



# 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**

2009 HAS BEEN an eventful year for the BARA Committee. Although we've seen quite a few changes, we find ourselves stronger than ever, with lots of new faces.

We are sorry to have lost our Retail Liaison Representative, Karen Bateman, from the Committee. Over the last year Karen has been responsible for greatly expanding the BARA discount scheme and for creating a more direct link between the BARA Committee and local businesses. The Committee has also always appreciated Karen's feedback on issues affecting our members and we thank her for all her hard work. We're delighted that Julie Ellis, one of our newer Committee members, has kindly volunteered to take on the Retail Liaison role.

Since our AGM in September, we have managed to recruit four new Committee members. RoseMary Warrington from Mornington Road is a long-standing BARA member, who has lived in the area for more than 20 years. Lucy Bunnell, from Dacre Road, has lived in Bushwood for several years, and although Julia Manning and Heather Howard of Leybourne Road have only recently moved to the area, they're already getting involved in community activities by joining the Committee. Heather has kindly agreed to help Gareth out with the BT and will become BT sub-editor.

*So with all this fresh talent coming on board, we have had a complete overhaul of the Road Representatives. Take a look at the newly revised list on page 3 and see who's responsible for your road.*

**EVENTS:** 2009 has seen all the usual events, quiz nights, litter picks and dog walks taking place, not to mention Dwight's bike

ride. And we're happy to say that all the events were well attended, we hope you enjoyed them as much as we did.

**PARTIES! PARTIES!** As we mentioned in the September BT it is our 30th anniversary this year and we have raided the BT archives (see page 5) to bring you some reminiscences of founder BARA members all about the reasons why BARA was set up in the first place. *To celebrate this special anniversary we are throwing a Children's Party on 16 January. You can see all the details, including how to book, on page 2.* But we haven't forgotten the grown-ups, so we'll be holding an extra-special **30th Anniversary Celebratory Christmas Drinks Party at Ichiban Restaurant, 721 High Road, on Thursday 17 December – full details below.** Do come along and join us, we would really like to see some new faces as well as all our favourite regulars!

**THANKS:** I would like to thank all the Committee members who have served during the year for their hard work during 2009. Their efforts have helped ensure that BARA continues to serve the Bushwood area by keeping members informed, representing their interests in dealings with LBWF and other external bodies, and providing local events where we can come together as a community. In regard to our working relationship with LBWF I am very grateful for the continued assistance that we receive from Councillors Clyde Loakes, Marie Pye and Jenny Gray.

Many thanks also to all those who help the Committee or who have made donations to BARA. Most of these helpers are listed under Membership on page 2, however I would especially like to mention Brian Hopson, Sue House, Marion Roper and Lynn Coles. Brian has continued in his role of email editor and sender, Sue has volunteered to head up the Committee which is organising the Children's Party for us, Marion plays an invaluable role by laying out and type-setting The Bush Telegraph, and Lynn continues to manage our website despite having recently moved from our area. LIZ HAYMAN

## **Local Councillors' surgeries**

**DID YOU KNOW** that the Councillors hold a drop-in surgery at the Waltham Forest Direct shop, 819 High Road, every Saturday between 10.30am and 12 noon?

The shop is part of the library building, on the corner of Church Lane and High Road Leytonstone. There's no appointment necessary, although you may encounter a short wait on a busy day. If you have any personal issues regarding the Council (anything from Council Tax enquiries to rubbish collection complaints) the Councillors are here to help. They are also keen to hear from anyone with concerns about the local area, such as environmental issues, planning queries or suggestions for improvements.

Of course, all the other ways of contacting the Councillors are just as valid, but sometimes it helps to speak to someone face-to-face.

## **HEET (Home Energy Efficiency Training)**

[www.theheetproject.org.uk](http://www.theheetproject.org.uk)

**HEET PROVIDES FREE** work and advice on insulation, draught proofing, heating, home security and fire safety to Waltham Forest residents who are aged 60 or over, or who are currently receiving benefits. You can contact them on 020 8520 1900 or by emailing to [info@theheetproject.org.uk](mailto:info@theheetproject.org.uk)

## **Come one, come all – it's party time!!**

### **BARA CELEBRATES 30 YEARS OF COMMUNITY SERVICE**

ALTHOUGH we're busy planning the Children's Party in January (details on page 2) we haven't forgotten about the adults in the Bushwood Area, so we'll be having an extra-special **festive drinks party** at Ichiban, 721 High Road, on Thursday 17 December from 7pm to 10.30pm.

BARA will be providing a welcome drink on arrival and you will be able to sample a variety of delicious nibbles from the Ichiban kitchen, but you should also bring along your favourite tippie (beers, wines, fruit juice) since Ichiban is unlicensed.

