



# 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)

## Chair's report

WITH SPRING in the air (almost) we've been busy planning our events for 2009. Already scheduled are the Spring Litter Pick, a Dog Walk and another great Quiz and Curry Night. This time we have decided to try a new venue for the quiz, the Leytonstone Social Club in the High Road. Although it's a slightly longer walk than our usual location, it's a great venue with lots of potential. Besides which, we feel that it's important for us to try different things and support as many different local enterprises as we can. Details of all of the planned events can be found in the "What's on" column on page two.

Within this issue, you'll also find articles on local shops, local tradesmen and trees as well as a handy guide to what's going on in the area.

We are always looking for ideas for articles to go into the BT so, if you have an idea for a piece, then let us know. While I'm on the subject of the BT, I would like to thank both Gareth Dimelow for the fantastic job that he does on editing and Marion Roper for her excellent work on typesetting and layouts. We are very proud of what

we feel is a consistently relevant and useful information source for our members, and it would not be possible without the hard work of both of them.

The Committee is running very well at the moment with all its members making great contributions. However we are always on the look-out for new faces to join us. If you think you would like to give it a try, then let us know and we can arrange for you to come along to a Committee meeting to get a taste for how it all works. LIZ HAYMAN

## INDEPENDENT BUSINESSES NEED OUR SUPPORT – AND THEY'RE RIGHT ON OUR DOORSTEP!

THE HIGH ROAD is looking a bit sad these days, the recent loss of Woolworths has left a big gap and I notice that the hobbies shop opposite Barclays Bank has also closed down. With the current financial situation I expect that we will see other shops going dark in the future. So now, more than ever, it is important that we support our local independent businesses.

Personally I can thoroughly recommend a walk along the High Road to the **Turkish supermarket** on the corner of Joseph Ray Road (just before the railway bridge). The shop looks unimpressive from the outside but inside the large selection of fresh fruit and vegetables is fantastic (e.g. tomatoes that are actually red and taste of tomato) as is the selection of freshly cooked Eastern-style bread. There's also a small car park just behind the shop if you

don't fancy carrying your shopping all the way back along the High Road.

If you fancy a tasty snack while you're visiting the Turkish supermarket, just across the road is the **Touareg Grill**. Serving mostly Moroccan cuisine, this friendly café and takeaway offers a delicious range of snacks and meals. Their grilled mixed skewers are mouth-wateringly good, and their Merguez sausages deliciously spicy. You'll also find fresh salads, couscous and houmous. Best of all, everything is very fairly priced.

Hilda Hooper from Stanmore Road thoroughly recommends the **butchers in Church Lane** (opposite the Tube Station). She says they sell "real old-fashioned bacon and sausages that put supermarket offerings in the shade, not to mention good old-fashioned service and good value for money". This shop is also a favourite of many Committee members who feel that the meat there is of a far higher standard than most supermarket fayre.

LIZ HAYMAN



### **Uncontrolled Parking Zones?**

**BARA members who live in non-CPZ roads will find a simple survey to complete and return inside this edition of *The Bush Telegraph*. We would really appreciate it if as many people as possible return the survey. The closing date is Friday 24 April 2009.**

LIZ HAYMAN

*If there's a local business you'd like to recommend we'd love to hear about it, and so would our members. Here's one to consider...*

FOUR BARA members enjoyed the **Amurg Romanian restaurant** late last year, not long after it opened. The food was good, the service friendly and attentive. Don't be put off by Amurg's heavily-tinted front windows, though, as the interior is warm and welcoming. Amurg is at 579 High Road, almost opposite the old police station and The Bell pub. Open Sun-Thur 12noon to midnight, Fri-Sat 12noon to 2am. Phone 020 8556 9602 although we're told there's no need to book.

THE NOSH GIRLS



## WHAT'S ON

### BARA EVENTS

#### *A few dates for the diary*

AS LIZ SAID in her Chair's Report, we've been busy planning our events calendar for the next couple of months. For details about all of these events, look out for posters and emails closer to the date. Alternatively, feel free to get in touch with someone on the Committee (addresses on page five).

