



# The Bush Telegraph

*The quarterly newsletter of The Bushwood Area Residents Association*

Also visit us at [www.bara-leytonstone.org.uk](http://www.bara-leytonstone.org.uk)

**THE FESTIVE SEASON** is finally upon us, so to kick things off you'll find some festive recipes on page two to try out – I hope you'll let us know how they turned out! You'll see from the membership report we're a little down on numbers this year, so we're working hard to recruit new members as well as encouraging past members to rejoin. In addition to the events and discounts that are a benefit of membership, there's a more serious side too. After all, when we're campaigning on your behalf, it's essential that we can prove that we're representing as large a percentage of residents as possible. So be sure to encourage your neighbours to join if they haven't already.

## **Quiz night success**

The latest BARA quiz night held at the Ex-Servicemen's Club was a roaring success, and raised over £80. Needless to say, plans are already afoot for the next one, so start sharpening your brains now.

## **Many thanks, Shah!**

This issue I'd also like to extend a huge thanks to Shah Ahmed at the Star of India, who invited BARA to attend an exclusive Indian cooking demonstration back in October. Bookings flew in fast and furious, and within a short space of time we were fully booked. Arriving at 4pm on a wintry October afternoon, we enjoyed a warm welcome from Shah's friendly team. Shah kicked things off with a display of spices and herbs for everyone to examine, and explained their use in traditional Indian cookery.

After that we had a tour of the kitchens and a fascinating demonstration on cooking different

dishes, including the use of the special tandoori ovens. Of course, no demonstration is complete without a tasting session, and Shah was happy to oblige. Everyone who attended agreed that the

event had been a great success. And considering that Shah had been at the hospital for most of the night with his wife for the birth of their new baby, he held up extremely

well. He has also offered to provide cookery lessons in the New Year. These will most likely be held in the afternoons, so if you're interested, please let me know and I'll speak to Shah about times and dates.

## **Need a pampering session?**

We did try to organise a demonstration about creating Christmas door wreaths. Unfortunately, it was too last-minute for people, so let's try again next year, with a little more advance notice! In the meantime, we're also thinking about organising a pampering session early in the New Year to help us fend off those winter blues. Keep checking your email inbox for further details.

## **Your ideas welcomed for summer fête**

One more thing to keep in mind – we're putting together some plans for a summer fête next year in collaboration with the Friends of Henry Reynolds Gardens. Obviously, it's early days in terms of details, so we'll keep you posted. But if you have any ideas about what sort of entertainment you'd like to see at the fête, then please let us know. And we're always keen to hear suggestions for general social events, so do get in touch with your ideas.

**And finally, the BARA Committee members wish you a happy festive season, and all good wishes for 2007.**

## **NEWS FROM THE CHAIR**

*Katy Smith*

**Stay  
safe  
this  
Christmas**

- **Bargains** are always tempting, but make sure your Christmas lights are of good quality
- **Never** leave any festive or decorative lights on overnight
- **Keep** flammable decorations away from heat sources such as fairy lights and candles
- **Never** leave a lighted candle or burner unattended
- **Be careful** with party streamers and foam streamer sprays near a naked flame
- **And just in case**, make sure the batteries in your smoke alarm have plenty of life in them.

DOUG SHEEDY

## HOLD THE FRONT PAGE!

**NEXT YEAR'S Leytonstone Festival will be held from 7 to 15 July. The events are being planned but you saw it here first.** BERN LOWE

## Membership

THE CURRENT BARA membership total for 2006/2007 stands at 329, which counts for just over a quarter of all households in our area. On the other hand, last year our members numbered 403, so we still need to catch up with those people who've forgotten to renew this time around. Besides which, we're always happy to welcome new members, so be sure to mention the benefits to any friends and neighbours who aren't currently signed up.

Speaking of new members, we'd like to give a special welcome to all the first-timers on Michael Road, and send our special thanks to Sue House. Her sterling efforts have managed to more than double the number of members, from 19 to 39.

This is the first full year when all our members will be paying the new higher membership subscriptions (£2 for single adult households and £3 for a household with more than one adult). However, some very generous people have decided that this still isn't enough and have made additional donations. So very grateful thanks go to Yolande Ternouth, Henry Wood, Roger Gann, George Katritsky, Christine Davies and Dee Diabour.

