



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association

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

CHAIR'S REPORT

SORRY TO START with some bad news, but I have to report that Robert Gay, our longest-serving Committee Member, has decided to step down. Robert has been on the Committee for many years and has performed a number of different roles during that time. He has always commanded the respect

Snow Ball

The Committee would like to thank Sue House and all the other volunteers for their hard work in organising the Snow Ball which took place in January. You can read Sue's account of proceedings below. Pictures of the Ball can be seen on the BARA website at:

<http://www.bara-leytonstone.org.uk/party2010.htm>

HOW TO THROW A SNOW BALL

WAKING UP after the rigours of a family Christmas, I suddenly remembered that I'd foolishly agreed to organise a party for 100 local families.

After a moment of extreme self-pity, I came up with a cunning plan:

- ◆ Get the kids to come up with all the ideas
- ◆ Ask all your friends to muck in and offer something for nothing
- ◆ Make your husband dress up as the long-lost Bushwood Yeti

A few special thanks

- ◆ Face painting by the Green Man playgroup.
- ◆ DJing from local Dad Ian (bit more Nolans next time please Ian)
- ◆ Popcorn machine loaned by local schools
- ◆ Mhendi by lovely local mum Samim who's always willing to lend a hand
- ◆ Volunteers who dressed up as a Snow Devil (Benedict Humm), a Snow Princess (Sarah Fox) and a Yeti (Matt House)
- ◆ Photographs by Heather (mummy of two little snow princesses)
- ◆ Reduced price for Lister Hall and lots of help from Shelley
- ◆ Katy Smith for all her hard work on the day

Party committee

The party committee made up of Edie and Imogen both 11, Lucy 8, Chris, Debbie and Gail (all 25ish), Julie (really 25ish) and Kate had lots of good ideas including quizzes; decorations made from twigs collected on Wanstead flats; giant snowman collage designed by Lulu; make-your-own cards and a Snow Prince and Princess competition.

A few lessons learned

Apparently, small children are terrified of grownups dressed as yetis and snow devils.

Kids will kill for fairy cakes and crisps but forget the

of others on the Committee thanks to his extensive knowledge of BARA and of Leytonstone, not to mention his legal expertise. We will especially miss his incredible memory of events in years past. Committee Meetings have often been punctuated by Robert making statements such as "we wrote a letter to LBWF about that in 1999 and this is what we said...". We are very sad to lose his insight, knowledge and valuable contributions to our discussions. We wish him all the best for the future and hope that one day we may be able to tempt him into joining us again.

On a more cheerful note we have been working hard on planning events for 2010. Already scheduled are the Spring Litter Pick, a Dog Walk and a Quiz & Curry Night. We are also hoping to bring our 30th anniversary year to an end by holding a special summer event for all our members. We're only in the planning stages right now, but watch this space and all will be revealed in the next edition of the BT, due out in June.

On the subject of the BT, I'm pleased to say that we have a couple of letters from BARA members in this issue (see page 6). We're always keen to hear from anyone who has something to say to other members. So if you've got a burning issue to raise or a story to tell, please do let us know. At this point I'd also like to thank both Gareth Dimelow for the fantastic job that he does on editing and Marion Roper for her excellent work on typesetting. We are very proud of what we feel is a consistently relevant and useful information source for our members and this would not be possible without all their hard work.

LIZ HAYMAN

chopped-up carrot – big thanks to Doug for his amazing baking skills.

Celebrating 30 years of BARA

The Bushwood Area Residents' Association funded the party to celebrate 30 years as an association and to encourage neighbours to get to know each other. I think that happened, I was too busy panicking about a child having an accident and me getting sued to even manage to say 'hello' to anybody.

But seriously folks, we all had a ball!

SUE HOUSE
MICHAEL ROAD

DON'T MISS THIS EASTER FUNFAIR

FOLLOWING the success of their Christmas programme of festive events, the e11bid team is working on plans to stage a funfair in Church Lane car park over the Easter weekend. Make sure you're on our email list and we'll share the full details as soon as we have them.