*Ichiban have very kindly allowed us exclusive use of the restaurant, so please do come along and meet the Committee and your fellow BARA members.*

## BARA MEMBERSHIP

BARA MEMBERSHIP for 2009/10 currently stands at 340, which is around 27% of all households. Last year our members numbered 409 by the end of the year so we will be making efforts to sign up those who have forgotten to renew, as well as recruiting new members. If you have any friends or neighbours who've yet to join, be sure to put in a good word for us.

The annual collection of subscriptions is one of the most time-consuming tasks that the Committee undertakes during the year. We're very grateful to Brian Hopson, Jo Pilc, Andrew Shields, Joyce Quarrie and Sue House, who, although not Committee members, lighten the Committee's load by acting as Road Representatives, collecting subscriptions and delivering copies of *The Bush Telegraph*. Their continued support is much appreciated.

The Committee is also grateful to members who have made donations to BARA over and above the normal subscription fee. Thanks go to: George Katritsky, Colin Farrow and John & Judy Flanagan.

**All members should by now have received their membership cards. Anyone who hasn't should contact their Road Representative or any Committee member (see list on page 3).**

LIZ HAYMAN

## CO-MINGLED RECYCLING PILOT UPDATE

*THE UPDATE from Councillor Clyde Loakes on the pilot which was conducted in some Bushwood Area roads earlier in the year is as follows:*

"In order to monitor and measure the full range of possible success indicators of the pilot, the weights and fuel usage of the existing three kerbside rounds were measured for a four-week period prior to the pilot as a benchmark. The results for the 12-week period of the pilot showed that the total amount of recycling collected had increased by 66%. In the 12 weeks following the end of the official pilot this has risen to 72%.

"The results also show that the increase in the area using wheeled bins was higher than in the sack area. The pilot has also shown that there is a reduction in fuel use for the co-mingled rounds of between 70-80 litres per week.

"A questionnaire was sent to all properties in the pilot area and Waste Watch was commissioned to carry out participation surveys and door-stepping in the area. The results from the questionnaire and the Waste watch Project were largely in favour of the new recycling system.

"A report is currently being prepared on the way forward for recycling in the borough and officers are discussing with Verdant the costs of any proposals."

Clyde says that he'd be really interested to hear about residents' experiences with the pilot and whether they think that the co-mingled approach is a better way forward, rather than the current sorted collection system. You can contact him by emailing [Cllr.Clyde.Loakes@walthamforest.gov.uk](mailto:Cllr.Clyde.Loakes@walthamforest.gov.uk) or by writing to Waltham Forest Town Hall, Forest Road, Walthamstow E17 4JF.

## 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 3) who will arrange it all for you.**

*We thought BARA's 30th birthday deserved a Children's Party, so we're throwing a...*

## SNOW BALL

*Come and celebrate!*

*Yahan pe aoh!*

**When:** 3pm – 5.30pm on Saturday 16th January 2010

**Where:** Church Hall, Lister Road

**Who:** Kids up to 11 years old (older kids are also welcome as part of a family group but please note that the activities are aimed at up to 11-year-olds)

**Please note that all children will need to be accompanied by an adult**

### *Star attractions*

- ◆ Snow Ball costume competition (voluntary of course)
- ◆ Buffet organised by the party committee – all meat will be Halal
- ◆ Snacks supplied by the ever-generous Shah from the Star of India
- ◆ Face painting & games for under-fives supplied by the Green Man pre-school group
- ◆ Music supplied by Ian Dunn, local funkster and musical impresario
- ◆ Creative activity by *gailswindyday*, local suppliers to Horsfall & Wright
- ◆ Winter decorations supplied and co-ordinated by Debbie, well known local party stylist (she will need a few helpers on the day, kids).
- ◆ Quiz for 6 – 11-year-olds (thanks to Madeena, local mum, for this idea)
- ◆ Free raffle.

### *Celebrity guest*

The world-famous Bushwood yeti, who has been in hiding for some years, has agreed to appear at the party! But don't be scared, he's lovely and cuddly, and loves children. Not so sure about grown-ups though.

**The Party Committee:** Edie (11), Imogen (11) and Lucy (8), plus Sue, Kate, Chris, Julie & Amanda (all over 21)

### *Ticket price*

As well as thanking the BARA Committee for finding most of the costs of the party out of BARA funds, we would also like to thank the members of our community who are offering their services and food free of charge. Because of their generosity, we're able to offer tickets for only 50 pence per child (adults go free).

**How to book:** You can book your tickets by emailing [bushwoodra@hotmail.co.uk](mailto:bushwoodra@hotmail.co.uk) or by phoning Katy on 020 8556 5162. **Tickets are limited to BARA member households only**, so if you haven't renewed your membership, be sure to put your subscription in an envelope with your name and address on the front and drop it through the door of a Road Representative or Committee member (see opposite page).

### *Would you like to help?*

If any other BARA members would like to help we would love to hear from you. We're especially keen to hear from anyone able to do henna patterns - we will reimburse you for any materials used.

