



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents Association

Also visit us at www.bara-leytonstone.org.uk

BARA CHAIR KATY SMITH REPORTS:

IT HARDLY SEEMS like any time at all since I was writing my last report. Time seems to pass by so quickly these days, maybe it's an age thing!

As you'll read in this issue we've already had a very successful Quiz Night and helped out with the Easter Egg Hunt at Henry Reynolds Gardens on Easter Monday. And there's a busy calendar ahead, with a cycle ride, litter pick and garden competition over the next couple of months. We have also been planning a Fun Day with the Friends of Henry Reynolds Gardens during the Leytonstone Festival in July, so I do hope that you will come along and support us on the day.

As always committee members have been representing you on the various committees and have submitted the latest news to help you catch up. I hope you continue to find the BT a source of useful information and news and if you have any thoughts, views or ideas on the content we would love to hear from you.

We would also like to hear from you if you have any suggestions on events we might organise or anything else to do with BARA. We're always open to new ideas.

Front Garden and Window Box Competition – Sunday 10th June

FOLLOWING the glorious weather at the end of April and beginning of May we are hoping that you have all been working on your window boxes and front gardens ready for the annual competition. We will be strolling round Bushwood on Sunday 10th June peering over walls and studying your horticultural efforts in the hope of finding some lovely front gardens and window boxes. Only those who are members can be considered for a prize so if you've put a lot of work into your garden we trust you are members of BARA! We are hoping for a fair but not too hot day for the judging as it can be rather a tiring exercise on the old feet for the judges. Here's to lovely visions to distract us from our sore feet. The winners will be listed on the website and receive gardening vouchers. And if you see us walking past on the 10th, do come and say hello!

KATY SMITH

Apparently it's almost summertime, although the weatherman may disagree, so Dwight Wood says:

🚲 🚲 🚲 🚲 🚲 **ON YOUR BIKE !** 🚲 🚲 🚲 🚲 🚲

GET IN SHAPE for the summer or just discover some of the hidden beauty of local area with a BARA bike ride. Join us at 11am on Sunday 17th June (rain or shine) at Carlton House on Aylmer road – right behind the NatWest bank.

We'll be setting off from Leytonstone and heading out past Leyton, taking in some of the new Olympic Games site. From there we'll navigate along the Lea, past the disused water filter beds which are gradually returning to nature, and the Lea valley golf centre. Of course, we'll also stop along the way for teas, coffees and snacks. Along the way we'll visit the Springfield marina, plus Hackney and Walthamstow marshes, keeping an eye out for the local wild life. Depending on the weather we'll stop for a pub lunch, or at least a drink, possibly in Walthamstow village, and aim to finish at the North Star by about 3pm.

All in all, we'll be covering about 10 miles, cycling for around an hour and a half. This is a fairly easy ride, so don't worry if it's a long while since you were last in the saddle. And rest assured that more than half of the route will be along dedicated cycle paths. You just need to bring some money for refreshments, maybe a packed lunch, and of course a working bike!

Any questions or concerns, please contact Dwight on 07973 131429.

What's on

A couple of dates for the diary:

11th June

Community Council meeting at Epicentre 7.30pm

BARA will be represented there, but the meeting is open to all residents of the three wards of Leytonstone.

24th June

To mark its 125th anniversary, Wanstead Park will be hosting a special commemorative event. Look out for local publicity in the next couple of weeks for more details.

BERN LOWE

Easter Update

IF YOU were out and about on Easter Monday, you might have seen some of your BARA committee helping out the Friends of Henry Reynolds Gardens with their Easter Egg Hunt. The day seemed to be a huge success, with kids of all ages hunting high and low for their Easter treats. The chocolate prizes seemed to get bigger as the day went on, and we did our bit by holding a 'guess the number of eggs' competition and selling hand-knitted Easter chicks. The chicks were such a hit that Katy's mum, who knitted them all, has already started buying her wool for next year's batch! We had glorious weather, which left some of the chocolates a little soft, but no-one seemed to mind and everyone had a great afternoon.

GARETH DIMELOW

MOBILE SKIP

IN THE December BT I wrote that the Mobile Skip would be in our area in the first weeks of March. It hasn't happened so I asked councillor Marie Pye what is happening. She explained that due to "technical difficulties" it couldn't be arranged as hoped and in answer to my question "When will it be?" the best response I could get was "Watch this space." In fairness it should be remembered that a beat sweep that includes the mobile skip does require the co-ordination of many authorities, including LBWF, police and DVLA, but rest assured that BARA will keep on giving reminders.