News from the High Road

A WARM WELCOME TO 'GIFTS'

We are delighted to welcome a new shop to the High Road. Quite amazingly the shop is not selling fried chicken and neither is it an estate agents or a betting shop! It's called, quite simply, 'Gifts' and it is run by Virginia and her mother. They have moved here from Lithuania and are selling pottery and wooden crafts from their country, as well as hand-made jewellery, scarves and much more. The shop is attractively lit and really well laid out and although the stock is very reasonably priced, the shop has the style and feel of a much more upmarket enterprise.

We wish Virginia every success with her new venture and hope that our members will find time to pay her a visit. You can find it at 712 High Road, which is just opposite The Walnut Tree pub.

ZULUS — GONE BUT NOT FORGOTTEN

As members may have noticed, Zulus closed down and has reopened under new management as Panache. Whilst operating as Zulus this pub caused a lot of disruption for our members over the years and we (and the Police) will be monitoring how it is being run by the new management.

LBWF are currently trying to get the owners to make repairs to the building and remove the hoarding on Harvey Road.

WHODUNNIT?

Has someone stolen Faz Fashions? It was there one day and seemingly gone the next, leaving a huge hole in the High Road. All we know, at this stage, is that the space will be redeveloped as a commercial unit with a residential development above. Needless to say, we'll be keeping a close eye on things.

NOT WOOLWORTHS

LBWF have now signed a contract with Argos who will be opening a new store on the old Woolworths site later in the year.

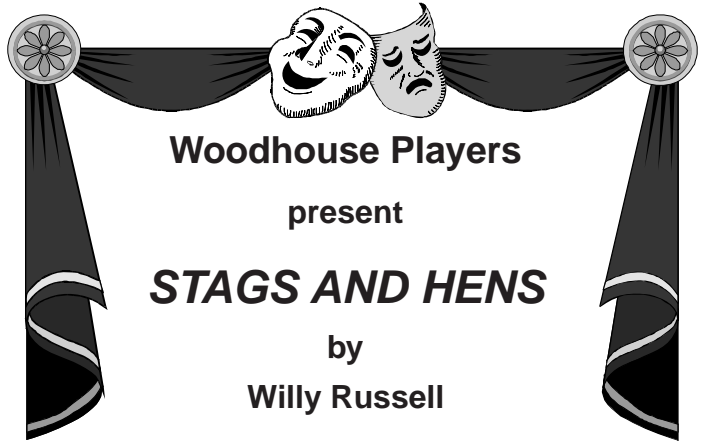
PASS THE BUCKET

As if we're not already overrun with discarded bones, greasy packaging and ketchup sachets, the managers of Texas Chicken think that what we really need is the chance to buy fried chicken until five in the morning.

Thankfully though, the LBWF Licensing Sub-Committee saw sense and refused their application to open this late. The Sub-Committee did, however, agree that their opening hours could be extended to 1 a.m. At the same time, they placed some very stringent conditions designed to alleviate any anti-social effects of these extended opening hours. These include:

- ◆ Displaying signs asking patrons to be considerate to local residents when leaving the premises.
- ◆ Not keeping the doors open
- ◆ Installing CCTV
- ◆ Bottles to be disposed of quietly and not at all between the hours of 23:00 and 07:00.
- ◆ Ensuring that noise from the premises will not be audible at the façade of any neighbouring noise-sensitive premises.
- ◆ Having a daily litter collection to cover pavements extending to a distance of 200 yards to either side of the premises.

The Sub-Committee stated that they were satisfied that



LINDA AND DAVE are getting married and have, unbeknownst to each other, decided to hold their stag and hen parties in the same tacky club in Liverpool.

The play is set in the club's loos where Linda is having second thoughts and Dave has passed out. Things start looking even shakier for our happy couple when an old flame of Linda's turns up with a flash new life in London and women's boots. Will Linda choose Dave or Peter? Will Dave sober up? Will Robbie actually manage to find someone daft enough to snog him?

"A bleakly funny and perceptive study of working-class misogyny, puritanism and waste" The Guardian

May 28/9 and June 4/5 – at 8pm plus 3pm matinées on Saturdays. £7.00 / £4.00 (concessions)

Phone 020 8504 3872 or email:

tickets@woodhouseplayers.co.uk

BARA members get free programme and drink on production of BARA membership card.

Full details on the website: www.woodhouseplayers.co.uk

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.

the limited extension of opening hours would not be unreasonable, but that if there were problems in the management of the premises the licence would be subject to review. So if any members experience any problems with these premises please let us and the Ward Councillors know.