If you would like to come along and help with the decorations please come to the church hall at 1.30pm. Just let one of the Party Committee members know you will be there. Please email [matt@smhouse32.wanadoo.co.uk](mailto:matt@smhouse32.wanadoo.co.uk) or [julie.f.ellis@uk.pwc.com](mailto:julie.f.ellis@uk.pwc.com)

**Looking forward to saying *hello* or *assalamualaikum* to you on the day.**

SUE HOUSE, MICHAEL ROAD

## The Forum bytes the dust

UNFORTUNATELY, despite giving the BARA Forum extra publicity earlier this year, we have failed to recruit more than a couple of new users. Traffic on the Forum has dwindled right down so we will shortly be closing it down. Many thanks to those of you who made use of this online resource, it's just a shame there weren't more takers.

**If the shoe fits...****THE WOODHOUSE PLAYERS PRESENT  
CINDERELLA**

**His Royal Highness Crown Prince Valiant Perrault invites all suitable young ladies to a fabulous, wonderful festival.**

What has happened to Cinderella's father? Why does he not remember her?

Who will Prince Valiant choose to marry? Lady Measella, Her Pestilence Poxina or one of the mysterious girls he met in the wood?

Come and see The Woodhouse Players' version of *Cinderella*, full of laughs, music and dance, at the **Welsh Church Hall**, 879 Leytonstone High Road.

**£7 adults/£4 concessions**

**Fri 1 Jan 2010 - 8pm**      **Sat 2 Jan 2010 - 3pm and 8pm**  
**Fri 8 Jan 2010 - 8pm**      **Sat 9 Jan 2010 - 3pm and 8pm**

**"We're not in Kansas anymore....."****CAOS seeks cast members**

CAOS, a local amateur musical theatre company, is looking somewhere over the rainbow to try to find their own perfect Dorothy, as well as any other willing cast members to join the group.

They're staging a musical production of L. Frank Baum's beloved story at the Kenneth More Theatre, Ilford from Thursday 8th July to Sunday 11th July 2010.

Rehearsals will kick off in January at Waltham Forest College, Walthamstow between 7.30pm – 10pm Tuesdays and Thursdays, with auditions in late January/early February.

If this sounds like something that you and your little dog too would like to be a part of, you can contact:

**Doreen Harding:** 020 8539 9474 – damedoreen@yahoo.co.uk or

**Victoria Fowler:** 020 8981 3233 or 07941 310562

[www.collegeoperatic.co.uk](http://www.collegeoperatic.co.uk)

**Here's a big "thank you!"  
from Jo and dogs**

THOSE WHO ARE on our email list may recall that BARA member **Jo Pilc** was collecting coppers for an Indian animal hospital where she was to be a volunteer.

Jo says: "I am now back from the hospital. It is a fantastic place doing fabulous work and I had a great time. The copper collection totalled an impressive £101 and then I received £30 in other donations. The money bought three electric heating pads for puppies/post-operative dogs and the rest was enough for 300 stronger painkillers (a few of which soon got three arthritic/rickets dogs walking) and 120 rabies vaccinations.

"So thank you all very much. I will stay in touch with the hospital and continue to collect coppers, so do carry on saving them for me, please."

**The BARA Committee 2009/2010**

<b>Lucy Bunnell</b>	4 Dacre Road
<b>Desirée Clarke-Noble:</b> <i>Community Council, Social and Website Liaison</i>	48 Leybourne Road
<b>Gareth Dimelow:</b> <i>Editor and Social</i>	11 Barclay Road
<b>Kate Duffy:</b> <i>Social and Festival Liaison</i>	29 St Augustine's Court
<b>Julie Ellis:</b> <i>Retail Liaison</i>	26 (upper) Beacontree Road
<b>Liz Hayman:</b> <i>Chair, Membership, Planning (joint) and Safer Neighbourhoods (joint)</i>	54 Leyspring Road
<b>Heather Howard:</b> <i>Sub-editor</i>	53 Leybourne Road
<b>Janet Lee:</b> <i>Secretary</i>	27 Beacontree Road
<b>Julia Manning</b>	53 Leybourne Road
<b>Richard Potter:</b> <i>Planning (joint)</i>	26 (upper) Beacontree Road
<b>Doug Sheedy:</b> <i>Treasurer and Safer Neighbourhoods (joint)</i>	11 Barclay Road
<b>Katy Smith:</b> <i>Deputy Chair and Social</i>	37A Harvey Road
<b>RoseMary Warrington</b>	88 Mornington 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>	Lucy Bunnell, 4 Dacre Road
<b>Barclay Road</b>	Doug Sheedy, 11 Barclay Road
<b>Barfield Road</b>	Lucy Bunnell, 4 Dacre Road
<b>Beacontree Road</b>	Janet Lee, 27 Beacontree Road
<b>Browning Road</b>	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
<b>Bushview</b>	Kate Duffy, 29 St Augustine's Court and RoseMary Warrington, 88 Mornington Road
<b>Bushwood</b>	Brian Hopson, 49 Bushwood
<b>Carlton Road</b>	Lucy Bunnell, 4 Dacre Road
<b>Colt's Yard</b>	Lucy Bunnell, 4 Dacre Road
<b>Dacre Road</b>	Lucy Bunnell, 4 Dacre Road
<b>Forest View</b>	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
<b>Grove Road</b>	Lucy Bunnell, 4 Dacre 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>	Richard Potter and Julie Ellis, 26 (upper) 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 and RoseMary Warrington, 88 Mornington Road
<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>	Kate Duffy, 29 St Augustine's Court and RoseMary Warrington, 88 Mornington Road