BERN LOWE



SAFER NEIGHBOURHOODS

LIZ HAYMAN

Street Crime

The Safer Neighbourhoods Team has worked very hard to reduce incidence of street crime in the ward in recent months. This has paid off with fewer than a handful of street crimes taking place in the ward. The success was further emphasised when Sergeant Parker arrested one of two suspects for a robbery in Wallwood Road. Sgt Parker stated "This success has only been possible by a focussed effort of the team addressing the priorities set for us by the ward panel. I am very pleased that our pro-active approach has paid off and made Leytonstone a safer place to live and work. We will continue to strive to improve the quality of life for local people".

Joint patrols with Forest Constables

Contact has now been established with the Corporation of London and the local Forest Constables who are responsible for policing the Wanstead Flats, which lie on the border of Leytonstone ward. PC Howey and PCSO Hussain undertook a joint patrol of the area with one of the constables. A number of locations where the trees and thicket have become overgrown have been identified and we are looking at joint working between the Probation Service and the Corporation of London to open these areas up to improve public safety and enhance flora and fauna.

What if? Programme introduced at Davies Lane School

The Safer Neighbourhoods Team is planning to work closely with the Year Six pupils (last year before senior school) at Davies Lane Primary School. The programme uses examples of realistic scenarios that pupils may find themselves facing. These include being approached by a stranger offering drugs and situations where friends are getting involved in criminal activity, for example setting light to Wanstead Flats or being in possession of a knife.

Each scenario aims to test the pupil's responses, raise issues such as peer pressure and encourage pupils to think for themselves.

The Head Teacher of the school is enthusiastic about the programme and is keen for it to continue.

BARA SUBSCRIPTION RATES

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



Laugh your way into
summer with the
**Woodhouse
Players**

DAISY PULLS IT OFF

by Denise Deegan

Friday 13th and
Saturday 14th July at 8pm

Plus Saturday Matinee
at 3pm

HABEAS CORPUS

by Alan Bennett

Thursday 26th to Saturday
28th July

8pm nightly (plus 3pm
on Saturday)

Both shows at the
Welsh Church Hall
(opposite O'Neill's),
879 Leytonstone High
Road E11 1HR

£6.00/£3.00 (concs)

Advance booking only on
020 8504 3872 or

www.woodhouseplayers.co.uk

Quiz Night

IF YOU managed to make it to the recent BARA quiz night at the Ex-Sevicemen's Club on 14th April, you'll have seen possibly our most successful night to date. We packed the room with 60 members and friends for our very first

catered quiz. The food was provided by long-standing friends of BARA, Shah and his team at the Star of India.

This was something of an experiment with a few changes from the usual format, but everything seemed to go well. We did ask everyone for their feedback, and the only constructive feedback was to suggest that the next quiz have a Chinese buffet. Of course we're happy to follow up this suggestion, so we'll just have to wait and see if it can be done.

My thanks to the BARA team and all the quiz buffs who helped make it such a success. And watch out for the Curry and Quiz night at Star of India on 11th July as part of the Leytonstone Festival. Don't worry, I won't be setting that one, I'll be taking part for a change.

BERN LOWE

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.