By now you should also have received your membership cards, but if you haven't just have a word with your road representative – there's a full list on page three.

The annual collection of subscriptions is one of the most time-consuming tasks that the Committee (ably helped by the road representatives) undertakes during the year. In order to make the process a little more user-friendly, the Committee has been considering introducing the option of five-year or even lifetime memberships. But before making any decisions, we'd really like to hear from you, our current members. Of course, even if we were to offer either of these options, it would be purely on a voluntary basis, and the standard annual subscription would still be available. Let us know what you think by contacting a member of the Committee or by emailing us at [committee@bara-leytonstone.org.uk](mailto:committee@bara-leytonstone.org.uk)

Finally, we'd like to give our thanks to Brian Hopson, Jo Pilc, Cyril Robson, Andrew Shields, Joyce Quarrie, Sue House and Helene Loukaides, who, although not Committee members, lighten our load considerably by acting as road representatives. Their continued support is much appreciated.

LIZ HAYMAN

### SUBSCRIPTION RATES

Single people: £2 per year      Households: £3 per year

## PLANNING

◆ I am pleased to report that an application for a loft conversion at 3 Bushwood, which would have resulted in a loss of privacy to the surrounding houses, was refused by planning officers.

◆ Recently BARA has also objected to an application for a large extension to 16 Bushwood. We await the decision of the planning officers.

◆ The Committee has made a response to the Waltham Forest Local Development Framework Pre-Submission Draft Statement of Community Involvement. This document, once finalised, will set out the standards which the Council will aim to achieve when involving the local community and stakeholders in considering planning applications and producing development documents.

LIZ HAYMAN

## Try these winter warmers

### Mulled Wine

Bottle of red wine (doesn't need to be a classic vintage!)

Large glug of brandy

Cup of orange juice

Cinnamon stick

Tablespoon of soft brown sugar

Put everything into a pan and gently warm through until the sugar has dissolved. Leave on a low heat for about 15 minutes. Then, simply take out the cinnamon stick and serve in wine glasses.

It's a good idea to warm the glasses before pouring in the wine.

### Eggnog

6 eggs

½ cup of sugar

½ teaspoon vanilla extract

¼ teaspoon ground nutmeg

¾ cup of brandy

¼ cup of dark rum

2 cups of whipping cream

2 cups of milk

Whilst refrigerating all the liquids, beat the eggs for two to three minutes with an electric mixer at medium speed until they're nice and frothy. Then beat in the sugar, vanilla and nutmeg. Finally, stir in the cold brandy, rum, whipping cream and milk. Chill before serving. As a finishing touch, sprinkle with nutmeg and serve with mince pies.

DOUG SHEEDY

## Stop Press...

**WE HAVE been advised that Waltham Forest will have 18 new permanent Community Police Officers before Christmas.**



DURING A VISIT with our local Councillors, I raised the repeated complaints from residents in Harvey Road about the yard of the 99p Store. Large amounts of mess and rubbish are left outside, only to be blown down the road in windy weather. Since then, officers have visited both the owners of the Store and the Snooker Hall to get them to sign up to proper waste disposal contracts, and they'll be monitoring the situation in future. In addition, the Ward Councillors are trying to get the owners to close the gate to their yard every night, since the open gate is leading to a number of anti-social behaviour incidents. So it's another success for your residents' association! We'll keep you posted about further developments.

KATY SMITH

### Was it me?

ATA Business Forum meeting I asked a Council officer whom I should contact about the ever-deepening potholes at the junction of High Road and Mornington Road. Three days later, and before I had made any contact, the holes had been mysteriously filled in. It might not have been me, but it's nice to think "Maybe"

BERN LOWE

### The BARA Committee 2006/2007

<b>Karen Bateman:</b> <i>Social</i>	4A Barclay Road
<b>Gareth Dimelow:</b> <i>Editor/Social</i>	11 Barclay Road
<b>Susan Gann</b>	4 Hartley Road
<b>Robert Gay</b>	137 Mornington Road
<b>Liz Hayman:</b> <i>Membership, Planning and Website</i>	54 Leyspring Road
<b>Janet Lee</b>	27 Beacontree Road
<b>Bernard Lowe:</b> <i>Deputy Chair</i>	56 Browning Road
<b>Janet Morris-Thompson</b>	9 Barclay Road
<b>Doug Sheedy:</b> <i>Treasurer</i>	11 Barclay Road
<b>Katy Smith:</b> <i>Chair</i>	37A Harvey Road
<b>Dwight Wood</b>	Carlton House, Aylmer Road

## ROAD REPRESENTATIVES

BARA has an individual "responsible" for each road falling within our area. That individual should be your first point of contact for issues affecting you. S/he will pass on your comments, concerns, subscriptions etc to the Committee member most able to help. The list below shows who is responsible for which road. Can't find your road representative? Then take your query to your nearest road rep.

