



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association

Also visit us at www.bara-leytonstone.org.uk
or see our Facebook page

Chair's Report

REVIEW OF THE YEAR

2011 HAS BEEN a great year for BARA: we recorded our highest ever membership and won the LBWF Love Your Borough Best Residents' Association Award.

It has been a busy year, with all our usual events: quiz nights, litter picks, a cycle ride and the Christmas Party as well as new events. First, we made two very popular visits to the House of Commons, thanks to our local MP John Cryer; Then, with the Ferndale Residents' Association, we hosted the Scavenger Hunt – this was a well-attended event even though it was in the middle of the school holidays. Everyone enjoyed themselves so much we will be repeating it in 2012 but hope to hold it in June so even more of you will be able to join in. And finally, thanks to the Reverend Draper for allowing our members to have a private viewing of the new, improved St John's Church, including a trip up to the top of the tower. You can read more about this on page 7. We hope to have further visits to the Houses of Parliament and St John's in 2012.

The BARA groups have continued in their popularity and you can read an update on what's happening on page 5. We would like to thank Brian Hopson and the group leaders for all their hard work. A list of the groups and their leaders can be found on page 3.

The BARA Facebook page has nearly doubled its members over the year, and we now have 80 people signed up. It would be great to have more, so if you would like to join, simply search for BARA on Facebook or click on the link on the BARA website.

LIZ HAYMAN

THANKS

I WOULD LIKE to thank all the Committee members who have served during the year for their hard work during 2011. Their efforts have helped to 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 BARA receives from Councillors Clyde Loakes, Marie Pye and Jenny Gray.

I would also like to thank all those members (and non-members) who help the Committee or who have made donations to BARA. Most of these are listed under "Membership" on page 4, but I would especially like to mention Brian Hopson, Marion Roper, Lynn Coles and Shah Ahmed. Brian has continued in his role of email editor. Marion plays an invaluable role by laying out and typesetting *The Bush Telegraph*. Lynn continues to manage our website. And last, but not least, Shah has continued to provide us with delicious food for our quiz nights, at an incredibly subsidised rate.

LIZ HAYMAN

IT'S CHRISTMAS: who needs an excuse to party?

WE'RE HOPING you'll come along and help us kick-start the festive season in style at our Christmas Party. Continuing with our policy of supporting local businesses, we're very pleased to announce that this year we're going to be holding the party at The North Star on Browning Road. We will be providing a buffet and a free glass of wine on arrival. Of course, as the venue is a pub, we won't be able to "bring our own" this year. So please come prepared with a few quid to buy more drinks at the bar.

We are looking forward to sampling the food prepared by The North Star's new chef, Robert Crabtree (see page 2). So do come along: it's a great opportunity for us to thank you for your support during the year, as well as a chance for you to get to know your Committee members and Road Representatives when they're "off-duty"!

The date to add to your diary is Tuesday, 13 December from 7.30pm to 11pm. We hope to see you there.

Get your trainers on!



<http://www.parkrun.org.uk/wanstead-flats/home>

IF YOU'RE THINKING of making "get fit" one of your New Year resolutions you don't need to wait until 31 December to get started!

Regulars to Bush Wood and Wanstead Flats may have noticed a group of runners dashing about at varying paces on Saturday mornings - this is all because of **parkrun**, a free, timed 5km community run that happens at 9am every Saturday. It's open to all abilities and ages and you can even run with your dog or little one in a pushchair (unless your dog is very stubborn like ours, then you may want to put him in the pushchair).

Started in 2004 in Teddington, parkrun now boasts 5km runs all over the UK and in such far-flung places as Afghanistan, Australia, Denmark, Iceland, Poland and South Africa. The event is completely free, all you need to do is register on the parkrun website <http://www.parkrun.org.uk/wanstead-flats/home>, print off your barcode and bring this with you on a Saturday morning so your time can be recorded. Your results, and often race photos, will be emailed to you later in the day and posted on the website with historical results and interesting stats such as age group records and age-graded performances. Better yet there are also regular prizes on offer along with regular newsletters with training advice and interesting stories from other parkrunners. You don't need to be a member of a running club to take part and you don't need to be super fast, all levels of runners and walkers are welcome. The Wanstead Flats parkrun celebrated its first six months on 12 November and will be doing runs on Christmas Eve and New Year's Eve (both falling on a Saturday) so come and give it a go. Then you can have that extra helping of Christmas pudding and not feel guilty about it!