Aylmer Road

Dwight Wood, Carlton House, Aylmer Road

Barclay Road

Doug Sheedy, 11 Barclay Road

Barfield Road

Dwight Wood, Carlton House, Aylmer Road

Beacontree Road

Cyril Robson, 49 Beacontree Road

Browning Road

Bern Lowe, 56 Browning Road

Bushview

Karen Bateman, 5A Barclay Road

Bushwood

Brian Hopson, 49 Bushwood

Carlton Road

Dwight Wood, Carlton House, Aylmer Road

Dacre Road

Dwight Wood, Carlton House, Aylmer Road

Forest View

Bern Lowe, 56 Browning Road

Grove Road

Doug Sheedy, 11 Barclay Road

Hartley Road

Andrew Shields, 9 Hartley Road

Harvey Road

Katy Smith, 37A Harvey Road

High Road

Doug Sheedy, 11 Barclay Road

John Drinkwater

Bern Lowe, 56 Browning Road

Leybourne Road

Jo Pilc, 57 Leybourne Road

Leyspring Road

Liz Hayman, 54 Leyspring Road

Lister Road

Joyce Quarrie, 42 Lister Road

Michael Road

Sue House, 32 Michael Road

Mornington Road

Robert Gay, 137 Mornington Road

St Augustine's Court

and Doug Sheedy, 11 Barclay Road

St John's Court

Katy Smith, 37A Harvey Road

St Mary's Court

Katy Smith, 37A Harvey Road

Stanmore Road

Katy Smith, 37A Harvey Road

Woodville Road

Helene Loukaides, 34 Stanmore Road

Woodbridge House

Karen Bateman, 5A Barclay Road

Robert Gay, 137 Mornington Road

The BARA Committee 2006/2007

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

Got a burning issue to raise, or maybe you just want to meet some of your neighbours in cyberspace? Either way, Susan Gann says:

SEE YOU ON THE FORUM

ON Thursday 17th May, 2007, BARA launched the Bushwood Community Forum on the Yahoo Groups website. Its purpose is to foster discussions, conversations, and general exchange of information between BARA members.

Maybe you're looking for a specific local skill, such as a builder, and want to know if anyone can recommend someone. Perhaps you're concerned about issues on your street or in the local neighbourhood. Or is there an event you feel your neighbours would like to attend. For all this and more, the forum is the place to be.

It's a great way to share information, make new friends and meet like-minded people in the Bushwood Area. Thanks to the forum, every BARA member is your neighbour.

Here's how it works: if you have something to say, simply visit the Yahoo Groups website:

<http://uk.groups.yahoo.com/group/bara-leytonstone>

and post a message on the BARA-Leytonstone forum. Every member of the forum is then emailed with your message. They can then post a reply which is emailed to all members. And so on.

You can also fine tune how you receive messages from the forum. For instance, you may want to be emailed

whenever a message is posted. On the other hand, you might be concerned about too many messages in your inbox, in which case you can opt-out of the emails. Or how about just receiving a daily message summary? The choice is yours.

Joining the forum is free, the only requirement is that you are a member of BARA. To join contact Susan Gann at **susangann.bara@gmail.com** and she'll send you an email invitation. Included with the invitation will be directions on how to get started. If you're not already a member of Yahoo you may need to join, but again, this is free and only takes a minute or two. Invitations have already been sent to people who have provided BARA with their email address. If you have not received an invitation, contact Susan and she will resend it. If you'd like to be involved but haven't given us your email address, just let Susan know.

This is an exciting development that opens up the way we all communicate and gets everyone involved in the local community. We hope you'll take advantage of it and have your say. Go on, give it a go!



I ♥ Leytonstone?

YOU KNOW how it is – you're doing the weekend shop and you figure it's easier to grab some meat from the supermarket while you're there rather than visit the local butcher. Or you go to meet your friends where they live to watch the match rather than going to your local pub and getting your mates to come here. Unfortunately, these scenarios are all too common, partly because the quality of the retail offering in Leytonstone isn't as diverse or appealing as in other areas. Well, hopefully, all of that is about to change.

Some years ago, a number of concerned local businesses established the Leytonstone Business Forum CIC (LSBF) to provide business representation for the area. The forum used this springboard to forward small projects and regeneration ideas that made the area safer, more accessible and more attractive. Last May the board members agreed to look into the possibility of a Business Improvement District (BID) for Leytonstone, which we soon realized could be the perfect tool to further empower the local businesses and make local retail more attractive.

The BID process affords every single business a unique opportunity to vote on agreeing to an additional 1% investment on top of their existing business rates. This revenue would then be spent on projects and schemes to improve the connectivity, attraction and sustainability of our district centre. Voting began on 21st May 2007 and will end on 18th June 2007. If we get a 51% majority voting YES then the E11BID Company will be established to oversee the six themes and 30 projects detailed in our five-year business plan.

Project proposals include solar powered street lighting, subsidised shop front offers, greening schemes, street TV and additional environmental clean ups. We would encourage all residents to urge their local business to participate in the ballot process and ask them if they have voted YES.

If you would like any more information about the E11BID please visit www.e11bid.co.uk

FAWAAD SHAIKH – CHAIRPERSON LSBF

ITV1 London Debate 2007

CONCERNED about transport? Worried about affordable housing or crime in your area? Affected by the congestion charge? Or do you have an idea how to make London a better place?