We would like to thank our Ward Councillors for their support in persuading the Licensing Sub-Committee not to grant the extended hours that were applied for.

TYRE WORLD

LBWF will soon be issuing this business with an enforcement notice requiring them to cease trading at 544 – 546 High Road site because they have not had permission for a change of use of the premises. This will include an enforcement that the drop kerb is not to be used, thus preventing pedestrians from getting squashed by cars suddenly driving onto the pavement.

Sir Derek Jacobi played his part ...**Now join our local Playreading Group**

THE LEYTONSTONE LIBRARY Playreading Group has been meeting since 1938! Our patron is Sir Derek Jacobi, who used to read here when still at school, and we are funded by the Unity Theatre Trust.

We read a different play every Monday at 7.30pm, using props and costumes where possible on the stage of the Library Theatre in Leytonstone. We welcome anybody who would like to read a part, from raw beginners to professional actors, and if you want to help backstage, or just watch, you are just as welcome. All kinds of plays are read, from Ibsen to Ayckbourn, from Pinter to Agatha Christie, and it is free, so why not come along and see what it's like?

For more information about our activities ring 020 8556 3684.

SHEILA COLLINGS, SECRETARY/TREASURER
LEYTONSTONE LIBRARY PLAYREADING GROUP

Your ideas will give Jo a helping hand

JO PILC, one of our Leybourne Road reps, spent some time last year volunteering in an animal hospital in India. This year she's hoping to do her bit for the animals again by raising more money for them. Jo's idea is to set up a stall where she can sell her plants and flowers, but she needs to find a suitable event in May.

If you have any ideas of where Jo might be able to have a stall, please give her a call on 020 8530 3569.

Planning

WE ARE PLEASED to report that two planning applications which were subject to appeals to the Secretary of State for the Environment, 680 High Road and 31a Woodville Road, have had their appeals dismissed following representations made by BARA and local residents.

In addition, an application to convert 86 Mornington Road into two flats has been turned down by the LBWF Planning Officers.

BARA DISCOUNTS UPDATE

The following have been added to the list of discounts:

- ◆ Leytonstone Film Club
- ◆ Woodhouse Players
- ◆ Hedz Hairdressers

Full details can be found on page 8 and details of the programmes for the Film Club and Woodhouse Players appear on pages 7 and 2. A review of Hedz Hairdressers can be seen on page 6.

The BARA Committee 2009/2010

Lucy Bunnell	4 Dacre Road
Desirée Clarke-Noble: Social and Website Liaison	48 Leybourne Road
Gareth Dimelow: Editor and Social Liaison	11 Barclay Road
Kate Duffy: Social and Festival Liaison	29 St Augustine's Court
Julie Ellis: Retail Liaison	26 (upper) Beacontree Road
Liz Hayman: Chair, Membership, Planning (joint) and Safer Neighbourhoods (joint)	54 Leyspring Road
Heather Howard: Sub-editor	53 Leybourne Road
Janet Lee: Secretary	27 Beacontree Road
Julia Manning	53 Leybourne Road
Richard Potter: Planning (joint)	26 (upper) Beacontree Road
Doug Sheedy: Treasurer and Safer Neighbourhoods (joint)	11 Barclay Road
Katy Smith: Deputy Chair and Social	37A Harvey Road
RoseMary Warrington	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.

Aylmer Road	Lucy Bunnell, 4 Dacre Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Lucy Bunnell, 4 Dacre Road
Beacontree Road	Janet Lee, 27 Beacontree Road
Browning Road	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
Bushview	Kate Duffy, 29 St Augustine's Court and RoseMary Warrington, 88 Mornington Road
Bushwood	Brian Hopson, 49 Bushwood
Carlton Road	Lucy Bunnell, 4 Dacre Road
Colt's Yard	Lucy Bunnell, 4 Dacre Road
Dacre Road	Lucy Bunnell, 4 Dacre Road
Forest View	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
Grove Road	Lucy Bunnell, 4 Dacre Road
Hartley Road	Andrew Shields, 9 Hartley Road
Harvey Road	Katy Smith, 37A Harvey Road
High Road	Doug Sheedy, 11 Barclay Road
John Drinkwater	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
Leybourne Road	Jo Pilc, 57 Leybourne Road and Heather Howard, 53 Leybourne Road and Julia Manning, 53 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 and RoseMary Warrington, 88 Mornington Road
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	Kate Duffy, 29 St Augustine's Court and RoseMary Warrington, 88 Mornington Road

Make a date with Leytonstone Film Club

SCREENINGS ARE HELD on the first Wednesday of every month, and take place at Leytonstone Library, Church Lane. The admission fee is only £5 (£4 concessions), with BARA members enjoying a £1 discount – don't forget to bring along your membership card.

