  
More information available on [www.sjbh.org.uk](http://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](http://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](http://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](http://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](http://www.buckhursthillpc.gov.uk)  
■ **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](mailto:office@buckhursthillpc.gov.uk)  
**SUMMER –**  
Copy close: **18 March 2024 –**  
delivery planned for week commencing  
**15 April 2024**



## JEWISH FESTIVAL WISHES

Chabad Buckhurst Hill is the local Jewish Community Centre run by Rabbi Odom and Henny Brandman. The beginning of September marked the start of the Jewish New Year with the celebration of Rosh Hashanah. As well as hosting our Synagogue Services and keeping the traditions of hearing the Shofar blown (Ram's horn) and eating apple and honey to mark a sweet new year, the centre hosted a number of successful lead-up events, including educational evenings and a popular baking event. Over 30 women attended and enjoyed the baking event, making the traditional honey cake using Henny's popular recipe, alongside delicious baked apple roses. The day of the atonement, the most attended Synagogue day in the Jewish calendar saw over 200 worshippers attending services with special sessions for children and teens. A new feature this year was a breakaway discussion group during the main services which were well attended.

October was also a busy month for Festivals with the celebrations of Sukkot, celebrated through the building of a

temporary Sukkah (Hut) which has an open roof covered just with leaves to see the sky. The tradition is to eat and celebrate in the sukkah, and to take four types of plant material: an etrog (a citron fruit), a palm branch, a myrtle branch, and a willow branch, and rejoice with them, shaking them about.

Looking ahead to December and the celebration of Chanukah, many residents will notice the iconic Menorah which goes up each year at the top of Queens Road. Every year Chabad Buckhurst Hill host several Chanukah lightings across the local area. This is to celebrate the Jewish festival of light which lasts for eight days. The Menorah is lit each night as a symbol of peace and freedom of the Jewish People and spreads light, warmth, and kindness. We welcome the community to join us on the evening of Sunday 10th December at the top end of Queens Road for the annual event that the community holds there.

For more information visit our website: [www.chabadonthehill.co.uk](http://www.chabadonthehill.co.uk)

## Winter at ST JOHN'S

As we head into the darker nights of winter our thoughts turn to being with family and friends and enjoying the cosy spaces of our homes, most particularly for the Christmas celebrations.

However, before Christmas we have a Remembrance Sunday service on 12th November at 10.45am.

We are also pleased to announce that we are hosting our first ever St John's Hoolie on 18th November in the church. We are welcoming the ceilidh band Caperbility for an evening of dancing, there will be a caller so don't worry if you don't know the steps! Tickets are £8 per person, bring your own drinks and snacks. Contact parish-office@sjbh.org.uk for tickets.

Over the Christmas period there will be a range of services including our children-friendly festive family carols, followed by mulled wine, sausage rolls and hot chocolate on Sunday 17th December at 5.00pm.

Our nativity service will take place on Christmas Eve at 4.30pm followed by a Christmas communion at 11.30pm.

There will be Christmas Communion service at 10.45am on Christmas day.

We look forward to welcoming you to St John's this winter!

## 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 Non-stipendiary Minister, Revd. Jonathan Hyde, our Hall Manager, Gerald Lee, visiting preachers or members of our congregation.

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

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

**December 9th, 3.30pm** – *Sing Immanuel* Concert at St. James' will include community carol singing, to be followed by mince pies and mulled wine.

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

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

**December 9th, 3.30pm** – *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)*

## CHRISTMAS CAROL SING-A-LONG

Presented by Sing Immanuel and St James URC,  
Palmerstone Road, Buckhurst Hill

**Saturday 9th December, 3.30pm**

Followed by Christmas refreshments and mince pies

## Buckhurst Hill's Grade II Listed War Memorial (war shrine)

in front of St Stephen's Church,  
Albert Road

*The Buckhurst Hill Branch of the Royal British Legion is most grateful to the Parish Council for the work that the Council has done to improve the area which surrounds this War Memorial. As can be seen from the photograph the flower beds and the artificial grass have been removed and the area filled with attractive pebbles, giving more emphasis on the simplicity of the Memorial itself.*

This memorial at St. Stephen's Mission (as it was known early in the 1900s) records the names of the 84 servicemen who lived in the district and died in the Great War. It is unusual in that it was dedicated on **June 9th 1918** by the Bishop of Chelmsford, before the end of the Great War; most War Memorials were erected after the Armistice in November 1918. St. Stephen's memorial was an exception and was originally known as a **War Shrine**.

The Memorial/Shrine, built by Underwoods of Baker Street, is described by Historic England as being in the form of a hooded limestone tablet framing a lancet shaped bronze plaque.

On either side of the tablet is a small projecting limestone planter.

A central projecting Latin cross rises from the apex of the tablet hood. The whole sits on a square three-stepped base. The memorial has this inscription:

TO THE GLORY OF GOD AND IN GRATEFUL REMEMBRANCE OF THOSE WHO HAVE GIVEN THEIR LIVES FOR GOD AND THE RIGHT  
GREATER LOVE HATH NO MAN THAN THIS, THAT A MAN LAY DOWN HIS LIFE FOR HIS FRIENDS.

In 2016 the Memorial was granted **Grade II Designation by Historic England** mainly for its historic interest 'as an eloquent witness to the tragic impact of world events on the local community, and the sacrifice it made in the First World War', but also because, unusually, the memorial 'has not been adapted for Second World War commemoration and thus retains its original design intent'

In 2013 a project was undertaken to replace the lost cross on top of the memorial with the help of grant aid from the War Memorials Trust and donations from Buckhurst Hill's British Legion and Residents' Society.

**The Lych Gate at St. John's Church** in the High Road commemorates the fallen of both World Wars.

*Margaret Sinfield, Chairman Buckhurst Hill Branch, RBL*



# AVON HOUSE PREPARATORY SCHOOL

Independent Prep School For Children Aged 3-11 Years



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- Extensive Sports Facilities
- Co-Curricular Clubs
- Qualified School Nurse
- SENCO Support
- Wraparound Care
- Holiday Clubs

September 2023 fees from £3,800 per term / £11,400 annual

To book your place, contact:  
[admissions@ahsprep.co.uk](mailto:admissions@ahsprep.co.uk) / 020 8504 1749

490-492 High Road, Woodford Green, IG8 0PN  
[www.avonhouseschool.co.uk](http://www.avonhouseschool.co.uk)



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.

Every Thursday 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 & the importance of being social & 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 603621  
or just come along

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**Slimming World  
Buckhurst Hill**

**Buckhurst Hill  
Parish Council**



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✉ [remedyfoothealth@gmail.com](mailto:remedyfoothealth@gmail.com)

☎ 07585309649 - Teresa



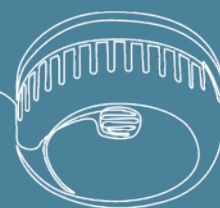
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[www.buckhursthillpc.gov.uk](http://www.buckhursthillpc.gov.uk)

f @BHPCoffice

X @hill\_parish

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