**Money makes the world go around**

**Community Council meeting – 12 October 2009**

THE RECENT Community Council meeting at the Epicentre was very well attended, with residents from Leytonstone ward making up the largest group. Votes were cast for projects and organisations that residents felt deserved the annual £10,000 of Community Council funding given to our ward. The final decision was then made by the Councillors.

**This year all applications for funding were successful, as follows:**

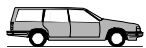
- ◆ Deep clean of the Plaza on the Grove Green side of the Tube station: £1,000
- ◆ New trees on Grove Green side of the Tube station: £750
- ◆ Water trough restoration on Davies Lane: £1,400
- ◆ Leytonstone Youth Café: £1,500

- ◆ New entrance gate to under-fives' play area in Henry Reynolds Gardens: £700
- ◆ Ferndale Area Residents' Association: £75
- ◆ Leytonstone Area Residents' Association: £2,000
- ◆ Cheeky Monkeys play group: £1,000.

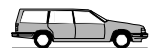
In addition, the remaining £1,575 was granted to the popular **Leytonstone Arts Trail**, which missed out on funds from their whole area application.

The £5,000 to be spent on projects across all the wards in the Leytonstone Community Council area was allocated to Blooming Marvellous, who will receive £800, and the Leytonstone Festival Association which gets £4,200.

DES CLARKE-NOBLE



**CONTROLLED PARKING ZONE RESPONSE**



EARLIER THIS YEAR we surveyed members as to whether we should ask the London Borough of Waltham Forest to re-consult with residents of non-CPZ roads about whether they wished to be included in the CPZ scheme. We have been in discussions with Councillor Clyde Loakes and Council officers about the possible timetabling of such a re-consultation.

We are pleased to report that Clyde has been able to secure an early slot on the timetable for a re-consultation and preliminary data collection work (parking figures and origin of parked vehicles etc) will begin shortly. Once that data has been collected, Council officers will begin talks with the Ward Councillors about next steps and the timescales of the re-consultation.

When we wrote to LBWF regarding re-consulting residents

we also raised two other issues, first that any further consultation should be on an "all or nothing" basis – no more of the road-by-road approach which has been taken in the past, and second that LBWF should consider changing the operating hours of the scheme (for example to between 7am and 10am) for all the CPZ roads.

**BARA beats Council's "area" argument**

The question of the "all or nothing" approach led to a lengthy correspondence between us and LBWF mostly concerning the definition of the term "area" which is used in their policy document. At the beginning of the correspondence we were being told that an "area" could be just one road which would mean that the piecemeal approach which has been taken in the past would continue. This could result in one or two more roads becoming CPZ to the detriment of the remaining non-CPZ roads. However in the end I am pleased to say that they have accepted our arguments that all the remaining non-CPZ roads can together be regarded as an "area". For the avoidance of doubt I have reproduced below the exact text of the last email that we have received on this topic which also covers their response on operation times.

"Within the current policy it would only be possible to introduce a CPZ in all the remaining parts of the Bushwood Area if a majority of responses from that area were in favour. If, for example, one or two individual roads returned majorities opposed they could still be included because of the overall majority in favour. Similarly it is unlikely a CPZ would be introduced in an isolated road returning a majority in favour but surrounded by an area where the overall majority was opposed. As stated in the report, following consultation, the location of zone boundaries would be drawn as a 'best fit' to roads or areas where at least 51% of respondents had indicated support.

"There are no plans at present to alter the controlled hours of 10 am to 4 pm, Monday to Friday, currently operating in the LSE zone. These hours deter commuters starting a shift pattern of work in the afternoons, e.g. 2pm, as well as those arriving in the mornings; and deter drivers going by tube from Leytonstone to shop in the West End or, from 2011, to the Stratford City Shopping Centre."

LIZ HAYMAN

**Safer Neighbourhoods report**

IN RESPONSE TO complaints from residents about the number of motor offences in the area, The Safer Neighbourhoods Team recently held a Zero Tolerance Day which focussed on clamping down on traffic violations. This resulted in 30 fixed penalty notices being issued, five vehicles being seized and two vehicles being removed from the road as they posed a risk to safety.