<b>Aylmer Road</b>	Dwight Wood, Carlton House, Aylmer Road
<b>Barclay Road</b>	Doug Sheedy, 11 Barclay Road
<b>Barfield Road</b>	Dwight Wood, Carlton House, Aylmer Road
<b>Beacontree Road</b>	Cyril Robson, 49 Beacontree Road
<b>Browning Road</b>	Bern Lowe, 56 Browning Road
<b>Bushview</b>	<i>To be confirmed</i>
<b>Bushwood</b>	Brian Hopson, 49 Bushwood
<b>Carlton Road</b>	Dwight Wood, Carlton House, Aylmer Road
<b>Dacre Road</b>	Dwight Wood, Carlton House, Aylmer Road
<b>Forest View</b>	Bern Lowe, 56 Browning Road
<b>Grove Road</b>	Doug Sheedy, 11 Barclay Road
<b>Hartley Road</b>	Andrew Shields, 9 Hartley Road
<b>Harvey Road</b>	Katy Smith, 37A Harvey Road
<b>High Road</b>	Doug Sheedy, 11 Barclay Road
<b>John Drinkwater</b>	Bern Lowe, 56 Browning Road
<b>Leybourne Road</b>	Jo Pile, 57 Leybourne Road
<b>Leyspring Road</b>	Liz Hayman, 54 Leyspring Road
<b>Lister Road</b>	Joyce Quarrie, 42 Lister Road
<b>Michael Road</b>	Sue House, 32 Michael Road
<b>Mornington Road</b>	Robert Gay, 137 Mornington Road and Doug Sheedy, 11 Barclay Road
<b>St Augustine's Court</b>	Katy Smith, 37A Harvey Road
<b>St John's Court</b>	Katy Smith, 37A Harvey Road
<b>St Mary's Court</b>	Katy Smith, 37A Harvey Road
<b>Stanmore Road</b>	Helene Loukaides, 34 Stanmore Road
<b>Woodville Road</b>	<i>To be confirmed</i>
<b>Woodbridge House</b>	Robert Gay, 137 Mornington Road

## Looking forward to spring at Henry Reynolds Gardens

ON 21 OCTOBER, a small but enthusiastic group turned out to help plant bulbs. But before we got started there was other work to be done, so we painted railings around the play area, collected litter and cut back the mature yew tree and its bright red, poisonous berries.

It was nice to see the kids getting involved, although their enthusiasm was no doubt due in part to getting dirty with their parents' full approval.

Thanks go to everyone who took part, and if you're feeling like you missed out, watch for news about the spring-time clean-up in the New Year. There'll also be another fun day held in conjunction with Leytonstone Festival.

BERN LOWE

### Thank you, Helen!

BARA member Helen Johnson of Leybourne Road asked us to get some of the free bulbs from the Council and has recently been busy planting them around the trees in Leybourne Road as well as the grassy area at the junction of Harvey and Mornington Roads. If the offer is repeated next year, how about a BARA-wide bulb-planting event to further brighten up our area?

## A WORD TO THE WISE

MY FAMILY and I were recently victims of crime, namely burglary artifice. That's really just a posh way of saying that two people tricked their way into our home, and while one distracted, the other stole. Fortunately they were rumbled before getting too far.

The upshot of all this is that, with the exception of a few emergency cases (such as the fire brigade needing access), no one may enter your house without your permission. Remember to ask for valid ID, and if in any doubt, say NO and stand your ground.

Ironically, this all took place while I was attending a meeting discussing crime prevention. I don't mind if people find this amusing. But on a serious note, I'd like to praise the police for the rapid response, kind attention and follow-up we've received.

