



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association

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

CHAIR'S REPORT

HAPPY BIRTHDAY TO BARA!

BARA RECENTLY CELEBRATED ITS 30TH BIRTHDAY and the Committee has been thinking of how best to mark the occasion. Well, after talking to some of our members who can remember days gone by, we discovered that we have been missing out on an old BARA tradition.

Children's party

Many years ago a BARA children's party was always a high point in the calendar and to celebrate our 30th birthday we are going to resurrect that tradition.

The party will probably be held in December, with full details to be revealed before the next edition of *The Bush Telegraph*. So if you'd like to be kept informed, and you're not already on our email list, then let us know by sending your name, address and email address to Brian Hopson at brianhopson@lycos.com. Alternatively, if you don't have an email address, then drop a note to one of the Committee members or Road Representatives (listed on page 3).

Keep in touch

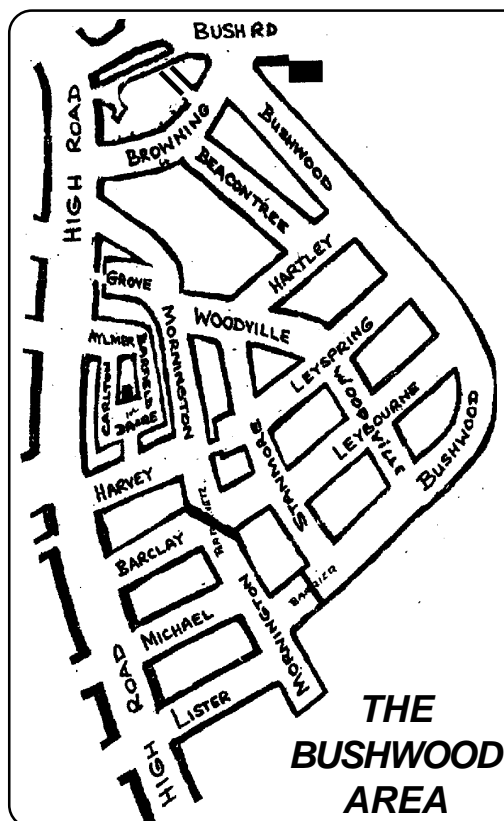
Unfortunately the number of tickets for the party will be limited by the size of the venue, so to avoid disappointment make sure you let us know how to get in touch with you. The Committee are very lucky to have secured the help of Sue House from Michael Road who will be heading up a sub-committee to organise the party.

ANNUAL GENERAL MEETING

ATTENDANCE at our Annual General Meeting ("AGM") has never been particularly high, but last year we had one of our lowest ever attendances and only just satisfied the quorum requirements. The Committee would really like to see a few more of you at this year's AGM because we would like to hear your views on local issues and find out what you think we can do to make BARA membership more worthwhile. And, of course, we would particularly like to see anyone there who fancies taking a turn at being a Committee member (see page 3).

This year we have arranged for John Hetherington, Deputy Head of LBWF Civil Contingencies, to give a presentation to members on preparing for emergencies.

The AGM gives members a great opportunity to discuss local issues with their neighbours *en masse*. So, if you've just moved into the area or even if you've been here a while and have never been to one of our AGMs, come along to St John's Church Hall at 8pm on Wednesday 30 September 2009 – see page 3 for the formal Notice of Meeting and Agenda. We look forward to seeing you there.



IT'S THAT TIME OF YEAR again when we collect BARA membership fees. We like to give everybody the opportunity to join, which is why every home in the Bushwood area will receive a copy of this edition of *The Bush Telegraph*.

As usual you'll find an envelope attached to this edition; just pop your membership fee (£2 for a single member household and £3 if your household is more than one person) in the envelope, complete the details on the front and drop it through the door of your nearest Road Representative (see page 3 for a full list).

For those of you who have previously paid in advance for multiple years you should have received your new membership card with this edition of the BT. We are especially keen to expand our email mailing list to keep you all informed of what's going on in between editions of the BT, so if you haven't done so already, be sure to let us know your email address.

The advantages of joining BARA, besides the obvious one of supporting a community organisation whose views are taken very seriously by the London Borough of Waltham Forest, are numerous but include: *discounts at local shops and businesses, social events, the quarterly BT newspaper and email updates about local issues*. For instance, our recent emails have covered issues such as advice from the police on a spate of burglary artifice in the area and information about the new recycling bins.