#### Litter Pick

##### **Sunday 29 March**

Come and join us between 11am and 1pm as we take our mechanical grabbers out into the undergrowth and clean up Wanstead Flats. We had a great turnout last time, and got loads done in a couple of hours, so we hope you'll join us. We'll be meeting at the junction of Leyspring Road and Bushwood. *Don't forget that the clocks go forward at 1am on that Sunday morning.*

#### Dog Walk

##### **Sunday 19 April**

Come along and make a fuss of each other's four-legged friends, then join us for a walk down to the tea hut near the Temple. It's about a 90-minute walk, suitable for everyone – as long as you like dogs! Calvin and Hobbes can't wait to meet you.

We'll be setting off at 11am from the junction of Bushwood and Stanmore road.

#### Quiz Night

##### **Saturday 25 April, 7.30pm**

Whether you're a mastermind or the weakest link, come and give your brain a workout at our next quiz night. **As usual, food will be provided by the fantastic *Star of India*, but we will be changing the venue.** This time you'll find us at the Leytonstone Social Club, just past the railway bridge on the right. Tickets are £8 including buffet, or £3 if you just want to play the quiz. Free parking in Melford Road at rear of club. Please contact Katy (020 8556 5162) to book your table.

#### Bike Ride

##### **Sunday 31 May**

Some of you may know that ex-Committee member Dwight Wood and his family have just completed a mammoth road trip to Singapore and back. Now that he's settled back into life, he'll be putting his route-planning skills to good use and organising another bike ride for us. Last year we made it way out into Essex, who knows where we'll visit this time? As long as it's not Siberia! Details will be emailed out closer to the time.

GARETH DIMELow



## Planning

I AM PLEASED to report that an application to build a two-storey house in the garden of 2 Leybourne Road has been refused. The development would have been unsympathetic in positioning, layout, design, scale and bulk to existing properties, as well as being out of keeping with the surrounding houses. It would have been an oppressive feature when viewed from the rear gardens of surrounding properties, resulting in a loss of amenity for other residents.

LIZ HAYMAN

## MEMBERS ONLY

WE'VE BEEN ASKED by one of our members to let other BARA members know that we have a friendly and accessible but under-used "members only" club in Leytonstone. It's the Leytonstone Social Club at 603 High Road, Leytonstone (on the right-hand side going towards Stratford just under the railway bridge), and it's the venue for BARA'S next Quiz Night on Saturday 25 April.

Our member says, "I think a lot of people might be under the illusion that it is a trade union facility for union members only but this is not the case, as I found out when I was invited there by the manager, Bob Duncan. The outside of the building with its wood cladding is not the most welcoming but as soon as you are through the door it is warm and cosy. It has a big bar area with lots of comfortable seating. It isn't at all pretentious and is a very nice, easy, place to spend an hour or an evening. Drinks are slightly cheaper than high street pub prices. A particular attraction is a large hall with a stage that is available for functions and parties to members at no extra cost! The cloakrooms are clean and tidy and the place has a good atmosphere and is well run with a small friendly crowd of regulars."

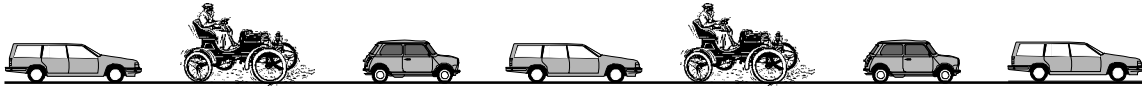
We're always happy to publicise local facilities and on this occasion in particular it would be good if BARA members could give the club a go because if it doesn't increase its membership, it could face closure. Membership costs £18 a year, and there's a special concessionary price of just £5 for women wanting to join.

To find out more, please contact Bob Duncan on 020 8539 2597. Failing that, why not come along to our next quiz on 25 April to see it for yourself?

BRIAN HOPSON

## A SIGHT FOR POOR EYES

**ARE YOU partially sighted and have trouble reading *The Bush Telegraph*? If so, perhaps you'd like us to send you a large print copy instead of the normal standard size. You just need to get in touch with a Committee member (see page five) who will arrange it all for you.**



## PICTURE YOURSELF IN THE DRIVING SEAT WITH PAY-AS-YOU-GO CARS

FLUCTUATING PETROL PRICES, the high cost of insurance, parking restrictions – it's no wonder so many of us have car-free households. But there are times when a car comes in handy, which is why we're happy to hear that Waltham Forest Council is working with Streetcar, the UK's largest car club operator. Following a positive response to consultation, they're looking to develop a network of car clubs across the borough for the benefit of residents and businesses.