BERN LOWE

### Christmas card recycling

BARA MEMBER Cyril Robson has advised us that **Tesco** and **WH Smith** will be doing free recycling of Christmas cards from **2 January** on behalf of the Woodland Trust, who last year recycled 58 million cards which produced 1,150 metric tonnes of recycled paper for printing more cards etc and therefore saving trees. Let's make sure we recycle all our cards again this year. You can recycle any greeting card.

### Harvey Road one-way system

DRIVERS SHOULD NOTE that the police are patrolling and watching for drivers who are contravening the "No Entry" signs in Harvey Road. Police have reported that they have prosecuted drivers in the last month and the penalty is not just a fine but **three points** on your licence.

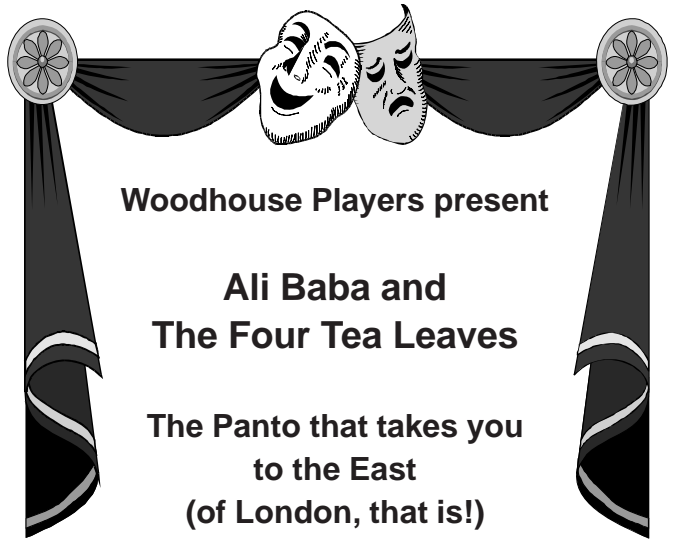
## Community Council update

AT THE Community Council meeting on 18 September I asked Cllr Marie Pye about the mobile tip that was originally intended to be made available twice a year. She explained that because of cost, it is now only once a year, with the next one planned for the second week of March 2007. Apparently, it's not publicised well in advance for fear of attracting fly tippers, but the dates will be announced in the *Waltham Forest Magazine*.

The Car Free Day was a hot topic, with most people agreeing that it had been a great success. Since the meeting was addressed by Martin Esom, the new head of Environmental Services, the matter of litter was raised. I made the point that the litter bin in Kirkdale Road near the BARA stall had been overflowing, but took this as a positive sign that people were taking their litter to the bin. Given the thousands of people who attended the event, the overall amount of litter was small.

After last year's Car Free Day it was suggested that we have a farmers' market for people who prefer to buy British and local produce. However, I've since heard that the Business Forum has tried a similar approach, only to be told that our farmers do not feel it would be profitable. In comparison, the French market is rather like a travelling show in that they do a tour of venues.

BERN LOWE



Woodhouse Players present

**Ali Baba and  
The Four Tea Leaves**

**The Panto that takes you  
to the East  
(of London, that is!)**

**See genies, sultans and gorillas and  
a whole lot more!**

**At the Welsh Church Hall, Leytonstone  
High Road, E11 (opposite O'Neill's)**

**Thursday 28, Friday 29 and Saturday  
30 December at 7.30pm**

**Friday 5 and Saturday 6 January at 7.30pm**

**Also 3pm shows on both Saturdays**

**£6 (£3 concs)**

**Advance booking only on 020 8504 3872 or  
[www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk)**

## Star of India proposed as next quiz night venue

ON 21 OCTOBER, 45 members and guests of BARA and the Ex-Servicemen's Club turned up to be challenged and possibly entertained, whilst also taking pot-shots at the quizmaster. Abuse was thankfully kept to a minimum, but I am recovering nicely.

As usual, a few questions were challenged, but my supplementary research has confirmed that the Humber is a river and the Treaty of Paris is different from the Paris Peace Accord.

So if you happen know the difference, and even if you don't, why not come along to the next quiz night and have fun adding your wits to those of your team.

As an aside, how do you feel about the next quiz night being held at the Star of India restaurant? The entrance fee is likely to be about £8 but will include a meal and it will be midweek. Please let one of the Committee members know or get in touch online.