If you'd like to get involved in our group beyond coming along to watch the movies, please let us know. We're always on the lookout for volunteers to help with all aspects of our screenings, and we're a friendly bunch!

Wednesday 7th April 2010 – *Wings of Desire* – 7.45pm

Daniel is an angel who watches over the city of Berlin. After seeing Marion, he makes a decision: he wants to be human, to be with her, to lift her spirits, to share her pain. *Wings of Desire* hinges on the intangible and elusive, and it builds something beautiful from those qualities.

Please see the Film Club website for details of screenings in May and June: <http://www.leytonstonefilmclub.com/>

Here's how our Committee and our members can monitor our area

BARA JOINS FORCES WITH LONDON BOROUGH OF WALTHAM FOREST

►TREES

As members may be aware, a programme of tree pruning and removal has commenced in the Bushwood area. The letter to residents stated that any trees removed would be replaced, however the Committee is aware that there are instances of trees being removed from some roads in the last few years which have never been replaced, despite earlier commitments made by London Borough of Waltham Forest (LBWF) to do so.

On querying this with Councillor Clyde Loakes, we received his assurance that any trees that have been removed as part of the current programme will be replaced at the appropriate tree planting time, which we believe must mean springtime.

Obviously, in theory LBWF should be aware of any trees which have been removed as part of the current programme but they may have no records of trees which have previously been removed and not replaced.

So if you have any details of any instances of this, please let Clyde know, his email is:

cllr.clyde.loakes@walthamforest.gov.uk

If you don't have access to email just let a Committee member know the details of the missing trees and we will make sure Clyde is informed on your behalf.

LBWF have recently appointed The Landscape Partnership to prepare a tree strategy for the borough for 2010 – 2020. The purpose is to provide a co-ordinated approach to tree issues within the borough. The BARA Committee will be contacting The Landscape Partnership to ensure that our views are taken into account when they are preparing their strategy document.

►ROAD GRITTING

We have been contacted by a number of members concerned about the state of the pavements during the snowy weather in January. The news on this from Clyde Loakes is that the Ward Councillors have asked LBWF to increase the number of grit boxes in Leytonstone and across the Borough and have requested that they review their gritting priorities and move towards a policy of gritting at least one pavement in every residential street.

►ESTATE AGENTS' BOARDS

There seems to be a proliferation of estate agents' boards in the area advertising houses which have already been let or which are no longer for sale. Agents are under an obligation to remove these boards promptly once the property is no longer on their books, however because this provides them with a source of free advertising they are often very slow to have the boards removed.

Well, we are please to report that LBWF are going to crack down on this issue to stop the properties in our roads looking so transient and they are even considering issuing ASBOs to repeat offenders.

If you are aware of any signs which fit the above description, then please let the LBWF Enforcement Officer, Neil Cavanagh

know about it. Details such as photographic evidence and records of any conversations with the agents concerned would help LBWF to take appropriate action. LBWF officers are not allowed to call the agents posing as clients to check if a property is still for rent or sale - but residents can!

You can contact Neil by email at:

neil.cavanagh@walthamforest.gov.uk

or by calling him on 020 8496 6702. If you'd like us to contact Neil on your behalf, just let us know.

►HARVEY ROAD/MORNINGTON ROAD JUNCTION

Since the reorganisation of this junction the promised landscaping of the traffic island which was created has not yet materialised. We have written to LBWF to try to get a definitive answer on when the work will be completed.