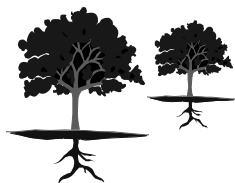
If you haven't heard of Streetcar, or any of the other car club programmes, they offer service members access to pay-as-you-go cars which can all be found locally. Providing all of the benefits of a modern, clean and reliable car without the hassle and

hidden costs of car ownership, studies have shown that car clubs also result in fewer cars on the road which can help cut pollution and ease congestion.

Once the locations where the cars will be permanently based have been decided, the cars will be put in place and the scheme should be up and running by the end of March 2009.

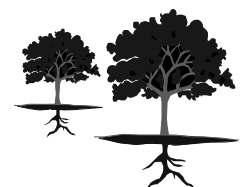
You can find out more about this scheme by visiting [www.walthamforest.gov.uk/car-clubs](http://www.walthamforest.gov.uk/car-clubs) or calling Waltham Forest Direct: **020 8496 3000**.

To find out more information about Streetcar or to join, visit their website at [www.streetcar.co.uk](http://www.streetcar.co.uk) or call **0845 644 8475**. GARETH DIMELOW



## LEAF OUR TREES ALONE

*Street trees on the move? Triffids-time? No, they're just being replaced.... plus some useful tips on managing your own garden trees*



IN THE LAST few months, you may have noticed some of the trees disappearing from our streets, particularly in Barclay Road. Don't worry – we've been in touch with the Council who explained that they were removed after concerns were raised about disease in some of the larger trees. There are also plans for new young trees to be planted in their place.

In the meantime, the Council's website offers some helpful advice on tree management, to help us keep our neighbourhood green and healthy.

### Do

- ◆ Inspect your trees regularly
- ◆ Ask for advice if you are concerned about anything
- ◆ Ask for advice about fungus or cavities
- ◆ Check for dead or broken branches that may be dangerous if they fall

### Don't

- ◆ Carry out unnecessary pruning
- ◆ Alter the ground level under a tree, including the excavation or building up of the grounds
- ◆ Cut roots
- ◆ Build near a tree
- ◆ Burn any rubbish or bonfires near a tree
- ◆ Pour liquid containing chemicals around the tree base or where roots are likely to be

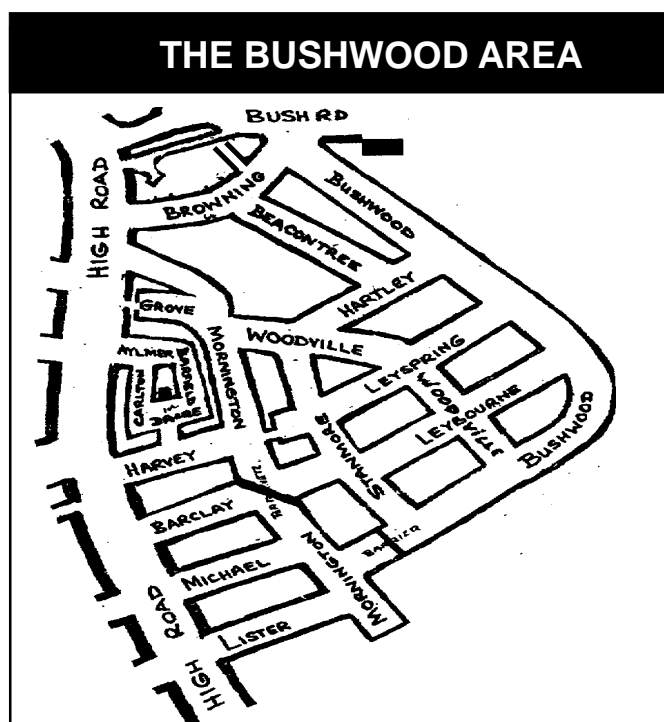
In addition, the Council, in conjunction with the British Trust for Conservation Volunteers (BTCV), is setting up a **Tree Warden Scheme** to promote public awareness of the importance of trees.