**Further to the article in the last BT, we can now report that the conditions imposed on the operations of the Sheepwalk pub are as follows:**

1. No drinking glasses or bottles outside.
2. Quarterly meetings to be organised by the licensee to discuss any problems with local residents.
3. Mobile telephone contact number for residents to register immediate complaints.
4. The recommendations in the report carried out by the Police to be implemented to ensure CCTV capability and good housekeeping advice.
5. A maximum of 10 persons at any one time to be permitted to smoke outside.
6. Challenge 21 Policy to be implemented.
7. One SIA-registered Door Supervisor to be on duty on Friday and Saturday after 7pm and on other such days when the function room is in operation.
8. Noise Limiter to be installed, its level to be set by LBWF Noise Team in consultation with the Licensee.
9. Blinds to be open at the end of licensable hours.

**If you are experiencing any problems that you would like us to bring to the attention of the Safer Neighbourhoods Team then please do let us know.**

## HAPPY BIRTHDAY TO US!

AS IT'S OUR 30th Anniversary this year, we thought we'd reprint from The Bush Telegraph archives the recollections of two of our founder members, Mrs Violet Eddy and Mrs Sheila Dowsett. Here's how they remembered the beginnings of BARA....

### From Violet Eddy:

IN THE mid-1970s the late Joan Dearth of Leybourne Road (and later Bushwood), myself and a few others decided we'd had enough of 600 cars an hour using Bushwood and Lister Road as a rat-run before the two 'temporary' barriers were installed. One pedestrian had been fatally injured by a car in Bushwood and there were numerous accidents. One very cold January/February a group of us took a petition round to every household in the area asking them to protest against the planned removal of the barriers. Our people eventually went to County Hall a couple of times when the subject was on the agenda. We won the day and were congratulated by the Court Chairman for being such a 'well-behaved group' – the best they'd had in years, with no interruptions during the proceedings. I feel so proud that BARA has flourished over the years. Long may it carry on.

### And from Sheila Dowsett:

WHEN WE FIRST moved into the area there were no barriers across Bushwood or Mornington Roads and traffic, including heavy lorries, used these two roads, together with Lister Road, as a 'rat-run' from the High Road to the Green Man Roundabout. As an experiment the Council put in two temporary barriers.

After a while, however, they deemed the barriers unnecessary and planned to remove them.

Residents in Bushwood and Lister decided to mount a protest..... and they came to all the houses in the area inviting people to a meeting one weekend at the Bushwood barrier. Such a large number turned up that the owners of 14 Bushwood invited the meeting to move into their loft room. Here it was decided that the local residents would leaflet the Council, etc, attend Council meetings and pressurise them to keep the barriers. The residents won.

However it had not been easy to get a group of people together and so it was decided that, since a group now existed, it should be formed into a proper Residents Association so that, should another problem arise, there would be a band of people ready to deal with it. This Association became BARA.

BARA also had a flourishing social side. There was an annual Christmas party for children, with Father Christmas and a present for each child, summer picnics, children's sports days, a Valentine party, day trips out by coach to Walton-on-the-Naze and to Calais, a drinks evening for adults round the Bushwood Barrier, quiz nights, etc, which proved a great way for neighbours to get to know one another.

## BARA'S ANNUAL GENERAL MEETING

### Members' questions answered

WE HELD our AGM on 30th September this year in St John's Church Hall. The Committee members were delighted to see 34 residents turn up on the night. Katy Smith chaired the meeting and welcomed everyone and expressed special thanks to Cyril Robson for his long-serving contribution to the residents association. Thanks to Cyril's dedication, Beacontree Road had the highest percentage of members for many years, setting quite a high standard for the new road representative taking his place.

During the course of the evening, we heard presentations from LBWF, about being prepared for emergencies, and several people from the Youth Cafe initiative. We also had a lively discussion of pressing issues affecting the local community, including the CPZ and betting shops.

### The following matters in particular were raised as action points for the Committee:

**Question:** Could BARA find out how many parking permits were sold? **Answer:** It has not been possible for us to obtain this information.

**Q:** Why is BARA no longer a member of the Civic Society?

**A:** A couple of years ago it appeared that the Civic Society was going to wind up and at that stage we didn't renew our membership. We have now rejoined.

**Q:** Could BARA find out what the shed structure is at the side of Zulus on Harvey Road? **A:** It is a temporary structure to prevent masonry (which has been dislodged by trees growing out of the building) falling on passers-by.

**Q:** Could BARA find out about the empty shop next to Ladbroke's? **A:** We have been unable to get any information on this.

**Q:** Could BARA find out what action is being taken by LBWF on the poor traffic management in the Town Centre? **A:** After

pressure from the e11Bid Company, TFL have agreed to link the traffic lights around the Town Centre and beyond in a more sophisticated way that will be more reactive to changing traffic conditions. No details of when this will be done have been forthcoming.