DESIRÉE CLARKE-NOBLE

PLANNING

31a Woodville Road – this application to demolish the old coach house and build a two-storey house was turned down by LBWF. The owner appealed to the Secretary of State. BARA and neighbours sent in objections, but as yet, we have not heard the outcome of the appeal.

598 High Road – the owner appealed to the Secretary of State against LBWF's refusal to allow them to do car repairs from the premises, which have historically housed a car salesroom. BARA and local residents sent in objections and the appeal was allowed.

646-648 High Road (Stokoe Solicitors Partnership next to Primark) – the application for a change of use of the ground floor from offices to sandwich/coffee bar was withdrawn.

The rumour about Mornington Road mentioned in the September edition of the *BT* has turned out to be incorrect

36 Harvey Road – planning permission was granted last year for the old doctor's surgery to be converted into a three-bedroom house. Following the commencement of building works at the property, it seemed that the development was to consist of eight bedsits. LBWF Planning Control has investigated and has found that the development is in accordance with the permission which was granted

Sainsbury's has applied for various permissions relating to their new store on Church Lane, and Tesco has been granted permission for a new store at 567-569 High Road (El Che restaurant site).

NEW STAR AT THE NORTH STAR

WE ARE PLEASED to report that Bushwood's local pub, The North Star, has opened Crabtree's Kitchen.

The kitchen is being run by up-and-coming local chef Robert Crabtree, who has created an exciting menu of gastro pub grub and bar snacks. Dishes include Rob's own-recipe beef-and-whiskey pie, British bangers and mash with red wine and onion gravy, and his signature dish, a crab burger made from white crab meat. Vegetable lovers and fans of spicy food will find a flavoursome Moroccan bulghur wheat, which is loaded with citrus, herbs, cinnamon and chillies. And there's an already-popular pumpkin-and-roast-pepper soup, and a well-executed mushroom bruschetta.

There's also pasta – a three-meat red wine Bolognese, a creamy carbonara with bacon and mushrooms, and a spaghetti putanesca, translation of which is best whispered in hushed tones. The putanesca is served in a classic way with anchovies (and also without for vegetarians).

Sundays are given over to roasts – traditional beef with Yorkshire pud, roast corn-fed chicken and gravy, slow-cooked lamb and pork with crackling and pear, a delicious twist on the traditional apple sauce.

There are delicious homemade desserts to choose from, too. Appearances so far include a memorable chocolate, hazelnut and pear cake, and a yummy carrot cake.

The North Star is opening at a new earlier time of noon daily. Food lovers can order from noon to 8pm Tuesday to Saturday and noon to 6pm on Sunday. For more information, please contact The North Star on 020 8530 3197.

WHAT'S ON?

Saturday, 3 December 10.30am to 5pm (see page 7)
Leytonstone Arts and Crafts Christmas Market
St John's Church Hall and Methodist Church Hall,
Lister Road

Saturday, 3 and Sunday, 4 December, 10am to 3pm
Epping Forest Visitor Centre, High Beach
Father Christmas in the Forest Trail
Follow a short fun trail through the forest to see Father Christmas in his special Forest Grotto
Booking essential: 020 8508 0028, £6.50 per child for Christmas grotto (includes gift)

Saturday, 10 December, 7.30pm
Christmas concert with East London Brass at St John's Church
Box office: 020 8257 2792

Sunday, 11 December, 10.30am
Christingle service at St John's Church

Sunday, 11 December, 10.30am to 12.30pm
Guided Walk – Epping Forest in Winter
Celebratory walk with mince pies and wine at the end
Further information: 020 8529 8594