Local people, community groups and schools can get involved in the planting, care, maintenance and protection of trees through the scheme, which is intended to utilise the energy, enthusiasm and local knowledge of local people in caring for trees.

If you're interested in becoming a Tree Warden, then contact:

**Green Space Service  
Environment and Regeneration  
Low Hall  
Argall Avenue  
London  
E10 7A**

DOUG SHEEDY



## CLOSE TO OUR ART

HAVE YOU EVER wondered what goes on at the 491 Gallery over in Grove Green Road, but never had an excuse to go beyond the front door? Well, now's your chance...

*No Dolls Please* is a forthcoming exhibition at 491 featuring the work of five artists, two of whom are Bushwood Area residents. Using the title of the show as inspiration, each artist will be exploring a range of themes such as nostalgia, iconography, gender and symbolism.

Expect some interesting results in a variety of media including sculpture, drawings and photography.

The organisers are keen to attract support from local residents and would like to invite Bushwood Area

readers who are interested in art (or just a bit curious) to the private viewing on Wed 5 April 2009. It will be a great opportunity to meet the artists and one another.

*No Dolls Please* will then open to the general public between 16 - 24 April 2009, and admission is free. The exhibition will be open 12noon until 5pm, Mon-Sat.

For further information including opening times, artists biographies etc, please visit:

[www.491gallery.com](http://www.491gallery.com)

Also look out for posters and leaflets distributed locally. For a free invitation to the private view please contact Alison on **020 8989 2406** or email:

[wooker1717@hotmail.com](mailto:wooker1717@hotmail.com)

ALISON BRAY

*"There is something about the sound of metal taps on a hardwood floor, something about dancing and creating taps simultaneously"* Anonymous, 2009

## Four tap springs, two stomps and a pick-up

ON HEARING "tap dancing" you may have an image in your mind of Fred Astaire and Ginger Rogers or maybe a dozen little six-year-olds tippy-tapping around a church hall. Pass by St John's Church Hall on Mondays at 8pm and you would hear the sound of a group of people aged between 18 and 65 tapping and laughing an hour away.

Jess, a 20-year-old student dancer, is running tap classes for an all ages/all abilities (really!) group. Every week we practise a few steps, learn some new ones and tap (or stumble) our way through a routine to music.

It is hard to describe, without being over the top, just how much fun it is and how genuinely uplifted we all feel after each session.

*"To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking"* Agnes De Mille

It really does feel a bit like that!

Jess has arranged for the adult tap group to perform at the Leytonstone Festival in July 2009 and at a real theatre in January 2010 – she knows we need plenty of time for practice.

I was watching my daughter Lucy in her acrobatic show recently and thinking what a wonderful experience it is for the children to dance around under a spotlight. Now I am going to be getting some of that action at the age of 45!

So come and join us at St John's Church Hall, entrance opposite Matalan, 8–9pm every Monday. Cost is £4 and after the first session you will be asked to pay for five or 10 sessions in advance. You will be able to pick up a pair of cheap tap shoes on eBay.

Jess can be contacted on **07739 797175** or [gingerjess13@hotmail.com](mailto:gingerjess13@hotmail.com)

She is also thinking about starting an adult ballet and/or modern dancing class.

*It's Showtime!*

SUE HOUSE

### **Council tackles empty homes blight**

WALTHAM FOREST COUNCIL is taking decisive action to tackle the borough's problem of empty homes. Statistics published by the National Empty Homes Agency suggest around 3,000 residential homes are lying empty and unused in Waltham Forest. The vast majority are privately owned and could be brought back into use at minimal expense.

Empty properties are a waste of a useful resource in the borough at a time when so many households are registered for housing with the Council. Other reasons why empty properties are a bad idea:

- ◆ Ongoing dilapidation
- ◆ Affect the adjoining properties
- ◆ Reduce property values in the area
- ◆ Discourage investment in the area
- ◆ Encourage vandalism and crime
- ◆ Targets for drugs-related activity

The local Council is currently contacting known owners of empty homes and advising them on ways to revive their properties through various private and public sector leasing schemes. The Council is also offering to lease empty properties to provide accommodation for the borough's homeless.