BERN LOWE

## PHOTOGRAPHIC COMPETITION – *Four Seasons of Bushwood*

YOU MAY RECALL that we mentioned a photo competition in a previous issue of the BT this year.



Well, it's time to send in your snaps to see if you could be a winner.

Have a look through all your photographs from the past year that show the Bushwood area, pick out your favourites and then keep your fingers crossed.

Closing date for entries is 31 December, and winners will be announced on the website and in the March issue of the BT. Post any printed pictures through my door (for the attention of Katy Smith,

37a Harvey Road), or preferably, send electronic entries to our email address.

*Prizes will be allocated in the following categories:*

- ◆10 years and under
- ◆11–16 years
- ◆16 years and over

PLEASE NOTE, we won't be able to return photographs after the competition. And remember that you need to be willing to allow your pictures to be displayed on the BARA website. KATY SMITH

## ATTENTION ALL WORDSEARCHERS!

**HERE'S** a fun quiz to test your knowledge after all that turkey and Christmas pud, and before you doze off in the armchair for the afternoon.

The roads in the grid are to be found in the Bushwood area – for example, we'll start you off with Grove Road and Hartley Road in the top line.

If you're a wordsearch beginner, a good way to tackle the quiz is to draw a line around each road as you find it. But remember, the road names you're looking for may be horizontal, vertical, diagonal – and even upside-down! Also, some of the letters in the road names you've already marked may be used in other roads' names.

**Happy hunting!**

G	R	O	V	E	H	A	R	T	L	E	Y	A	M	L
H	A	P	P	M	I	C	H	A	E	L	Y	C	C	I
H	R	I	S	T	G	M	A	S	T	O	A	A	L	S
Y	E	V	R	A	H	L	O	D	A	C	R	E	U	T
R	B	M	E	M	R	B	E	R	S	L	O	F	B	E
B	U	S	H	W	O	O	D	U	T	S	H	W	O	R
E	S	R	O	D	A	E	R	O	M	N	A	T	S	H
A	H	E	A	P	D	P	N	F	O	R	E	S	T	Y
C	N	M	E	E	N	O	T	S	Y	E	R	G	W	Y
O	E	L	E	Y	B	O	U	R	N	E	A	N	R	G
N	F	Y	R	O	M	T	H	E	B	U	S	I	H	N
T	B	A	R	F	I	E	L	D	W	O	O	R	D	I
R	A	R	E	A	R	E	S	I	D	E	N	P	T	N
E	S	E	L	L	I	V	D	O	O	W	A	S	S	W
E	S	O	C	I	A	T	I	O	N	X	X	Y	X	O
M	O	H	M	M	A	D	K	H	A	N	X	E	X	R
M	O	R	N	I	N	G	T	O	N	X	X	L	X	B

**Find the missing road and a message  
will appear**

WORDSEARCH COMPOSED BY DOUG SHEEDY

By the way, if you're not sure of the names of the roads in the Bushwood area and you're stumped in your search, there's an easily-spotted clue elsewhere in this issue.

We've all suffered from it – the keen DIYer hammering away next door at 11 o'clock at night; the resident in the neighbouring flat whose sound system belts out at full blast at all hours; the all-night party, which inevitably erupts into the street, on most weekends... Now *Doug Sheedy* gives us some useful information on how to deal with these problems. So, at this festive season, how *do* we try to ensure an appropriately

## SILENT NIGHT?

WE ALL HAVE the right to a bit of peace and quiet. And we all know how frustrating it can be when neighbours see things differently. The fact is, we live in Waltham Forest, a densely-populated area where absolute silence is not possible. The combination of thin walls, people above and below us, and busy roads outside make for plenty of noise.

But there's a difference between the sounds of everyday life and excessive, unnecessary and preventable noise. But what can you do about it?

Your first port of call should always be the Council. If you're being disturbed, you can call Waltham Forest Direct on 020 8496 3000 (24 hours a day, seven days a week) or use the online form at [www.walthamforest.gov.uk](http://www.walthamforest.gov.uk). The Noise Team will follow it up.

Before getting anyone else involved, it's worth thinking about what we mean by unacceptable. For the Community Protection Service to take action, they'd usually look at the following:

- ◆ Music that's so loud that it prevents people sleeping or relaxing.
- ◆ Building sites and factories that make noise at anti-social hours.
- ◆ House and car alarms that are repeatedly sounding.
- ◆ DIY early in the morning or late at night.
- ◆ Persistent animal noise.