►COMMUNITY NOTICE BOARDS

A new community notice board has now been put up the junction of Grove Road and High Road (behind the 'Leaf Man' statue). **Please let your local Councillors know if you wish to put something one of the notice boards. You can email Clyde at cllr.clyde.loakes@walthamforest.gov.uk or, if you don't have access to email, just let a Committee member know and we will contact Clyde on your behalf.**

SAFER NEIGHBOURHOODS – NO COLD CALLING ZONES

WE HAVE a recent history of bogus callers working in the Leytonstone area and we need to try to make people feel safer in their homes. The Bushwood Area and surrounding roads appear to have been seriously targetted in the past 12-18 months, especially some of our older, more vulnerable residents.

The Safer Neighbourhoods Team do not want members of our community to suffer the loss and distress caused by rogue traders or distraction burglars so they are working in partnership with the LBWF and Trading Standards to establish a No Cold Calling Zone ('NCCZ') in Leytonstone.

NCCZs would be marked with lamp-post signs and each home would be provided with a pack with stickers and booklets to remind people of what action to take if they have cold callers.

The Safer Neighbourhoods Team needs to consult with residents to see if there is support for a NCCZ to be put in place. You will receive a survey over the next few weeks, so be sure to add your responses. The results of the survey will determine whether or not we have an NCCZ in Bushwood.

KATY SMITH

Feeling social?

AS LIZ SAID IN HER CHAIR'S REPORT, WE'VE GOT A NUMBER OF SOCIAL EVENTS COMING UP...

Litter Pick – Sunday 28th March 11am – 1pm (BST)
Meet at junction of Bushwood and Leyspring Road

After a particularly windy winter, it's no surprise to see how much litter has gathered on Wanstead Flats. So we'll be out there on the morning of the 28th with our bags and grabbers, making the green space a little bit greener. The turnout for our Autumn Litter Pick was a little disappointing so do come along and support our effort to make our neighbourhood a cleaner place. Refreshments, bags and mechanical litter pickers will be provided but bring your own gloves.

Don't forget that the clocks go forward at 1am on that Sunday morning.

Curry and Quiz – Saturday 17th April 7.30pm

*Leytonstone Social Club
603 High Road Leytonstone*

It's back to the Leytonstone Social Club in the High Road (just past the railway bridge) for another brain-busting quiz night. Food will be supplied by the always-fantastic *Star of India*, and quiz-mistress Janet will be presiding over proceedings once again!

Tickets are £8 including buffet, or £3 if you just want to play the quiz. Free parking in Melford Road at rear of club. To book your table send an email to:

bushwoodra@hotmail.co.uk or phone **Katy: 020 8556 5162**. Maximum six people per team, but if you don't have a team do come along and we'll make one for you to join.

Dog Walk – Sunday 18th April 11am

Meet at junction of Bushwood and Stanmore Road

The dog walks are always great fun, but it would be great to meet a few more furry four-legged friends. If you're not too tired from the quiz, bring your furry children along (non-furry children are also very welcome) and they can run and play to their hearts' content – remember, a socialised dog is a happy dog! It's about a 90-minute walk with a stop off at the Tea Hut for refreshments.

Bike Ride – Sunday 13th June 11am

Meet at Carlton House near the junction of the High Road and Aylmer Road

Why not get out an about for some fresh air, exercise and a chance to see some unfamiliar sights around the area. Dwight Wood will be leading the adventure, so we'll be meeting outside his house on Aylmer Road at 11a.m.. Bring your Oyster card as sometimes the return journey is by Tube. Hopefully by June you won't need to wrap up warm!

AND FINALLY... on the subject of social events, we'd like to thank everyone who came out on one of the coldest nights in recent memory for our pre-Christmas party. We had a great turnout at **Ichiban**, who laid on a fantastic spread and made us all feel very welcome. It was fantastic to see so many old friends and make lots of new ones. Your Committee did its best to work the room, but space was at a premium with so many people! We hope you all enjoyed it as much as we did.

'GONG BATH -- WHAT'S THAT??' Here's the answer as our intrepid BARA Committee member Kate Duffy has a go at a water-free bath

IF I SAID TO YOU that I found tranquillity on the Saturday afternoon before Christmas in the centre of Leytonstone you probably wouldn't believe me. And if I told you I found it lying on the floor of a shop with gongs being beaten around me you'd probably think I was mad. But it's true!