**For further information please contact:**

**020 8496 3000**

**email: [empty.property@walthamforest.gov.uk](mailto:empty.property@walthamforest.gov.uk)**

GARETH DIMELow



**Woodhouse  
Players  
present**

**ROUND AND ROUND  
THE GARDEN**

*The classic comedy by Alan Ayckbourn*

**“Where’s the romance? Forget the flowers, the chocolates, the soft word – rather woo her with a self-defence manual in one hand and a family planning leaflet in the other.”**

Norman’s in love with Annie. Annie’s in love with Norman. Only problem is, Norman is married to Annie’s sister, Ruth, and Tom the village vet is plucking up the courage to ask Annie to marry him.

Then there’s Annie and Ruth’s brother Reg and his wife Sarah, who Norman has also taken a shine to... Add in some parsnip wine, an aborted mini-break to East Grinstead and some missing fuse-wire and you’ve got the recipe for disaster!

With his inimitable wit and compassion, Ayckbourn reveals the frustration and disappointment which bubble beneath the surface of a family’s relationships and brings to light their thoughts on sex, marriage, love and loneliness.

Join the Woodhouse Players for a weekend in the country and a fresh new take on this classic comedy performed in the round.

**At the Welsh Church Hall**

879 Leytonstone High Road, E11

**£7 adults**

**£4 concessions**

*Thu 28 May 2009, 8pm*

*Fri 29 May 2009, 8pm*

*Sat 30 May 2009, 3pm and 8pm*

Phone **020 8504 3872** or email [tickets@woodhouseplayers.co.uk](mailto:tickets@woodhouseplayers.co.uk) for tickets. See

[www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk) for full details.

*Coming in July*

*The Diary of Anne Frank*

**The BARA Committee 2008/2009**

**Karen Bateman:** *Social & Retail Liaison Representative* 4 Barclay Road  
**Desirée Clarke-Noble:** *Community Council & Social* 48 Leybourne Road  
**Gareth Dimelow:** *Editor & Social* 11 Barclay Road  
**Kate Duffy:** *Social* 29 St Augustine’s Court  
**Robert Gay** (leave of absence) Mornington Road  
**Liz Hayman:** *Chair, Membership, Planning & Safer Neighbourhoods* 54 Leyspring Road  
**Janet Lee:** *Secretary* 27 Beacontree Road  
**Doug Sheedy:** *Treasurer* 11 Barclay Road  
**Katy Smith:** *Deputy Chair & Social* 37A Harvey Road

**BARA SUBSCRIPTION RATES**

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

**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 your road. Can’t find your Road Representative? Then take your query to your nearest Road Rep.**

<b>Aylmer Road</b>	Karen Bateman, 4 Barclay Road
<b>Barclay Road</b>	Doug Sheedy, 11 Barclay Road
<b>Barfield Road</b>	Karen Bateman, 4 Barclay Road
<b>Beacontree Road</b>	Cyril Robson, 49 Beacontree Road
<b>Browning Road</b>	Janet Lee, 27 Beacontree Road
<b>Bushview</b>	Karen Bateman, 4 Barclay Road
<b>Bushwood</b>	Brian Hopson, 49 Bushwood
<b>Carlton Road</b>	Karen Bateman, 4 Barclay Road
<b>Colt’s Yard</b>	Karen Bateman, 4 Barclay Road
<b>Dacre Road</b>	Karen Bateman, 4 Barclay Road
<b>Forest View</b>	Janet Lee, 27 Beacontree 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>	Janet Lee, 27 Beacontree Road
<b>Leybourne Road</b>	Jo Pilc, 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>	Kate Duffy, 29 St Augustine’s Court
<b>St Augustine’s Court</b>	Kate Duffy, 29 St Augustine’s Court
<b>St John’s Court</b>	Kate Duffy, 29 St Augustine’s Court
<b>St Mary’s Court</b>	Kate Duffy, 29 St Augustine’s Court
<b>Stanmore Road</b>	Desirée Clarke-Noble, 48 Leybourne Road
<b>Woodville Road</b>	Desirée Clarke-Noble, 48 Leybourne Road
<b>Woodbridge House</b>	Doug Sheedy, 11 Barclay Road

## Leytonstone Community Council Meeting

MORE THAN 50 residents attended the Leytonstone Community Council meeting at the Leytonstone Library on Monday 12 January.