The more members that we have, the more weight our organisation has when dealing with the authorities on local issues, so support your local community and join BARA today!

WHAT'S ON?

- Saturday 19 September:** Woodhouse Players (see page 7)
- Sunday 20 September:** Leytonstone Car Free Day (see this page)
- Thursday 24 September 8pm:** Jazz at the Luna Lounge
See <http://www.myspace.com/lunafringe> for details
- Friday 25 & Saturday 26 September:** Woodhouse Players (see page 7)
- Saturday 26 September 11am:** Michaelmas Fair at St John's Church Hall (see page 4)
- Sunday 27 September 11am:** BARA Dog Walk (see this page)
- Wednesday 30 September 8pm:** BARA Annual General Meeting, St John's Church Hall (see pp 1 and 3)
- Wednesday 7 October 7.45pm:** Film Club, Leytonstone Library (see page 6)
- Thursday 8 October 1pm:** Free Concert, St John's Church (see page 4)
- Saturday 10 October:** St John's Church Curry and Quiz (see page 4)
- Sunday 18 October 11am:** BARA Litter Pick (see page 4)
- Thursday 29 October 8pm:** Jazz at the Luna Lounge
See <http://www.myspace.com/lunafringe> for details
- Friday 30 & Saturday 31 October:** Woodhouse Players (see page 7)
- Saturday 31 October 10am:** Gift Day at St John's Church/Church Hall (see page 4)
- Wednesday 4 November 7.45pm:** Film Club, Leytonstone Library (see page 6)
- Friday 6 & Saturday 7 November:** Woodhouse Players (see page 7)
- Saturday 7 November 2pm:** Bomb Walk (see page 7)
- Thursday 26 November 1pm:** Free Concert at St John's Church (see page 4)
- Thursday 26 November 8pm:** Jazz at the Luna Lounge
See <http://www.myspace.com/lunafringe> for details
- Saturday 28 November 8pm:** BARA Quiz and Curry Night, Leytonstone Social Club (see page 4)
- Saturday 5 December 10am:** Christmas Fair at St John's Church Hall (see page 4)
- Sunday 20 December 4pm:** Carol Concert at St John's Church (see page 4)

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.

Planning

SINCE THE LAST *Bush Telegraph* we have sent in objections to the following planning applications:

- ◆ 2 Leybourne Road – 4 garages to be built in garden
- ◆ 2a Carlton Road – change of use of building to Community Centre/Youth Club
- ◆ 86 Mornington Road – extension and loft conversion and conversion into two flats

We are pleased to report that the 2 Leybourne Road application has been refused.

Two applications to which BARA recently objected and which were turned down, 680 High Road and 31a Woodville Road, are now subject to appeals to the Secretary of State for the Environment. We are in discussions with affected residents on further action.

In addition to the above, BARA has written to LBWF in support of an application by Meze Patisserie to operate as a restaurant rather than as a café.



IT'S CAR FREE DAY!

ON SUNDAY 20 SEPTEMBER the roads of Leytonstone town centre will be closed to traffic for you to enjoy a great day of entertainment, stalls, live music, dancing, public art and children's play areas.

The aim of Car Free Day is to raise awareness of the health and environmental benefits of sustainable living and sustainable transport, by leaving the car behind. The event is a fun day out where visitors and the local community can enjoy the town centre as a traffic-free urban space. Appearing live on stage will be reggae legends Aswad and ex-Blue singer Simon Webbe as well as the winners of the recent "Block Party" auditions arranged by the e11bid Company.

Watch out for the BARA stall where you can pick up a second-hand book or two or even renew your BARA membership.



Walking the dog with BARA

WE'VE BEEN HOSTING our Dog Walks for a couple of years now and although turnout is never very high they are always enjoyed by those who do come along. Not everyone brings a dog with them – some bring kids instead, which is almost as much fun (although they're not nearly as good at fetching sticks!).

Those who do bring dogs are often willing to share lead-holding, ball-throwing, poo-collecting and fishing-the-dog-out-of-the-lake responsibilities. Everyone seems to enjoy seeing the various breeds playing together and sniffing each others' bottoms as well as exploring the footpaths and trails.