**Q:** Will BARA push for free one-hour parking in the Town Centre? **A:** We have not had any success in getting any changes to the parking restrictions.

**We'd like to thank everyone who came along and voiced their continued support for BARA. See you again next year!**

### Safe and silent nights

HERE ARE a few simple tips to keep in mind, to make sure that this is a Christmas to remember for all the right reasons.

Everyone likes a bargain, but it's best to pay a little extra and go for quality Christmas lights. But always switch them off before you go to bed or head out for the evening.

Try to keep dangly decorations away from fairy lights and candles – they can heat up quickly. The same goes for party poppers and silly string. And make sure that you don't leave any candles unattended.

It's always a good idea to double check the battery life in your smoke alarms – make sure they're working well.

Be aware that opportunistic burglars are always on the look-out for easy access, especially when homes are full of gifts. Try not to advertise how generous you've been, and make sure that windows are locked at night.

Don't pet any unattended reindeer. They tend to bite when tired.

## Leytonstone & District Ex-Servicemen's Club

THE EX-SERVICEMEN'S CLUB in Harvey Road is a warm, friendly venue that is always looking for new members. As well as the comfortable downstairs bar and a quiet back room perfect for a relaxed chat with friends, the club has a spacious function hall upstairs which is available for hire to members and non-members.

There's entertainment on most Friday and Saturday nights, plus a small car park at the front. The club also has disabled persons facilities and wheelchair access. So if you'd like to become a member, or join the club's committee, just call 020 8539 2954 or speak to a member of staff.

The Club is open 12 noon to 11pm Monday to Saturday and 12 noon to 6pm Sundays.

## THE SKY MAY NOT BE FALLING, BUT JUST IN CASE...

THE COUNCIL and the emergency services are constantly preparing for emergencies that could happen, it is important that you also prepare yourselves so that you are able to cope if the unexpected ever happens. An emergency such as a flu pandemic, severe weather, flooding or the loss of power for an extended period of time could happen with no warning and have a disastrous impact on the Borough.

It is unlikely that these events will ever happen but there are many smaller incidents that happen regularly and could have similar effects upon you and your family, a fire, flooded water mains, a gas leak or even a police investigation that stops access to your road. That's why we wanted to share a few simple steps with you, so that you're ready for anything.

The Council is currently running a campaign called 'What if...' which provides the following basic advice.

So that you're prepared for any emergency, you should always have a **PLAN**.

**Prepare** – understand how an emergency might affect you and your family. Know your escape routes in your house, learn how to turn off the gas electricity and water supplies, make sure you discuss with your family what you would do if you had to leave in a hurry or were unable to return to your home.

**Link up** – think about how you can stay in contact with your loved ones during an emergency. Have a designated meeting point near your house, and someone to call that you can leave messages with, which can then be passed onto family or friends.

**Accommodate** – make sure you have an alternative place to stay if your house is inaccessible during an emergency.

**Necessary kit** – make sure you have an essentials kit somewhere handy, containing a torch, radio, some change and spare money, a simple first aid kit and essential toiletries, a phone and a list of emergency phone numbers, insurance documents, identification, bank cards, plus house and car keys.

For more information on emergency planning visit [www.walthamforest.gov.uk/emergency-planning](http://www.walthamforest.gov.uk/emergency-planning), or email [civil.contingencies@walthamforest.gov.uk](mailto:civil.contingencies@walthamforest.gov.uk) or call 020 8496 4830.

JOHN HETHERINGTON

DEPUTY HEAD OF LBWF CIVIL CONTINGENCIES

### Don't bet on it

WITH THE IMMINENT arrival of yet another betting shop in Leytonstone High Road, the Committee has chosen to write to Clyde Loakes about this growing problem. Despite a proliferation of gambling venues already, the Council appears to be quite happy granting yet more licences.

BARA is keen to support new businesses in the area, since they stimulate the local economy and enhance our leisure and retail offer. But we're very concerned by how many betting shops there are in our area. When new bars and pubs open, there are always concerns about anti-social behaviour, but the problems caused by excessive gambling are just as worrying.

Several people attending the AGM voiced their concerns about this, and we have subsequently received several emails on the subject. When we receive a reply from the Council on the matter, we will share it with our members.

## Leytonstone Youth Café moves on

**THIS PROJECT AIMS to create a safe, social place for the young people of Leytonstone. After extensive research within schools and following the model of other areas we wanted to set up a Leytonstone Youth Café which would be a great place to hang out and meet friends as well as offering advice on careers, studies, drug and alcohol education and sexual health.**

A successful pilot in the summer of 2007 inspired us to go forward as LYCCI, the Leytonstone Youth Café Community Initiative. We also linked up with Worth Unlimited, based in Walthamstow, and organised a mobile youth venue in a converted bus.