Items on the agenda included the election of the Chair and Vice Chair of the Council. All candidates explained to the meeting why they felt they should be elected to the positions and after nominations and votes Jane Brueseke and Nick Tiratsoo were voted in as Community Chair and Vice Chair for 2008/09.

A presentation was given by the London Fire Brigade with regard to their plans for a proposed new fire station in Leytonstone. The current building has

been deemed unfit for purpose and they would like to demolish the existing building that was built in 1914 and erect a new building on the current site. For further information please visit: [www.london-fire.gov.uk](http://www.london-fire.gov.uk)

Presentations were also given on two Community Council-funded projects, Crime Concern (now known as Catch 22) and the Langthorne Youthfest.

**Further details on the meeting and future meeting dates can be found at:**

<http://www.walthamforest.gov.uk/index/council/community-councils.htm> DESIRÉE CLARKE-NOBLE

## BARA'S LIST OF LOCAL TRADESPEOPLE

WE ARE OFTEN ASKED by members for recommendations for local tradespeople in addition to those shown on our discounts list (see page eight). For space reasons we do not usually include our list in *The Bush Telegraph*, although it can be found on our website or by contacting any of our Committee members.

However, for this issue of the BT only, we have decided to print our complete list which, admittedly, is not very long. We would like to encourage BARA members to help us to expand the list. If you have received good service from a builder, a plumber or any other service provider and feel that you would like to spread the good news to other BARA members, let us know and we'll be happy to add them to the list.

Floor sanding and varnishing	<b>Just Fires</b> 746 High Road Leytonstone E11 3AW <b>020 8530 5715</b>
Replacement sash windows	<b>I Foster &amp; Sons</b> Spring Gardens, Romford, Essex RM7 9LD <b>01708 725325</b>
Ornate plaster mouldings, cornices, covings plus decorating such as marble effects, graining and stencilling.	<b>Terry and Terry of Classical Interiors</b> 355 Eastern Avenue, Gants Hill, Ilford, Essex. <b>020 8551 2318</b> – fax: 020 8262 2966
Building services	Tel/fax: <b>020 8505 4202</b> – mobile: 0780 594438 email: <a href="mailto:ardian@autograf.pl">ardian@autograf.pl</a>
Builders	<b>John Rusden Builders</b> Southend – Tel: <b>01702 432966</b>
Glass merchants and glazing contractors including bevelling, embossing and leaded lights	<b>Essex Glass Limited</b> 1181 High Road, Chadwell Heath, Romford, RM6 4AL Tel: <b>020 8599 1622</b> – fax: 020 8597 5306 website: <a href="http://www.essexglass.co.uk">www.essexglass.co.uk</a> email: <a href="mailto:cb@essexglass.co.uk">cb@essexglass.co.uk</a>
<b>Plumbers</b> Free estimates, no call out fees, work guaranteed for 12 months. OAP discounts	<b>COPs 24 Hour Plumbing Service</b> Tel: <b>020 8530 4332</b> Mobile: 07971 202857
<b>Builder/Maintenance</b> Kitchen fitting, flooring, internal and external painting, papering, coving, dado rails, plastering, glazing, guttering, decking and patios. Free quotes, references available.	<b>Parker's Maintenance</b> 39 Longship Way, Maldon, Essex, CM9 6UJ Tel: <b>01621 856051</b> Mobile: 07914 261985

There's always plenty to see and do in Epping Forest, so here's a handy guide to some of the activities taking place in the next couple of months. Hope to see you there!

## WHAT'S ON IN EPPING FOREST?

### Exhibition of Winning Pictures from Wanstead Park

Saturday 7 – Sunday 29 March

During public opening hours (10am – 3pm)

Photographic Competition

The Temple

A display of photographs from the 2008 Wanstead Park photographic competition. Come and see if yours is there!

**Suitable for all**

### Easter Saturday Family Cycle

Saturday 11 April

11am – 2pm approx.

Meet at Chingford Main Line Station in car park

Our Forest Keepers will take you on a guided ride through Epping Forest, stopping for refreshments en route.

Suitable for the moderate cyclist of all ages.

Must wear suitable clothing and bring refreshments and puncture repair kit.