Tuesday, 13 December, 7.30pm
BARA Christmas Party (see page 1)
The North Star, Browning Road

Saturday 17 and Sunday, 18 December, noon to 3pm
The Temple, Wanstead Park
Father Christmas at the Temple
£6.50 per child for Christmas grotto (includes gift)

Sunday, 18 December, 4pm
Carol concert and Xmas tree lighting at St John's Church

Friday, 13 January, 8pm (see page 6)
Woodhouse Players at Welsh Church Hall

Saturday, 14 January, 2pm and 7pm
Woodhouse Players at Welsh Church Hall

Friday, 20 January 2012, 8pm
Woodhouse Players at Welsh Church Hall

Saturday, 21 January 2012, 2pm and 7pm
Woodhouse Players at Welsh Church Hall

Wanstead Flats guided walk booklets

LOVERS OF Wanstead Flats will be interested to learn about a series of three guided walk booklets that have recently been published by Leyton and Leytonstone Historical Society. The booklets describe walks around different parts of the Flats, taking in relevant aspects of the area's history. The story of the Flats is of course bound up with a much wider national history from the birth of the environment movement to Britain in the Second World War. The booklets aim to tell the story of this unique space and its importance to the lives of generations of East Londoners.

The titles of the booklets are:

- 1 - The Bushwood side
- 2 - Aldersbrook Flats
- 3 - The Flats at war

Each booklet costs £3 (£2 for LLHS members) and if you order the set of three you will also receive a free booklet, *The Space Between*, providing a potted history of the Flats (this costs 30p – 20p for members – by itself). Postage is 75p per booklet or £1.50 for the set of four. But delivery is free in the BARA area! If you'd like to order copies please contact David Boote: 020 8558 1554, david_boote@yahoo.com.

THE BUSH TELEGRAPH AND BARA EMAILS

THE BUSH TELEGRAPH is published in March, June, September and December. Articles and adverts for inclusion should be sent to bushwoodra@hotmail.co.uk (or given to your Road Representative or a Committee member – see page 3) by 10th of the previous month to meet print deadlines.

In between editions of *The Bush Telegraph* we send out emails keeping you up to date with local news and events. **If you would like to be added to our email list just email Brian Hopson at bushwooder@gmail.com**

BARA GROUPS

Bridge	Alan Brown
alan_a_brown@btinternet.com	
Cycling	Karen McRitchie
karen.mcr@gmail.com	
Photography	Brian Hopson
bushwooder@gmail.com	
Yoga	Helen Georghiou
helen.georghiou@me.com	
Theatre	Hilda Hooper
hildav@hotmail.co.uk	
Book	Samantha Reeves
sam@billingford.com	
Dining	Alex Maws
amaws@yahoo.com	
Pet	Jo Pilc
jo.pilc@hotmail.co.uk	

If you would like to join one of these groups please contact the organiser as shown above. If you would like to set up a new group, please contact **Brian Hopson** by email at: **bushwooder@gmail.com** or drop a note into 49 Bushwood.



EPPING FOREST CONSULTATION

THERE IS a consultation on the Draft Statement of Community Involvement for Epping Forest. The Statement is a document which outlines who and in what timescale the Conservators of Epping Forest will consult about their future plans and projects. The consultation will close on 9 December, and you can see the full details on the City of London website at:

www.cityoflondon.gov.uk/eppingforestconsultations

The document is also available in hard copy at the three Forest Centres including The Temple (open Saturday and Sunday, 10am – 3pm).

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 above) who will arrange it all for you.