So, whether you have a dog or not, come along and join us on **Sunday 27 September at 11am** at the junction of Stanmore Road and Bushwood. It's a great opportunity for the various dog owners to finally put names to some familiar faces that are normally only seen in the distance. Of course, cats are also welcome as they usually love the rough and tumble of a good chase along the Flats.

Road Representative and Committee changes

THE COMMITTEE would like to express its thanks to Cyril Robson of Beacontree Road who, after many years of service as a Road Representative, has decided that he is going to retire. Beacontree Road has always had one of the highest levels of BARA membership in our area and this has been entirely due to Cyril's dogged determination in encouraging his neighbours to join up. The Committee have agreed to award Cyril honorary life-time membership of BARA in recognition of his huge contribution to the Association. Cyril will be sorely missed and we wish him well for the future. If you would like to become a Road Representative then you might be interested in Sue House's tongue-in-cheek article on page 4.

On a brighter note we would like to welcome two new Committee members, Richard Potter and Julie Ellis from Beacontree Road. Richard and Julie have only lived in the area for 18 months and their addition has lowered the average age of the Committee by quite a few years! They have already started to make their mark, Julie has joined the Children's Party sub-committee and Richard has negotiated a discount for members at Petch Sayam restaurant in the High Road, as well as writing his first article for the BT (see page 5). Additionally, Richard and Julie have kindly agreed to become the Road Representatives for Beacontree Road, an unenviable task as Cyril will be a tough act to follow!

ANNUAL GENERAL MEETING

NOTICE OF MEETING

8pm Wednesday

30 September 2009

St John's Church Hall

(next to entrance to Matalan)

AGENDA

1. Welcome and confirmation that quorum is present
2. Minutes of 2008 Annual General Meeting
3. Presentation of Audited Accounts
4. Election of Committee Members
5. 'What if' – Presentation by John Hetherington
6. Open forum for discussion of local issues
7. Close

The BARA Committee 2008/2009

Karen Bateman	4 Barclay Road
Desirée Clarke-Noble: <i>Community Council, Social and Website Liaison</i>	48 Leybourne Road
Gareth Dimelow: <i>Editor & Social</i>	11 Barclay Road
Kate Duffy: <i>Social and Festival Liaison</i>	29 St Augustine's Court
Julie Ellis	26 (upper) Beacontree Road
Robert Gay (leave of absence)	Mornington Road
Liz Hayman: <i>Chair, Membership, Planning & Safer Neighbourhoods</i>	54 Leyspring Road
Janet Lee: <i>Secretary</i>	27 Beacontree Road
Richard Potter	26 (upper) Beacontree Road
Doug Sheedy: <i>Treasurer</i>	11 Barclay Road
Katy Smith: <i>Deputy Chair & Social</i>	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.

Aylmer Road	Katy Smith, 37A Harvey Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Katy Smith, 37A Harvey Road
Beacontree Road	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
Browning Road	Janet Lee, 27 Beacontree Road
Bushview	Katy Smith, 37A Harvey Road
Bushwood	Brian Hopson, 49 Bushwood
Carlton Road	Katy Smith, 37A Harvey Road
Colt's Yard	Katy Smith, 37A Harvey Road
Dacre Road	Katy Smith, 37A Harvey Road
Forest View	Janet Lee, 27 Beacontree 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	Janet Lee, 27 Beacontree 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	Kate Duffy, 29 St Augustine's Court
St Augustine's Court	Kate Duffy, 29 St Augustine's Court
St John's Court	Kate Duffy, 29 St Augustine's Court
St Mary's Court	Kate Duffy, 29 St Augustine's Court
Stanmore Road	Desirée Clarke-Noble, 48 Leybourne Road
Woodville Road	Desirée Clarke-Noble, 48 Leybourne Road
Woodbridge House	Doug Sheedy, 11 Barclay Road

Join us for our ever-popular **BARA Curry and Quiz Night**

WHETHER YOU'RE A MASTERMIND or the weakest link, come and give your brain a workout at BARA's next quiz night on **Saturday 28 November at 7.30pm** at the **Leytonstone Social Club, 603 High Road**, just past the railway bridge, on the right.

As usual, food will be provided by the fantastic *Star of*

India. Tickets are £8 including buffet, or £3 if you just want to play the quiz.

Please contact Katy on 020 8556 5162 or email bushwoodra@hotmail.co.uk to book your table: maximum six people per team. If you don't have a team it's no problem as we'll find one for you to join.