Then why not put your question to the man in the know, Mayor of London Ken Livingstone?

On June 21st 2007, ITV1 hosts "The London Debate 2007", when the Mayor of London will be answering questions from a large studio audience. The programme will also be broadcast the same evening. The ITV

London Debate is an annual event and takes place at London Studios, Upper Ground, London SE1. It's a great opportunity for people in London to put questions to the Mayor on the issues that concern them about living and working in the capital.

The team is keen to have a wide cross-section of Londoners attend the debate this year and everyone is welcome to attend. Obviously, places are limited, so admission is by ticket only. You can book your ticket early by calling 020 7261 3602 or emailing

londondebate@itv.com

With only a few weeks to go, most of the plans are in order for our big summer bash. So we're hoping that with your support it'll be a:

FETE ACCOMPLI

SUNDAY 8th JULY should now be in your diary under the header ***BARA and Friends of Henry Reynolds Gardens' Summer Fete***. If it is, we're hoping you've started making those delicious

jams and chutneys for our stall. Failing that, why not get the kids to bake some cakes or biscuits to bring along. Alternatively, you could take the opportunity to have a good clear out and part with those unwanted books, movies and CDs for our bric-a-brac stall. And don't worry about hanging on to them until July, your friendly BARA committee is happy to take them off your hands now and look after until the fete. Just call Doug Sheedy on 0208 558 9115 to arrange a collection.

So what else can you expect if you come along to Henry Reynolds Gardens on the afternoon of the 8th? Well, there'll be a demonstration from the Fire Service, local craft stalls, face-painting and refreshments. St John's Ambulance Brigade will be on hand for first aid, and there'll be toilets provided so no-one gets caught short!

DOUG SHEEDY

You dirty rat!

IT'S SAID THAT you're never more than 20 feet away from a rat in London, which is hardly a comforting thought. So we should all be doing what we can to avoid encouraging rats to visit Bushwood.

Apparently the rat population is rising because of decaying sewer systems, milder winters and, of course, the rapid increase in fast food outlets. But by being careless and untidy in the way we dispose of rubbish, especially food waste, we're all adding to the problem.

And it is a problem. For instance, rats carry many diseases, they can cause structural damage with their burrowing and gnawing, contaminate food, and can even cause fires.

So what can you do? Well, for a start you can make sure your home is in good repair. That means sealing gaps around pipes and repairing broken airbricks or faulty drains. Most importantly though, you need to avoid accidentally feeding them. For instance, if you want to feed birds, use a bird table, and be sure that you're disposing of your rubbish responsibly. You could also drain water from seed trays and flowerpots so they

can't drink. Finally, keep your garden clear of shelter and breeding areas.

But if you do all this and find you still have a problem, the council can help. In fact, pest control services are provided to borough residents either for free or at a subsidized rate. To arrange a treatment or for further information on the services available, you should call Waltham Forest Direct on 020 8496 3000

DOUG SHEEDY

Give the hospital a hand

WE ALL KNOW how important Whipps Cross hospital is to the people of Leytonstone and its surrounding areas. So here's how you can do your bit to help the fundraising efforts which last year helped to pay for all kinds of essential equipment.

Car Boot Sales will be held at the hospital on the first Saturday of each month (7th July, 4th August, 1st September, 6th October and 3rd November) so if there's anything you'd like to sell that didn't go to the BARA fete, here's your chance. Costs are £7 per car and £10

for vans, and you'll need to book your pitch by calling 020 8556 3492. Alternatively, if a coffee morning is more your thing, there's one at St Edmund's church hall (Chingford Mount Road, Chingford) at 10am on 16th June.

We'd also like to remind people that the hospital's League of Friends is always looking for new members to support their valuable work. Annual membership is just £2.00, or you can buy lifetime membership for £10.00. To find out more, contact Iris James on 020 8539 6687.

GARETH DIMELOW



Annual Litter Pick

Sunday 15th July 11am–1pm

KEEPING YOUR GARDEN nice and tidy is one thing, but what about the communal areas of Bushwood? Well, we think they should be just as well kept.

That's why we're having another litter pick in the forest in mid-July, to keep our green spaces ship-shape. So if you can spare an hour, why not join us?

We'll provide the bags and the picker-uppers, and there'll be some light refreshments to keep the kids motivated too.