I'd been invited by Jas Dawson at our Christmas Party for BARA members the previous week. She began telling me about her shop **Being Sound** at **698 High Road** (www.beingsound.com) and the back room where she does Gong Baths. She told me how the vibrations of the gong

encourage brain waves to change and move from a Beta (waking state) to Delta (deep meditation). This process is re-energising and immensely good for your well-being.

I couldn't imagine how the intense sound of gongs being beaten in such close quarters could make me feel relaxed – surely such a sound would be so loud that you wouldn't even be able to think?

So, becoming increasingly curious about Gong Baths, I took Jas up on her offer and turned up at her shop – Being Sound - the following Saturday. After being shown into the back room – a fairly dark area with lots of cushions and mats and at one end a huge stand with a gong hanging on it, I was asked to lie down and relax.

Jas started by hitting the gong quite softly so my ears could adjust. I gradually started to feel relaxed and the sound of gongs started to wash over me – bit like hearing the sea really. The loudness increased and Jas varied the placement of the beater so the vibrations became different. For three-quarters of an hour I was almost under a spell. When I became aware of my surroundings again I was surprised that my ears weren't ringing. When I stood up I felt taller and lighter and, most importantly, very calm and relaxed.

Being Sound is a recent addition to our town centre shops and it certainly is a unique shop among the usual clothes and food shops. The shop sells a wide range of ethnic gifts, along with jewellery, fabulous scented soap and cards. Even if you don't feel ready for a Gong Bath it's certainly worth a wander up to the shop to sample its delights.

KATE DUFFY

BARA MEMBERSHIP UPDATE

BARA membership for 2009/10 currently stands at 427, which is nearly 34% of all households in the area. We are very pleased that this is a significant increase in numbers from last year when there were 409 members by the end of the year.

We are aware however that some new members were tempted into joining by the chance to participate in the Children's Party, so we hope that these members will continue to support BARA in forthcoming years.

The Committee is grateful to members who have made donations to BARA over and above the normal subscription fee. In addition to those mentioned in the last BT thanks go to: Roger and Susan Gann, Fiona Sinclair and Andy Irvine, Norman Hearne, and Lisa George and Jim Bunn.

MEMBERS' REVIEWS AND RECOMMENDATIONS

Hedz Hairdressers

24 Kirkdale Road– tel. 020 8558 9132

I HAVE ALWAYS enjoyed getting my hair cut by Vic at Hedz in Kirkdale Road. He has been there for 25 years, knows everyone and everything in Leytonstone (but will never gossip) and always has time for a chat and a cup of tea.

Best of all, Vic's never one to rush – even when I turn up late in a flap, he always manages to get finished on time. And he only charges £20 for a cut and blow dry, which is even cheaper than the prices in the small seaside town where I grew up!

But something good just got even better, since I discovered Yaya who does beauty treatments on the first floor. She has created a wonderful little haven with music, lighting and a flower on the bed.

What really stands out about Yaya is that she absolutely loves her work and is genuinely interested in you, your skin and your health. I have had many beauty treatments over the years (please no jokes about me wasting my money) and Yaya is the best therapist I have ever met.

You can contact Vic and Yaya on 0208 558 9132 and they will be very happy to give BARA residents 10% off with a membership card.

I'm sure you deserve a bit of pampering, so go and discover this small but perfectly formed piece of the colourful jigsaw that makes up Leytonstone.

SUE HOUSE, MICHAEL ROAD

Local Tradesmen

WE HAVE RECEIVED these recommendations from members:

John Battams - Gas and Heating Engineer

www.eco-gas.co.uk, Tel. 020 8989 7360/020 8989 6686

Address: Suite 2 Holywell House, Wellington Passage, Wanstead, London E11 2AL

"John has serviced my boiler for the last 3 years and is a very experienced, knowledgeable and professional engineer. He is meticulous and thorough in his work and his prices are very reasonable. I would not hesitate to recommend him to others."

Ian Dalchow – Builder and Kitchen Fitter

www.victoriankitchens.co.uk, Tel. 07930 345 818

"Ian is fitting my new kitchen at the moment. Reliable and professional, he is doing an excellent job and is skilled at many aspects of the building trade - happy to do small half-day jobs, or large extensions or loft conversions. He is a local resident, living in Bushwood and his work can be seen on his website."

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.