OCTOBER LITTER PICK



WE ARE DELIGHTED that the BARA Litter Picks go from strength to strength, each time we see more and more people turning up to help. Even on a rainy day attendance never disappoints and it is heartening to see families with children coming along.

It's amazing to see just what a difference an hour can make when a few committed people get together with grabbers and bin bags. Unfortunately, too many people seem to see Wanstead Flats as a communal barbecue space but forget to clean up after themselves, so we're grateful that

other people are willing to spare a little time to make our green spaces neater.

Our next Litter Pick will be held between 11am and 1pm on Sunday 18 October. Meet at the junction of Leyspring Road and Bushwood.

Drinks, litter pickers and rubbish bags will be provided but you will need to bring your own gloves.

St John's Church needs your help

BARA MEMBERS MAY BE AWARE that St John's Church is currently fund-raising for its Heritage Appeal. **The church needs to raise £123,000 by March 2010 for urgent repairs to the roof and tower.** The following fund-raising activities have been planned:

Saturday 26 September, 11am to 4pm: Michaelmas Fair with bouncy castle, miniature railway rides and much more.

Saturday 10 October: Curry and Quiz in Church Hall. Contact Katherine Smith for more details:

KSmith9033@aol.com

Saturday 31 October, 10am to 4pm: Gift Day for roof and tower repairs.

Saturday 5 December, 10am to 6pm: Christmas Market.

The Church will also be hosting a series of music events:

Thursday 8 October, 1pm: Free Lunchtime Concert, Viva Genova (concert pianist)

Thursday 26 November, 1pm: Free Lunchtime Concert, Maud Hodson (cello) and Alan Blackwell (piano).

Sunday 20 December, 4pm: Carol Concert

Art is infectious!

AS THE BEGINNING of the Leytonstone Arts Trail drew near, I worried that the little idea for people to put art in the windows of Bushwood would stay just an idea and would not actually come to anything. Thankfully my worries proved groundless.

As the Arts Trail started, there were a couple of isolated houses that took up the call, but quickly a few more followed. Then, whole streets got the idea and displays appeared in windows all over the place. In the end, it all got quite competitive.

I had the pleasure of walking the streets of Bushwood and counted over 80 houses with displays in their windows. In fact, new ones were still popping up even after the Arts trail was over. It was impressive and encouraging to see the event developing day after day.

It was also good to see that age was no barrier to participation: a nine-month-old printed her hands and feet, and a lady well into her 90s artfully displayed the woolly socks and scarves she had knitted. There were paintings and photos and pottery, a 3D space scene and even a money tree!

People have commented that they are already wondering what they can do for next year, so it seems as though we'll have to do it again. So well done and thanks to all the enthusiastic, creative and talented people of Bushwood. Thanks also to BARA for helping to promote the project, without all of you it couldn't have happened. HILARY DOUSE

BARA GARDEN COMPETITION WINNERS

THE 2009 GARDEN COMPETITION was judged by the Committee in June. Congratulations to the following members for their contribution to making our neighbourhood a more attractive place to live. Hopefully their prizes of Homebase vouchers will help them to keep up the good work:

1st prize: Mr & Mrs Manners, 7 St Augustine's Court (£30)

2nd prize: Mrs Jamil, 24 Leyspring Road (£20)

3rd prize: Mrs & Mrs Mulcahy, 10 Hartley Road (£10)

Special thanks go to Homebase for generously providing £30-worth of vouchers for our competition prizes this year.

BEST FOOT FORWARD

● **Adult Tap and Ballet Lessons**

● St John's Church Hall, Leytonstone High Road (next to Matalan)

● **Monday evenings starting 7 September 2009**

● **Tap:** 8 – 8.45pm

● **Ballet:** 8.45 – 9.30pm

● £4 a lesson or £7 for both tap and ballet.

● **All abilities are welcome and there's no age limit!**

● For more information contact **Jess** on **07739 797175** or **gingerjess13@hotmail.com**

PETCH SAY I'M YOURS ...

Petch Sayam, 682 High Road Leytonstone, E11: 020 8556 6821

IF YOU ARE LOOKING for an excellent Thai night out in the heart of east London, you should book a table at **Petch Sayam**, at the top of High Road Leytonstone.