### Mediation

Start by trying to discuss the issue with the people or organisation in question. Most people are very reasonable, and in most cases, simply won't have realised how loud they were being. And be sure to keep an accurate record, making sure your neighbours are doing the same.

If the noise continues, put your complaint in a letter

### Keeping the villains away from your cash

YOU MAY be aware that there has been a spate of thefts at cash machines in our area. As a result, the Business Forum in conjunction with BARA has campaigned for exclusion zones to be established around the machines. These take the form of painted lines on the pavement, and have proved quite effective in cutting down crowding. BERN LOWE

that clearly explains the problem. Remember to keep a copy, along with the date it was sent.

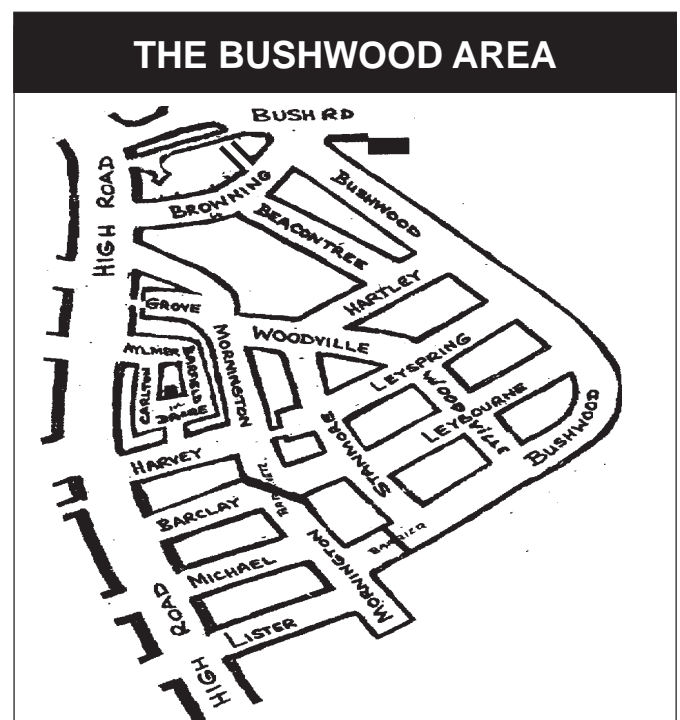
If you're not getting anywhere, it's time to contact the Community Protection Service, on 020 8496 3000. They're open from 9am–5pm weekdays and will offer you advice within seven days.

### Resolution

Most issues are resolved by discussing the problem with you, contacting the person making the noise and settling the complaint informally. Failing that, the person may be served with an Abatement Notice under the Environmental Protection Act 1990.

If the noise still continues, action may be taken in the Magistrates' Court. This can take up to six months, but may result in a fine of up to £5,000 if the noise comes from residential premises, £20,000 for commercial premises.

These are obviously worst-case scenarios, so let's hope that any problems you might have can be solved with a little good neighbourliness.



*'Tis the season to be ... watchful, so*

# Play it safe this Christmas

ALTHOUGH IT'S SUPPOSED to be the season to be jolly, a few of our members haven't had the best start to the festive period. As well as a purse-snatching, we've also heard about people being accosted at the cash machines and others having their cards cloned.

So we thought it might be a good idea to share a few simple tips to keep you and your money safe this Christmas.

## Cash point care

Using a cash machine is usually a very safe way of accessing your bank services, but criminals do tend to target them too. The easiest way to avoid any run-ins is to only use cash machines inside your bank. But obviously, when you realise you're down to that last fiver, it's not always possible to go into your branch.

Only use a cash machine that's well lit, and ideally when there are other pedestrians around. Having said that, if you feel like someone is a little too close for comfort, take out your card and move away. Some cash machines actually have a safety zone marking a clear space around the machine; in fact there are plans afoot to persuade the Council to introduce these to some banks on the High Road.

Watch out for signs of tampering – is there anything that looks like it's been stuck inside the card slot? This is how my card details were cloned and I wish I'd been more observant when using the machine.

Don't be distracted, if someone tries to speak to you while you're using the machine. This is a classic example of misdirection, whereby someone distracts you while their accomplice approaches from another direction, cancels your transaction and takes your card.