**Length of ride – approx. 2 hours**

### Remember the Bluebells: An Art Event

Sunday 19 April

1pm – 4pm

The Temple

Be inspired by the carpet of bluebells in Wanstead Park and capture their beauty through a variety of simple art and craft techniques. We will provide pastels, tissue for collage, and simple printing ideas for all ages to join in.

**Suitable for all**

### Bounders, Beauties & Bluebells Guided Walk and Talk

Sunday 26 April

11am or 11.15am – 1pm\*

Wanstead Park

(\* Meet at Wanstead Station at 11am or Warren Road Gate at 11.15am)

How Catherine the beauty met William the beast; an historic walk revealing the rise and fall of Wanstead House. A walk around the park ending with a communal stroll through the bluebells at Chalet Wood.

**Suitable for all**

## Give your computer a second life

WE'RE ALL feeling the pinch at the moment, and that includes charities, voluntary organisations and community groups. Funding cuts and fewer donations make things particularly tough for them. But there is a way we can help.

If you have an old computer sitting, gathering dust, you could contact REUSEiT, an initiative that accepts donated PCs and Macs and reconfigures them to the specific needs of charities and community groups.

Not only is it less wasteful than just throwing out your old IT equipment, the reconditioned machines can really help local organisations when they need it most. Even the parts that can't be reused get broken down and recycled, so there's really no wastage at all.

Whether you've got old equipment to give away, you'd like to volunteer your skills, or you represent a local group in need of computers, get in touch with REUSEiT by calling **020 8558 6664**,

emailing [computers@frponline.org.uk](mailto:computers@frponline.org.uk) or visiting: [www.frponline.org.uk](http://www.frponline.org.uk)

GARETH DIMELOW

## Leytonstone Film Club

### Waltz with Bashir

1 April 2009 at Leytonstone Library

THE LEYTONSTONE FILM CLUB is a place to meet new people with a shared passion for the silver screen. Films are screened at Leytonstone Library on the first Wednesday of the month. April's film is *Waltz With Bashir*, the Oscar-nominated, animated documentary on the horrors of the 1982 Lebanon war.

One night at a bar, an old friend tells director Ari Folman about a recurring nightmare in which he is chased by 26 vicious dogs; every night, the same number of beasts. The two men conclude that there's a connection to their Israeli Army mission in the first Lebanon War of the early eighties. Ari is surprised that he can't remember a thing any more about that period of his life. Intrigued by this riddle, he decides to meet and interview old friends and comrades around the world. He needs to discover the truth about that time and about himself.

**For more information please email:**  
[enquiries@leytonstonefilmclub.com](mailto:enquiries@leytonstonefilmclub.com)

### Disruptive drinkers

## POLICE TO MONITOR PUB AREA FOLLOWING BARA MEMBERS' COMPLAINTS

WE HAVE HAD COMPLAINTS from BARA members that the clientele of the Sheepwalk have been causing major disruption to local residents. We have raised this with the Safer Neighbourhoods Police team and separate from this, a meeting with residents and the management of the Sheepwalk has taken place. We have been assured that the police will be monitoring the situation closely

and we hope that an improvement in behaviour of the Sheepwalk customers will be immediately apparent.

However, until such an improvement does take place the advice to anyone affected by this unpleasant situation is to call 999 EVERY time there is a problem, and secondly to keep a diary noting down when disruption occurs.