It's located opposite Matalan, the home of great value shopping, and just two minutes' walk from Leytonstone station.

One of Petch Sayam's charms is that it looks like a very traditional restaurant and like a small part of Thailand has arrived in Leytonstone. It is the sort of place where every dish looks so delicious that you spend hours deciding what to order. You can meet like-minded foodies who want to try something out of the ordinary.

For starters, we had chicken skewers with a delicious satay sauce and mini vegetarian spring rolls. Then, we

relished pad thai and pad siew chicken – this was accompanied by a shared broccoli fried in a delicious sauce, all are staples of great traditional Thai restaurants.

The bill couldn't be more straightforward: £15 per person, which included a glass of wine each, and no cheeky additions for Thai prawn crackers or cover. All this put us at ease to zone in conversations around us: teachers discussing unruly pupils and young professionals just pleased to be finished for the day. We then added a tip to our traditionally dressed waitress for the excellent and unobtrusive service.

Time Out should get themselves round here soon and award this restaurant a green star for delicious food and great value.

RICHARD POTTER

Road Rep Sue House gives some tongue-in-cheek tips ...

64 houses, 10 flats and no number 25

I HAVE JUST described Michael Road, the street in which I live and from which I collect the BARA subscription money. Every year after the newsletter asking for renewal subscriptions is delivered I wait for the £2 or £3 to drop through my letter box and if not I go into action:

1. Call round asking for the money and keep calling and calling until someone answers.
2. Introduce myself with big cheesy grin – often people have just forgotten and will immediately produce their little envelope.

DOING YOUR BIT

YOU'LL HAVE SEEN in the Chair's Report that it's that time of year again where we ask people to consider joining the BARA Committee. To the uninitiated it can seem like a daunting (or even thankless) task, but it really isn't.

So why did I join the Committee, and what do I get out of it? Well, when we moved to Leytonstone four years ago, we were keen to get to know our neighbours and thought that a residents' association was a great way to make friends fast.

My very first meeting was the AGM, and I was warmly welcomed and soon recruited as BARA's new treasurer. At first I was concerned that this would mean lots of extra work on top of an already demanding job. In fact, it amounts to little more than an hour or so every few weeks, plus the Committee meetings themselves which are held once a month.

There's a great chemistry amongst the Committee, with people of all ages, and the meetings are always a lively affair. Of course, when there's an event to organise we all pitch in to lighten the load, and that often ends up being as much fun as the event itself.

So if you've been umming and aaahing about maybe getting involved why not take the plunge and come along to the AGM? You can do as much or as little as your schedule allows, and it's a great way to make new friends.

See you there.

DOUG SHEEDY

3. Then I go into sales pitch:

- ◆substantial discounts at local shops and businesses
- ◆quarterly newsletter
- ◆the more members BARA has the more powerful our voice
- ◆a forum for you to share your concerns
- ◆a chance to become a more active part of your community
- ◆and it's ONLY £3 – what else can you really get for £3 these days?

4. If this doesn't work, just stand and stare at the person, sometimes they will just crack at this point.

5. It helps to have a few answers to hand in case you encounter any objections:

"I'm just renting"

"Discounts are still useful"

"I can't afford it"

"You can pay in instalments"

"I have to ask my wife/husband"

"I'll call back and talk to them"

"I never join anything" Sometimes you have to give up.

6. Be persistent – it's taken me three years to get some people to join. But as far as I'm aware, not one of them has ever regretted it.

As well as enjoying the challenge of getting the most BARA members I can from Michael Road, I have got to know all my neighbours and even made a new friend. She is a lady much older than me and sitting in her front room chatting with a cup of tea and a cake sends me right back to being in my own Granny's house 25 years ago.

So come on neighbours, put your money in the envelope and put it through the door of **number 32**. As for you other Road Reps, 75% of Michael Road are now BARA members, that's 50 households – can you do better this year?

Finally, number 25 Michael Road was destroyed by bomb damage in the war. I don't want to have to resort to such drastic measures but if you don't pay up...