It seems silly to say it until you think how many times you've seen other people do it, but don't count your cash in the middle of the street. Put your money and your card away immediately and leave the machine.

## Web wise

More and more people are buying their presents online, although some people are still concerned about security. In fact, it's a really safe (and often more economical) way to shop. But you have to know what to look for.

Any reputable online retailer will have plenty of built-in security to keep your financial details safe. And most of them will give you the option

BY GARETH DIMELow

of saving or deleting your card details after each transaction, so just do whatever you feel comfortable with.

Look out for the little golden padlock at the bottom of the window – this is your sign that the transaction you're making is secure.

Another great benefit of the Internet is that you can instantly check your statements. It only takes a few minutes to set up online banking, and it means you can check your finances any time night or day, wherever in the world you may be.

Long ago, I got into the habit of checking my account a couple of times a week, which enabled me to spot fraudulent transactions almost instantly. As a result, I was able to report the theft immediately, arrange for a new card to be sent out, and start pursuing compensation through my bank. If I hadn't spotted it early, the thieves could have spent much more of my money, making the eventual reimbursement a much more complicated and time-consuming process.

## Chip & Pin check-outs

The idea behind Chip & Pin was to make it harder for people to steal someone else's card details. Of course, it doesn't take long for people to find ways of getting round the new security measures. It doesn't help that many Chip & Pin units in the shops make it hard to keep your details private. When using them, be sure to block the keypad from view when entering your PIN.

## Burglaries

Just a little reminder that this is also the time of year that burglars go Christmas shopping in your house. So remember not to leave keys where they can be seen or accessed from the front door, and don't forget to keep your windows and doors locked. It is also a good idea not to place presents under the tree until Christmas Eve in case this should tempt anyone to help themselves.

## And finally...

There's lots to look forward to at this time of year, so don't let a few unfortunate incidents put you off. Just be smart, be safe, and happy shopping.

**LOCAL SHOPPING/SERVICES DISCOUNTS**

BARA's Committee has been able to arrange the following discounts for BARA members.

**Our discount scheme:**

- ◆ Is another benefit of BARA membership
- ◆ Pays you to shop locally
- ◆ Supports local shops, helping to improve our area

<b>Adult Literacy</b> – qualified adult .....	10%
literacy tutor: 020 8530 3484	
<b>Bansal Optometrists</b> .....	10% on goods
775 High Road	over £50
<b>Being Sound</b> .....	15% on day
Voice workshops, counselling and	workshops,
psychotherapy: 020 8556 8363,	50% on Friday
07956 437372	evening
e-mail jas@beingsound.com	workshops,
www.beingsound.com	negotiable on one-
	to-one sessions
<b>Billingford</b> .....	10%
General builders including Corgi	
plumbers and certified electricians	
020 8503 0404	
<b>Bubbles</b> – hats and clothes .....	10%
698 High Road	
<b>Cafe La Rosh</b> .....	10%
Church Lane	
<b>Deanna Donovan</b> – beauty and skincare .....	20%
from home: 020 8556 0133	
<b>Door to Door</b> – meals delivered .....	10%
to your door (lunch and dinner M-F)	
07870 157392 (Sally or Mary)	
<b>Fresh Water Filter Co</b> .....	10%
Carlton House, Aylmer Road	
<b>Ironica</b> – ironware and gifts .....	10% except sale
853 High Road	items
<b>Marc Fletcher Photography</b> .....	10%
Weddings a speciality	
07951 048819, www.marcfletcher.com	
<b>Mark Rahaman Dip PT, MRNT, IIHHT</b> .....	Negotiable
Fully qualified personal trainer and	
sports therapist: 07956 239690	
<b>Melvyn Brown</b> .....	£10 (20%) off first
Photocopier and office	hour's labour in
machinery repairs: 020 8530 3569	local area
<b>Monarch Sports</b> .....	10% on purchases
815 High Road	over £100
<b>National Schoolwear</b> .....	10% on general
841 High Road	schoolwear
<b>Nature's Choice</b> – health food .....	10%
47 Church Lane	
<b>Primrose Florist</b> .....	10% on purchases
741 High Road	over £50. Free
	delivery in local
	area
<b>Star of India</b> .....	15% on dining in
875 High Road	(except buffet
020 8989 4028	nights and other
	promotions), 10%
	on takeaways
<b>UK Creatives</b> .....	Free initial
Life coaching services focusing on	consultation and
work/life balance, career transition/	15% discount
progression and goal setting/attaining	thereafter
020 8926 0319, www.ukcreatives.net	
<b>Videobuffs</b> .....	Rent a movie and
696 High Road	get one free.
020 8539 9695	Buy one hour on
10am to 10pm seven days a week	Internet and get
	second hour free
<b>Zain Greetings</b> .....	10% except special
Cards, gifts and stationery	offers/sale items
48 Church Lane	