LYCCI hired the bus on Friday nights and parked outside Leytonstone tube where a range of young people from all over Leytonstone came to meet friends, use the internet and play games. The bus was staffed with three volunteers from LYCCI and was used by 15-20 young people per session. To help build friendships the café organised trips such as to Thorpe Park, ice skating and theatre visits.

After about a year The Trifle Café in Leytonstone High Road was approached and since April 2009 the Youth Café has been held there on Friday nights between 8-10pm. The venue is bigger, has excellent internet facilities and a small room at the back where more quiet sessions can be run. In the summer the council awarded LYCCI £10,000 to help fund this vital youth work, our next step is opening two nights a week and hiring a professional youth worker to work alongside our volunteers.

The Tuesday session will run 7pm – 9pm and as well as being a fun place to meet friends will operate a homework club to help with school work. During the summer holidays the Youth Café helped organise the Eastern Region of the 'Youth Apprentice' which proved a tremendous success. The young people showed enthusiasm and determination with the winners being entered for the London final.

Our two challenges now are to recruit more volunteers and spread the word to a wider network of young people, especially within the Asian community. We believe that the Leytonstone Youth Café is a real asset to the community, but we depend of the support and encouragement of local residents associations like BARA, to help maintain this valuable service. If you can donate time, money or ideas, please contact Simon: 07973 523237.

# The Wren Conservation and Wildlife Group

Join the group and enjoy our area's diverse wildlife,  
led by experienced local naturalists

THE SOCIETY WAS FORMED as the Wren Action Group in 1973 by George Dormer and others. George was a keen wildlife enthusiast and a local milkman in East Ham, who would organise meetings in a local school and take out groups of young people on bird-watching trips.

When George left the area in 1974, I reformed the society as the Wren Conservation Group and involved many of the original members in practical work in Wanstead Park, Royal Society for the Protection of Birds trips by coach and deer surveys in Suffolk.

Other local naturalists such as Colin Plant helped to organise the club and Richard wrote to Sir John Betjeman and to Sir

David Attenborough, who both agreed to be joint Patrons, with Sir David giving a talk in East Ham town hall in 1980. The society also became a registered charity and received much support from the Superintendent of Epping Forest, as well as hosting regular talks involving other local naturalists.

Today's membership is somewhat older but still does a monthly practical work session in Wanstead Park in the winter months. The society also arranges occasional trips to places of interest, which include historical sites where wildlife may be noted as well. Since last year, we have resumed our monthly winter water bird counts on the lakes of Wanstead Park.

We have surveyed Skylark numbers on Wanstead Flats this year and are working with the Corporation of London on ways to further improve this very important habitat. In recent months, the Flats have become of great importance for the variety of species seen (often just passing through) and a Dartford Warbler was recorded in November. We continue to receive help from local naturalists, such as Tricia Moxey on fungi and Mick Collins of the Corporation's Deer Sanctuary, who have led some of our walks.

We are always pleased to welcome new members, of whatever age and experience; and we are very keen to continue our practical work and the recording of our area's fascinating wildlife. It has been a very rewarding 35 years, with our former young members returning to say how grateful they were for our enthusiasm in the early days. We do, as ever, need a few younger people, too, to get involved and welcome anyone with an ounce of enthusiasm. Please contact me, Richard Oakman, Chairman, for more details about the Group 020 8989 3243 email: [baskett2006@btinternet.com](mailto:baskett2006@btinternet.com).

RICHARD OAKMAN  
CHAIRMAN, WREN CONSERVATION GROUP

## BARA LITTER PICK

As I stood at the edge of Bushwood at 11.00am on a cold morning on October, thinking I could be doing my ironing at home instead, it was a relief when the first resident arrived to collect their bin bag and litter-picker stick.

As the minutes ticked by, and I wondered whether I could treat myself to a cup of tea from my flask, others arrived to help. Although we only had 11 adults and 4 children on this particular litter-pick, I'm happy to say that the enthusiasm was at a high and many carried on through to the finish at 1pm.

Even though we had fewer participants this time around, we still managed to collect a great many bags of rubbish. Everyone felt that there was not as much rubbish on Bushwood as before, but we can't afford to be complacent. Especially since there's always plenty of discarded garbage lurking in the bushes, left behind by the inconsiderate people who share this lovely open space with us.

It was a chilly morning, but still well worth the effort, so congratulations to those residents who wielded the litter-pickers and filled their bags. I look forward to seeing you again next time.

KATY SMITH

## **EATING OUT REVIEW**

### Mudra Restaurant

715 High Road, London, E11 4RD

Phone: 020 8539 1700

MUDRA HAS RECENTLY become part of the award-winning Rasa chain of restaurants bringing the taste of authentic, home-cooked southern Indian food to Leytonstone. Their food is inspired by the authentic home cooking of beautiful, spice-rich Kerala, where all their chefs are trained. The Rasa chain has had glowing reviews from India Knight in The Sunday Times, Charles Campion in the Evening Standard and Jamie Oliver amongst others.