SUE HOUSE
ROAD REPRESENTATIVE FOR MICHAEL ROAD

OLD FILM OF LEYTONSTONE

IF YOU'D LIKE to see a vision of 1930s Leytonstone there is a wonderful old film online called "Glimpses of Leytonstone from 1938". If you're old enough you might even recognise someone or at the very least it should bring back some memories! Here's the link - <http://vimeo.com/5247156>

UPDATE ON SAFER NEIGHBOURHOODS

WITH REFERENCE to the article on anti-social drinkers in the June BT we are pleased to report that, following a licensing panel hearing, the Licensees at the Sheepwalk pub have been given an eight-point improvement plan to comply with for three months.

If they break the terms of the plan then they will lose their licence. If you are a resident suffering from any continuing problems from Sheepwalk clients then please continue to write to or contact **PC Radley, Licensing Office, Waltham Forest Police Station, 11 Kirkdale Road, London E11 1HB.**

Street briefings

We are pleased to report that the Safer Neighbourhood team have been holding street briefings around Bushwood so that residents can meet the SN team and talk to them about any problems they may be experiencing. The team leaflet streets they are visiting in advance of the street briefing so look out for a briefing near you over the next few months.

The SN team also worked a week of night-shifts in order to see what was going on in our ward after dark. Although they were in plain clothes, those people out to

cause trouble recognised them and for that particular week there were no burglaries and no drug-related crimes. The SN team plan to do these night-shifts on a regular basis.

The SN team are particularly concerned about preventing burglary and were concerned to find a number of **WINDOWS LEFT OPEN DURING THE NIGHT** around the Bushwood area. They would like to remind us all to close our windows at night, especially on the ground floor, as an open window is an invitation for the burglar to visit our home while the weather is very warm.

Finally, the team shared some of the latest statistics about crime trends in the area, which make for mostly encouraging reading, as well as giving us an idea of where we can exercise a little more caution:

Overall crime down	13%
Criminal damage down	29%
Drugs offences down	11%
Robbery down	20%
Assaults down	20%
Shoplifting down	16%
Theft from motor vehicles up	14%
Burglaries up	19%

Swine flu buddies

OUR FRIENDS AT Ferndale Residents' Association have added a great page on their website recently offering guidance and advice to anyone worried about the epidemic of swine flu that seems to be in the news every day (see www.fara-leytonstone.org.uk).

The key to limiting the spread of this nasty virus is to follow the NHS advice and establish a network of 'buddies' who can collect your medication for you from a distribution centre, should you fall ill.

In the absence of any established buddy network in Bushwood, we recommend that you think ahead and ask a friend or neighbour if they'd be willing to become flu buddies with you. Alternatively, if you become ill before doing this, please contact your Road Representative who'll see if someone in BARA can help out.

And if you're already suffering from the flu, we wish you a speedy recovery.

Film Club at Leytonstone Library

Offside (2006/Director: Jafar Panahi)

7.45pm Wednesday 7 October

A charming film about young women football fanatics, disguised as boys, doing their darnedest to defy the all-male rule and get in to see the Iran v Bahrain qualifying international for the 2006 World Cup.

Modern Life (2008/Director: Raymond Depardon)

7.45 pm Wednesday 4 November

A study of the rural mountain farmers of the remote Cévennes region of France who live as their forebears have lived for centuries.

Tickets: £5/ £4 concs. More info on www.leytonstonefilmclub.com or email: info@leytonstonefilmclub.com

WHAT'S NEW IN THE HIGH ROAD?

A NEW ADDITION to the High Road is *Joanna's Alterations* at 696d High Road Leytonstone. It is a tiny shop but is a hive of activity inside as Joanna sits at her sewing machine busily working away. Joanna offers professional alterations of adults' and children's clothes (including wedding dresses). So why not sort out those sales bargains which never quite fitted you properly and take them down to Joanna to get them ready-to-wear again?

Also coming in September is *Being Sound*. Owner Jasmine Dawson describes some of her extensive range of offerings:

"*BEING SOUND – Holistic Health* will be opening early to mid-September at 698 High Road and will be offering a wide range of complementary/holistic treatments and products. With 10% discount (except special offers/sale items) to all BARA members it will be well worth your time to drop in and sample our wares.

"Here is what we have for you: counselling, holistic massage, gong baths, hot & cold stone massage, hypnotherapy, homoeopathy, shiatsu, Indian head massage, ayurvedic massage, herbal remedies, acupuncture, voice work, deep tissue massage, kinesiology, and more!