**ADVERTISEMENTS**

Members' adverts are inserted free. Please send your advert to any Committee member (see page two)

**AVON** Give me a call and I will drop off a catalogue. Patricia Roche: 020 8989 9728 (eve).

**AVON** To order products or become a representative call Yetta Omole 07960 513892 or 020 8556 4653 (eve).

**CARPENTRY & GENERAL BUILDING WORK** Dave Smokcum: 020 8556 8985.

**CAT** carrier for hire. Donation to BARA. Helen: 020 8989 5845.

**DIGITAL HOMES** Consultancy and installation of digital integrated homes, TV/plasma/surround sound/Internet networking/scene lighting/CCTV. Free consultation. Ian at Gemini AVL: 07905 352972.

**DJ TUITION** Experienced DJ offers mixing/scratching tuition plus discounts on equipment. Ian (DJ Blaze): 020 8558 5870.

**FACE PAINTER** available for children's parties etc. Jessica: 07817 880741 or 020 8556 7801.

**FOOTBALL GOAL** Inflatable goal available for BARA members to borrow free of charge. Katy: 020 8556 5162.

**GAZEBO** New BARA gazebo available for rent (£10) or you can borrow our old one for free. Katy: 020 8556 5162.

**GUITAR LESSONS** for beginners in your own home. Jack: 020 8556 3288.

**IT'S THAT TIME** of year when gardens should be prepared for the coming growing season. Willing worker will dig, lift and carry, under your instructions. 020 8989 1681 and leave a message for Graham. References available.

**LOCKSMITH** Richard Boynton: 020 8989 8532 or 07963 713506.

**MATHEMATICS TUITION** for all levels of education from secondary teacher with doctorate. Kevin Allen: 020 8518 8412 60b Browning Road

**MUSIC TEACHER** Piano, recorder and clarinet from complete beginners to Diploma level. Jo Brown: 020 8989 2535.

**PAINTER & DECORATOR** also gardening and general DIY services, Free estimates. Parker's Maintenance: 07914 261985.

**PAINTER & DECORATOR** also general handyman including assembly of flat-pack furniture. Free estimates, reasonable rates. 07706 811022/07951 987806 or 020 8989 9728 (eve).

**PC SOLUTIONS** Having trouble with PC networking or getting bogged down with worms and spyware? Has your WI-FI gone pear-shaped? Or do you want to share a broadband Internet connection? Let a PC specialist with over 15 years' experience help. Roger: 020 7254 2245 or e-mail roger@gann.com

**PSYCHOTHERAPY** 10 years' experience in hypnotherapy and cognitive behavioural therapy. Jeanne: 020 8530 3022.

**SELF DEFENCE AND TAI CHI** instruction for men and women from a 9th Dan Black Belt. Ron Holt: 020 8539 8147.

**SPANISH HOLIDAY HOME** for rent. www.ownersdirect.co.uk Ref S2506.

**STAINED GLASS** created or repaired. Aleyne: 020 8539 5365.

**STAMPS** Used UK and foreign postage stamps wanted for animal charities and Guide Dogs for the Blind. Thank you! Dawn, 46 Michael Road.

**THERAPEUTIC MASSAGE** Experience the bliss of being pampered, feeling relaxed and releasing stress. 22 Stanmore Road. Helen: 020 8989 3840.

**WEBSITE DESIGN AND DEVELOPMENT** See www.hoshi.co.uk for my portfolio or phone Mark: 07815 823650.

**BARA also has a list of local tradespeople. If you would like to see a copy of the list (or to add any local tradespeople to it) please contact a member of the Committee. The list can also be found on our website – address on front page.**

If you would like to join BARA then contact your nearest Committee member (see page three). See page two for subscription rates