 **WRITE ON!** 

Letters from BARA members

Are you paying too much Council Tax?

I HAVE HAD an ongoing battle with LBWF to get The Second Adult Rebate on my Council Tax. You get this if you live with an adult (not spouse or partner) usually son or daughter who is either out of work or has a low income of around £10,000pa or less. It is equivalent to the 25% single person discount

First of all I could not find it on the Council website then I called up the 24hr advice line. I was told it did not exist. Luckily Google came to my aid, I found information on many other Council websites. I was angry and shocked that the LBWF advice line got this so wrong and that it was so hard to find on the LBWF website. I complained to Cllr Loakes and eventually I got an apology. I won't bore you with all the errors and delays that followed but I wanted to make sure that other residents knew that if they live with an unemployed or low-paid person they can get this discount. You do not need to disclose all your own earnings, you just need to show that the other person is claiming benefits or is on a low income (e.g. by showing a wage slip).

BARA MEMBER, STANMORE ROAD

Parking warning

I WONDERED if everyone was aware of the parking restrictions on the Wanstead Flats side of Bushwood – because I certainly wasn't and recently received a parking ticket as a result.

Parking on the far side of the road is legitimate, though of course not especially advisable on the bend of the road. But along my stretch of the road – i.e. number 70 up to the barrier – it has become essential if you are to get even remotely close to your house. The problem is, it's illegal to have any part of your car over the kerbstone that separates the road from the Flats themselves – something I had been doing quite regularly until I found a parking ticket on my windscreen.

I thought this was pretty high-handed, firstly because there is nothing to indicate it's illegal and secondly because it is, in my opinion, rather silly. The kerb stones on this side of the road are not part of a pavement or walkway and, in places are at exactly the same level as the road. Parking on the kerb stones simply allows more space for cars to pass.

In my appeal to the Council I pointed this out and also suggested it was unfair to make this a chargeable offence without warning people in advance. If there had been any sort of indication this was an offence – either through a permanent notice or a letter through the door – then clearly I would not have parked in this way, nor would anyone else.

The letter I received back was not very illuminating, I'm afraid, but did emphasise that parking on kerbstones anywhere along Bushwood contravenes regulation 622. It also said there was no legal duty on the Council to provide signs or markings about this. But at the end of this long explanation it concluded that 'on this occasion' the ticket had been cancelled while advising this might not happen if I contravened the same regulation in future.

I think the moral is: be very careful where you park on the Flats side of Bushwood and make sure your tyres never overlap the kerb. And always appeal if you have the slightest doubts about the legitimacy of a parking ticket!

ANDREW COLE, BUSHWOOD

Welcome to The Olive

25-27 Kirkdale Road – tel. 020 8539 6664

EVER SINCE we moved to Leytonstone we've been lamenting the meagre selection of restaurants on offer in the area. Don't get me wrong, there's a handful of gems round here, but sometimes it can all feel a little samey.

So we were excited to see that a new restaurant was opening where Kirkdales used to be. And when we saw that it was going to be a Turkish meze restaurant, that excitement dial went up to 11.

Thankfully, our anticipation was rewarded on our first visit (we've already been back twice since opening week in January). The menu is varied and well-priced, with a range of hot and cold meze starters to choose from.

We tried the humous with Turkish bread and the feta borek – delicious filo pastry stuffed with crumbly feta cheese. After that it was a mixed grill, with chicken and lamb shish, a kofte, a lamb chop and chicken wings served with rice and salad. All delicious and very nicely presented.

Best of all, the service is very friendly and welcoming – we already feel like regulars.

It's nice to see that The Olive is getting busy at weekends, so it's worth popping in to make a reservation if you'd like to visit on a Friday or Saturday. By all accounts there's a great lunch offer too.

Here's hoping that the success of The Olive will encourage other restaurateurs to take a chance on Leytonstone.

DOUG SHEEDY

LET'S GET TOGETHER ...

WHEN BARA WAS FORMED 30 years ago, it spawned lots of special interest groups. For instance, there was the **BARA Babysitting Circle**. Members babysat for other members and built up babysitting credits for when they themselves needed the services of a babysitter. The organiser kept a central register of who was in credit and who in debit, and it all worked very well.