"Therapies and workshops will be held in pleasant, quiet rooms to the rear of the shop. In front we will be selling things relating to therapies – essential oils, incense, books, CDs, crystals, jewellery, candles, singing bowls, etc. – as well as some eco/ethnic items, greetings cards, etc.

"We want to make this a vibrant, friendly and exciting place – a place that Leytonstone has been waiting for. Look out for news of our launch event where you can meet our therapists and experience affordable taster sessions of the therapies on offer."

Jasmine Dawson – jas@beingsound.com
020 8556 8363/07956 437 372

The BARA Committee would like to wish Joanna and Jasmine the greatest success with their new businesses.



Woodhouse Players

All performances take place at the
Welsh Church Hall, 879
Leytonstone High Road

Tickets £7.00 /£4.00 (concs)
from 020 8504 3872 or
tickets@woodhouseplayers.co.uk

Dinner by Moira Buffini

Saturday 19 & Friday 25 September at 8pm
Saturday 26 September 3pm & 8pm

A contemporary adult play first shown at the Royal Court Theatre (not suitable for children or those of a sensitive nature)

Imagine a woman with the sex appeal of Nigella Lawson, the acidic wit of Anne Robinson and the strength of Gordon Ramsay. This is our hostess, Paige, who is throwing a dinner party for her husband and friends to celebrate his latest rather pretentious book. But why has she chosen these particular friends and these unusual and peculiar dishes? As this strange dinner party unfolds, you – her extra guests – will be taken on a rollercoaster ride of darkly comic but very well-mannered and coldly civilised revelations.

The Lark by Jean Anouilh

(new translation by Gill Taylor)

Friday 30 October & Friday 6 November at 8pm
Saturday 31 October & Saturday 7 November at 3pm & 8pm

“You cannot explain Joan, any more than you can explain the tiniest flower growing by the wayside.”

So said Jean Anouilh in the programme note for his play about Joan of Arc – “that little lark, soaring and singing in the French sky”.

First performed in Paris in 1952, this play provides an alternative and, arguably, more dramatically convincing take on this enigmatic heroine than Shaw’s more familiar “Saint Joan”. This production by the Woodhouse Players will use a new translation by director Gill Taylor, the first to be approved for performance in the UK since Christopher Fry’s 1955 version.

Neighbourhood Link

THIS IS A USEFUL new scheme for all of us. It’s easy to sign up for the updates and could be useful to friends and family.

Neighbourhood Link will provide you with regular updates from your local Safer Neighbourhood Teams and the Engagement Team about the work they are doing in your community. They will send you crime prevention advice and witness appeals. You can request information on specific special interest groups such as faith groups, Neighbourhood Watch, taxis, schools and colleges. Sign up to receive information free of charge via email, telephone, pager or text message. Together we can make Waltham Forest safer.

To sign up for *Neighbourhood Link* just go to
www.neighbourhoodlink.met.police.uk
Ashley McPherson PCSO 7157 JC
Leytonstone Safer Neighbourhood Team

BUSHWOOD HISTORICAL WALK

reviewed by Kate Duffy

IT’S ALWAYS GREAT to learn a bit more about where you live. But in the space of two hours to learn that you regularly cross a Roman Road, walk past a 19th-century dairy and drive over a Second World War bomb crater – well, that’s hard to beat!

The Reverend Raymond Draper’s historical walk, in conjunction with BARA, around the Bushwood Area on Saturday 11th July was fascinating. To find out that so much history exists in the Bushwood locality, and to realise the impact that some of the buildings, people and events have had on Leytonstone today, was incredible.

We heard stories of “bad penny” Lords of the Manor who let their estates fall to rack and ruin and subsequently were disowned by future family generations, as well as the fateful night in October 1944 when a V2 rocket fell at the corner of Harvey Road and Mornington Road, claiming seven lives and injuring over a hundred others. We learned the origins of some of the local roads: Mornington Road was named after the Earl of Mornington who came from the Wellesley family, Barclay Road is named after the Quaker family who lived in Knotts Green, Leyton, and founded Barclays Bank, Bushwood was known as Avenue Road until 1895 and the only reminder of this name change is Avenue House which is etched in glass over the porch of a house in Bushwood.

The two-hour walk and talk was a real eye-opener and a great social morning with the local community. It was a very well attended occasion and even included some four-legged friends (although they preferred the walk to the talk!). BARA members who attended the walk made contributions of £22 which was supplemented by £28 from BARA funds; this donation of £50 to the St John’s Church Heritage Appeal was gratefully received by Reverend Draper.