LIZ HAYMAN

**LOCAL SHOPPING/SERVICES DISCOUNTS**

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

- Adult Literacy** ..... 10% discount  
Qualified adult literacy tutor:  
020 8530 3484
- Artistry Loyal** ..... 20% discount  
Hair and Day Spa salon  
9 Church Lane  
020 8556 4348
- Bansal Optometrists** ..... 10% on goods over £50  
775 High Road
- Billingford**..... 10% discount  
General builders including Corgi  
plumbers and certified  
electricians  
020 8503 0404
- Bumblebee Florists** ..... 10% discount when you spend  
829-837 Leytonstone High Road £10 or more
- The Eatery** (ground floor cafe).... 30% discount  
Church Lane
- Deanna Donovan** ..... 20% discount  
Beauty and skincare from home:  
020 8556 0133
- Door to Door**..... 10% discount  
Meals delivered to your door  
(lunch and dinner M-F)  
07870 157392 (Sally or Mary)
- Faz Fashions** ..... 10% discount when you spend  
Ladies' and children's wear £10 or more  
654 Leytonstone High Road
- Fresh Water Filter Co** ..... 20% discount  
Carlton House, Aylmer Road  
020 8558 7495  
www.freshwaterfilter.com
- Marc Fletcher Photography** ..... 10% discount  
Weddings a speciality  
07951 048819,  
www.marcfletcher.com
- Mark Rahaman Dip PT,** ..... Negotiable  
**MRNT, IHHT**  
Fully qualified personal trainer  
and sports therapist:  
07956 239690
- Melvyn Brown** ..... £10 (20%) off first hour's  
Photocopier and office labour in local area  
machinery repairs:  
020 8530 3569
- Monarch Sports** ..... 10% on purchases  
815 High Road over £100
- One Stop Shop for Business** ..... 10% discount  
841 Leytonstone High Road
- Star of India** ..... 15% on dining in (except buffet  
875 High Road nights and other promotions),  
020 8989 4028 10% on takeaways
- Trading Places Ltd** ..... 10% off standard sales and  
Estate Agents, Letting Agents letting fees for BARA members  
and Property Management  
Specialists  
020 8558 1147 or email  
jennifer@tradingplacesproperty.com
- Zain Greetings** ..... 10% except special offers/sale  
Cards, gifts and stationery items  
48 Church Lane

**BARA has a list of local tradespeople who have been recommended by BARA members. 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 – see page five for Committee addresses or page six, March 2009 issue**

**ADVERTISEMENTS**

**Please send your advert to any  
Committee member – see page five**

**AVON.** Patricia Roche: 020 8989 9728 (eve).

**AVON.** Yetta Omole 07960 513892 or 020 8556 4653 (eve).

**BENEFITS ADVICE.** Confidential advice and support on welfare benefits and housing. John: 07904 712171

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

**DIGITAL HOMES.** Consultancy and installation of 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.

**FACIAL TREATMENTS** using Dermalogica products. Surprisingly therapeutic! £5 discount with this issue of *The Bush Telegraph* for limited period. Yumiko: 07980 488568.

**GARDENER.** Willing worker will dig, lift and carry. Graham: 020 8989 1681. References available.

**GAZEBO.** BARA gazebo available to borrowers for free. Also available is BARA's new gazebo for a deposit of £90, fully refundable if new gazebo is returned undamaged. Katy: 020 8556 5162.

**GUITAR TUITION.** Forget air guitar and learn the real thing from a specialist guitar teacher with a 100% pass rate. All ages welcome. Jack: 07940 402024 or visit www.EM-Records.com

**LAKE DISTRICT HOLIDAY HOUSE.** Stylish and comfortable house in Keswick, sleeps 8. 10% discount for BARA members on holidays in 2009. Jocelyn: 01768 780894 or see www.borrowdalehouse.co.uk.

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

**MAID OF ALL WORK.** Early retired professional woman seeks paid employment. Anything moral and legal considered. Specialities: gardening, writing, shopping, fetch/carry service and dog walking. Jennie: 07916 329595.

**PC SOLUTIONS.** Having trouble with PC networking? Has your Wi-Fi gone pear-shaped? Want to share a broadband Internet connection? PC specialist with over 15 years' experience. Roger: 020 8530 5656 or email: roger@gann.com

**PHYSIOTHERAPY.** Back and neck problems? Sports injuries? Full range of treatments available including acupuncture. Baxter Physiotherapy Clinic, 2 Bushwood. Jeff Minns: 020 8989 2292.

**PIANO/KEYBOARD TUITION.** For all ages and abilities. Stephen Packe: 07515 702853 or email: s.packe@btinternet.com

**PSYCHOTHERAPY.** Hypnotherapy and cognitive behavioural therapy. Jeanne: 020 8989 3111.

**SCOUTING MEMORABILIA.** Boy scout/girl guide badges/uniforms/memorabilia wanted by ex-group scout leader/assistant county commissioner. Please phone Keith Thomson: 020 8989 9685.

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

**SHIATSU MASSAGE,** excellent for neck/shoulder and back-aches. Yumiko: 07980 488568.

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

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

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

**TUTOR – ENGLISH & MEDIA STUDIES.** Experienced teacher currently employed in a Redbridge school. Amanda: 07795 277654.

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