Then there was the **BARA Book Club**. As the name suggests, members would all read the same book and then meet once a month or so to discuss it over a glass of wine before deciding on the next book they wanted to study and going off and repeating the process.

There was also a **theatre group** which organised trips to the West End to see the latest shows.

But everything has a limited life and most if not all the groups faded away as babies grew up, interests changed, organisers found other pressures on their time and families moved away.

Now, however, something is stirring! A new fledgling BARA Group has been formed – the **BARA Birdwatching Group**. It came about as a result of some sightings of a rare (so rare it must have escaped from an aviary) White-Cheeked Turaco in

our back gardens which I mentioned in one of our BARA e-mails. This prompted member Nigel Sharp to propose the formation of the group. A further e-mail brought forth around 20 responses and the group had its first meeting on 27 February. It plans to make regular trips to local sanctuaries as well as focus on areas of Bushwood itself to see just what we have on our doorstep. The group picture below shows some of the members at the Group's first meeting. If you'd be interested in joining the group, just contact Nigel and Dot Sharp on nigeldotsharp@btinternet.com or pop a note through their door at 14 Leybourne Road.

The creation of the new Group has made us wonder whether there are other people amongst our members who would like to get together in a group with like-minded neighbours to share their interests. If so, BARA would be pleased to act as a marriage broker to bring members together. Groups which people might be interested in joining could cover subjects such as photography (I'd join!), gardening or the subjects mentioned above – babysitting, theatre (I've already had someone say they'd be interested in this via the e-mail list) or books. And there are lots of other possibilities such as language discussion groups, a restaurant group, a walking group, a dvd swap club, a pub group... the list is long!

If you have an interest you'd like to share with others, let BARA know and we'll see if there are others who would like to share it with you. E-mail me on brianhopson@lycos.com or drop me a note at 49 Bushwood and we'll see what can be done.

BRIAN HOPSON



Luna Lounge (downstairs, The Eatery, Church Lane)

MUSIC LOVERS of Leytonstone are in for a treat in the coming months as the Luna Lounge plays host to a wide variety of great music artists every Friday, Saturday and Sunday evening. Here's the line-up so far, and it looks like there's something for everyone. All events are free unless stated otherwise. Further details at lunalounge.london.com.

- 19 March – Kai Hoffman
- 20 March – Vertigo Nu Jazz Quartet
- 21 March – Quartzz Swing Jazz Quartet
- 27 March – Gaetano Di Giacomo Quartet
- 28 March – James Pusey Group – £6 entry
- 2 April – Dan Nash
- 3 April – Children of the Sun
- 4 April – Angus Moncrieff & friends
- 9 April – Gill Manly
- Saturday 10th April – Gaetano Di Giacomo Quartet
- Sunday 11th April – Rachel O'Reilly
- Friday 16th April – Corina Piatti
- Saturday 17th April – Esther Bennett
- Sunday 18th April – James Pusey Group – £6 entry
- Friday 23rd April – Janette Mason
- Saturday 24th April – Vertigo Nu Jazz Quartet
- Sunday 25th April – Yots Koutsouvelis
- Friday 30th April – Sarah Hughes
- Sunday 2nd May – Christian Miller & Corina Piatti
- Friday 7th May – Quartzz Swing Jazz Quartet
- Saturday 8th May – Vicky Tilson Quartet
- Sunday 9th May – Speyer Usikin Quartet
- Friday 14th May – Tony Kofi
- Sunday 16th May – Vertigo Nu Jazz Quartet
- Sunday 23rd May – Katriona Taylor

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
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
- Golden Curry** 20% discount on dining in and 15% discount on takeaways
734 High Road Leytonstone
020 8539 8243
- Hedz Hairdressers**10%
24 Kirkdale Road
020 8558 9132
- 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
- Leytonstone Film Club** £1 discount
www.leytonstonefilmclub.com
- 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

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.

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.

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.

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

Star of India **15% on dining in (except buffet nights and other promotions), 10% on takeaways**
875 High Road
020 8989 4028

Trading Places Ltd 10% off standard sales and letting fees for BARA members
Estate Agents, Letting Agents and Property Management Specialists
020 8558 1147 or email
jennifer@tradingplacesproperty.com

Woodhouse Players.....Free programme and drink
[/www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk) – show BARA membership card

Zain Greetings10% 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