The BARA gazebo will be pitched on the field at the junction of Leyspring Road and Bushwood. See you there.

KATY SMITH

DON'T GET CAUGHT SHORT!

DID YOU KNOW that there's a community toilet scheme in operation in Leytonstone? Basically, it means that when you're out and about and need to spend a penny, you have plenty of options. It's a great idea that keeps costs down for the council, because it means they don't have to build and maintain dedicated toilet blocks. And you don't have to worry about making a purchase just to use someone's loo.

DOUG SHEEDY

Local businesses supporting this initiative are:

McDonalds 865-873 High Road

Walnut Tree 857-861 High Road

L'Horizon Patisserie 809 High Road

Waltham Forest Direct 819 High Road

With the Summer Fete fast approaching, Doug Sheedy would like to share a traditional Australian biscuit recipe with you. Why not make an extra large batch and bring some along to the fete?

ANZAC BISCUITS RECIPE

Ingredients	Metric	Imperial
butter (melted)	100g	4oz
golden syrup	15ml	1 tbs
baking soda (bicarbonate of soda)	5ml	1 tsp
boiling water	30ml	2 tbs
flour	100g	4oz
caster or soft brown sugar	150g	6oz
desiccated coconut	150g	6oz
rolled oats	150g	6oz
ground ginger	5ml	1 tsp

Method

Melt the butter and golden syrup together. Dissolve the baking soda in the boiling water and add to butter and golden syrup. Mix together flour, sugar, coconut, rolled oats and ginger, make a well in the centre of the flour, stir in the liquid. Combine until thoroughly mixed. Place spoonfuls onto a greased tray, flatten slightly and bake on the middle shelf at 160°C for approx. 18 minutes until golden brown and crispy.

DOUG SHEEDY

Cause for alarm

JUST A QUICK NOTE to say we heard from the local Fire Service who said they've had no calls to fit free smoke alarms since the feature in our last issue of the BT. This is just to remind you that they're available to come and do a free fire safety assessment and fit new smoke alarms. Contact them on **08000 28 44 28** – it's better to be safe than sorry.

GARETH DIMELOW

ADVERTISEMENTS

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

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 BARA gazebo available to borrowers for free. Katy: 020 8556 5162.

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.

NEED A HAND with the housework? Friendly and reliable local cleaner available for regular domestic work. For more information call Karen: 07894 748 833. References available on request.

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.

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**

Don't forget to take your BARA membership card with you when you claim your discount

Adult Literacy – qualified.....	10%
adult literacy tutor: 020 8530 3484	
Bansal Optometrists	10% on goods over £50
775 High Road	
Being Sound	15% on day workshops, counselling and psychotherapy: 020 8556 8363, 07956 437372 e-mail jas@beingsound.com www.beingsound.com
	50% on Friday evening workshops, negotiable on one-to-one sessions
Billingford	10%
General builders including Corgi plumbers and certified electricians 020 8503 0404	
Bubbles – hats and clothes.....	10%
698 High Road	
Cafe La Rosh	10%
Church Lane	
Deanna Donovan – beauty.....	20%
and skincare from home: 020 8556 0133	
Door to Door – meals delivered....	10%
to your door (lunch and dinner M-F) 07870 157392 (Sally or Mary)	
Fresh Water Filter Co	10%
Carlton House, Aylmer Road	
Marc Fletcher Photography	10%
Weddings a speciality 07951 048819, www.marcfletcher.com	



Mark Rahaman Dip PT ,	Negotiable
MRNT, IHHHT Fully qualified personal trainer and sports therapist: 07956 239690	
Melvyn Brown	£10 (20%) off first hour's labour in local area
Photocopier and office machinery repairs: 020 8530 3569	
Monarch Sports	10% on purchases over £100
815 High Road	
National Schoolwear	10% on general schoolwear
841 High Road	
Nature's Choice – health food	10%
47 Church Lane	
Star of India	15% on dining in (except buffet nights and other promotions), 10% on takeaways
875 High Road 020 8989 4028	
UK Creatives	Free initial consultation and 15% discount thereafter
Life coaching services focusing on work/life balance, career transition/progression and goal setting/attaining 020 8926 0319, www.ukcreatives.net	
Zain Greetings	10% except special offers/sale items
Cards, gifts and stationery 48 Church Lane	

BARA 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. Visit our website – address on page one – or see page three