Members interested in local history might also wish to investigate joining the Leyton and Leytonstone Historical Society. The Society began in February 2005 and its long-term aims are to research and promote interest in the history of the local area. The Society also runs an annual programme of lectures and visits etc. Membership charges are very reasonable and full details can be found at

www.leytonhistorysociety.org.uk

or by contacting the Membership Secretary David Boote on 020 8558 2554.

DON’T MISS “THE BOMB WALK”

REVEREND DRAPER has asked us to let you know that he will be conducting “The Bomb Walk” on Saturday 7 November from 2pm to 4pm. This walk begins at St John’s Church and visits some of the sites where bombs fell in Leytonstone during World War II. There is a small charge of £1 per person which will be donated to the Royal British Legion Poppy Appeal. Everyone, including children, is welcome and there is no need to book.

DISCOUNTS UPDATE: full details overleaf

Since the last Bush Telegraph the following changes have been made:

The Eatery: discount reduced to 10%

Removal of Fresh Water Filter Company

Addition of Meze Patisserie, Golden Curry, Petch Sayam, Being Sound and Idoesthejob.com

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	
Being Sound	10% discount except special offers/sale items (opening early to mid-September)
698 High Road Leytonstone 020 8556 8363/07956 437372 jas@beingsound.com	
Billingford	10% discount
General builders including Corgi plumbers and certified electricians 020 8503 0404	
Bumblebee Florists	10% discount when you spend £10 or more
829-837 Leytonstone High Road	
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)	
Eatery (ground floor cafe).....	10% discount
Church Lane	
Faz Fashions	10% discount when you spend £10 or more
Ladies' and children's wear 654 Leytonstone High Road	
Golden Curry	20% discount on dining in and 15% discount on takeaways
734 High Road Leytonstone 020 8539 8243	
www.itdoesthejob.com	10% discount on any product on website
Carlton House, Aylmer Road 020 8539 4707	
K Rayner Butchers	10% discount on purchases over £20
opposite the tube station	
Marc Fletcher Photography	10% discount
Weddings a speciality 07951 048819, www.marcfletcher.com	
Mark Rahaman Dip PT, MRNT, IIHHT	Negotiable
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	
Meze Patisserie	20% discount on bills over £10
Church Lane	
Monarch Sports	10% on purchases over £100
815 High Road	
One Stop Shop for Business	10% discount
841 Leytonstone High Road	
Petch Sayam Thai Restaurant	10% discount
682 High Road, Leytonstone 020 8556 6821	
Star of India	15% on dining in (except buffet nights and other promotions), 10% on takeaways
875 High Road 020 8989 4028	

DISCLAIMER: These business details are published as a free service to the community. Bushwood Area Residents' Association does not accept any legal responsibility for any loss or damage resulting from dealings with the businesses or tradespeople mentioned above. It is up to readers to make their own assessment of the skills and trustworthiness of the business or person concerned, before entering into any contract with them.

ADVERTISEMENTS

Please send your advert to any
Committee member – see page three

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

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

CLEANER. Wanted, reliable experienced local cleaner, 3hrs p.w. to include half-hour ironing, preferably Thurs or Fri a.m. Refs required. 020 8539 7752, leave name and number.

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.

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.

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.

SIEMENS MOBILE PHONE CHARGER. Free to a good home. 07969 407886 or email: bushwoodra@hotmail.co.uk

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.

TAX RETURN/CIS RETURN/TAX REBATE SERVICE. Offered by qualified Tax Technician. Competitive rates. Julie: juliestaxservices@hotmail.co.uk or 07739 021304.

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

YOGA & HEALING. Kundalini Yoga classes for all abilities, Quaker Meeting House, Wednesdays 7.30 – 9pm. Also energy and subtle body healing available by appointment. Discounts available for BARA members. 020 8925 3234/07967 126338 or email: roshan.yoga@yahoo.com

Discounts continued

Trading Places Ltd	10% off standard sales and letting fees for BARA members and Property Management Specialists 020 8558 1147 or email jennifer@tradingplacesproperty.com
Zain Greetings	10% except special offers/sale items Cards, gifts and stationery 48 Church Lane

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