The layout of the restaurant has been redesigned and it's definitely for the better, although they still produce a wide range of south Indian food that is of a high quality at a very reasonable price.

The staff are extremely friendly and welcome you like a member of the family. They have also increased the range of drinks available to compliment the selection of food on offer.

For variety (and a smaller meal) just stick to starters, but be sure that you don't miss out on the masala dosa with the coconut chutney and sambhar. Delicious!

JANET LEE AND JENNY DEEKS

### Additions to Local Tradesmen list

A BARA MEMBER recommends a kitchen/bedroom/bathroom fitter, Ross Juggler. She says: "He's a perfectionist and does a lovely job." You can contact Ross on 07590 362391 and his website (still in initial stages) is [www.ciidesign.co.uk](http://www.ciidesign.co.uk)

◆ Two members have recommended Jim, who does bicycle repairs. He lives in South Woodford but has a small van and is willing to collect from the BARA area. Turnaround is just a few days. You can contact Jim on 07917 850886 or via his website <http://www.jimsbikeworks.com>

◆ We are very pleased to let you know about the following recommendation for a landscape gardener. "Phil Jones, who trades as Phil Franklin Landscapes Ltd, lives in Forest Drive East and has done some excellent work on my front and rear gardens." You can contact him on 07810 587875

**Please note that this information is subject to the disclaimer on page 8.**

*The full list of local tradesmen can be seen on the BARA website or contact any Committee member for a copy.*

We would be really grateful for any more recommendations from members to add to our list.

**LOCAL SHOPPING/SERVICES DISCOUNTS**

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

<b>Adult Literacy</b> .....	10% discount
Qualified adult literacy tutor 020 8530 3484	
<b>Artistry Loyal</b> .....	20% discount
Hair and Day Spa salon 9 Church Lane 020 8556 4348	
<b>Bansal Optometrists</b> .....	10% on goods over £50
775 High Road	
<b>Being Sound</b> .....	<b>NOW OPEN</b>
698 High Road Leytonstone 020 8556 8363/07956 437372 jas@beingsound.com	
10% discount except special offers/sale items	
<b>Billingford</b> .....	10% discount
General builders including Corgi plumbers and certified electricians 020 8503 0404	
<b>Bumblebee Florists</b> .....	10% discount when you spend £10 or more
829-837 Leytonstone High Road	
<b>Deanna Donovan</b> .....	20% discount
Beauty and skincare from home: 020 8556 0133	
<b>Door to Door</b> .....	10% discount
Meals delivered to your door (lunch and dinner M-F) 07870 157392 (Sally or Mary)	
<b>Eatery</b> (ground floor cafe).....	10% discount
Church Lane	
<b>Faz Fashions</b> .....	10% discount when you spend £10 or more
Ladies' and children's wear 654 Leytonstone High Road	
<b>Golden Curry</b> .....	20% discount on dining in and 15% discount on takeaways
734 High Road Leytonstone 020 8539 8243	
<b>www.itdoesthejob.com</b> .....	10% discount on any product on website
Carlton House, Aylmer Road 020 8539 4707	
<b>K Rayner Butchers</b> .....	10% discount on purchases over £20
opposite the tube station	
<b>Marc Fletcher Photography</b> .....	10% discount
Weddings a speciality 07951 048819, www.marcfletcher.com	
<b>Mark Rahaman Dip PT, MRNT, IIHHT</b> .....	Negotiable
Fully qualified personal trainer and sports therapist: 07956 239690	
<b>Melvyn Brown</b> .....	£10 (20%) off first hour's labour in local area
Photocopier and office machinery repairs: 020 8530 3569	
<b>Meze Patisserie</b> .....	20% discount on bills over £10
Church Lane	
<b>Monarch Sports</b> .....	10% on purchases over £100
815 High Road	
<b>One Stop Shop for Business</b> .....	10% discount
841 Leytonstone High Road	
<b>Petch Sayam Thai Restaurant</b> .....	10% discount
682 High Road, Leytonstone 020 8556 6821	
<b>Star of India</b> .....	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).

**CARPENTER/JOINER.** High quality work by experienced craftsman. No job too small. Trevor: 07729 278913.

**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.

**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](http://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](http://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](mailto: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](mailto: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](http://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](mailto: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](mailto:roshan.yoga@yahoo.com)

**YORK FITNESS ELECTRONIC TREADMILL.** Two years old, excellent condition. £180 ono. Buyer collects. 020 8558 5777.

**Discounts continued**

**Trading Places Ltd** .....

10% off standard sales and Estate Agents, Letting Agents and Property Management Specialists	letting fees for BARA members
020 8558 1147 or email <a href="mailto:jennifer@tradingplacesproperty.com">jennifer@tradingplacesproperty.com</a>	

**Zain Greetings** .....

10% except special offers/sale Cards, gifts and stationery items	items
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