The BARA Committee 2011/2012

Desirée Clarke-Noble: <i>Social and Website Liaison</i>	48 Leybourne Road
Gareth Dimelow: <i>Editor and Social</i>	11 Barclay Road
Kate Duffy: <i>Social and Festival Liaison</i>	29 St Augustine's Court
Julie Ellis: <i>Retail Liaison</i>	26 (upper) Beacontree Road
Liz Hayman: <i>Chair, Membership, Planning (joint) and Safer Neighbourhoods (joint)</i>	54 Leyspring Road
Heather Howard: <i>Sub-editor</i>	53 Leybourne Road
Janet Lee: <i>Secretary</i>	27 Beacontree Road
Julia Manning	53 Leybourne Road
Richard Potter: <i>Planning (joint)</i>	26 (upper) Beacontree Road
Doug Sheedy: <i>Treasurer and Safer Neighbourhoods (joint)</i>	11 Barclay Road
Katy Smith: <i>Deputy Chair and Social</i>	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	Alex Maws, 1 Aylmer Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Alex Maws, 1 Aylmer 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	Alex Maws, 1 Aylmer Road
Colt's Yard	Jan Osterley, 4 Colt's Yard
Dacre Road	Alex Maws, 1 Aylmer Road
Forest View	Richard Potter and Julie Ellis, 26 (upper) Beacontree Road
Grove Road	Liz Hayman, 54 Leyspring 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	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

Leytonstone Community Karate Project

MY NAME is Jacob Greasley. I would like to share with you news about the development of the new Leytonstone Community Karate Project at Jikan Dojo.

Jikan Dojo was established with the intention of spreading the traditional Japanese Martial Arts of Karate and Ju jitsu and sharing with its members all of the benefits that they have to offer.

In the past month alone, we began slowly but surely to reach out to the wider community, launching our Juniors' Karate class at St John's Church (Mondays from 6pm to 7pm), and partnering with the local police Safer

Neighbourhoods Team to provide our Youth Sponsorship programme.

However, it doesn't stop there. Our goal is to develop a club that is deeply embedded into the community – to make a difference, to empower the vulnerable and to mentor the young through disciplined practice. The high quality of training focuses both on physical, mental and moral development geared towards self-defence, healthy living and far beyond. **Please contact me with enquiries:**

jikandojo@hotmail.co.uk, www.JikanDojo.com, 07935 413845.

JACOB GREASLEY

ANNUAL GENERAL MEETING REPORT

THE ANNUAL GENERAL MEETING of BARA took place on 28 September in St John's Church Hall under the able chairmanship of Liz Hayman. There were 30 members who attended on the night. The audited accounts were presented with no questions arising from the accounts, and thanks were given to Christine Davies for kindly carrying out the audit and to Doug Sheedy on his excellent work on keeping accurate records.

There were two amendments to the Constitution. One was to change the membership date to run from the beginning of October each year; all voted in favour. The other was to change the AGM quorum to ensure that BARA meetings could go ahead without having to round up members on the night; this resolution also passed, with one vote against.

The election of the Committee took place, and all the current members were re-elected. Although the Chair asked for volunteers to join the Committee, there were no takers – although in the Red Lion afterwards we may have made progress on this issue!

Clive Morgan, LBWF Head of Culture and Leisure Services, very kindly presented to the meeting on the existing events for the remainder of the year, including fireworks in November and the Winter Wonderland events. He also reported on the events planned for the 2012 Olympiad and handed out leaflets. Information on all the LBWF events can be found on their website.

Andrew Gammie, Senior Forest Keeper, attended to explain about the Wanstead Flats consultation process and encouraged everyone to submit their opinions before the deadline at the end of October.

Open forum

There followed the open forum part of the meeting which was attended by representatives of the Safer Neighbourhoods Team. Members raised issues about the street drinkers, cyclists not adhering to traffic lights, and traffic problems. Katy Smith (Chair of the SN Panel) advised that the SN team were addressing these issues.

Another issue raised related to the inadequate notices displaying the CPZ operation times. Liz Hayman reported that this had already been raised with Clyde Loakes and had been discussed with the e11bid team. Since the AGM, Clyde has advised that the Council has agreed to provide more signage and to redo some of the existing signage. This should occur over the coming months. One member also asked about the demographics of the BARA membership. The Chair advised that BARA had always worked with all sections of the community to encourage them to join and contribute to BARA and that the Committee would continue to do so to have a more representative membership. Any ideas on how we can do this would be very welcome from members. KATY SMITH

Membership update

BARA MEMBERSHIP for 2011/12 stands at 353, about 27% of all Bushwood Area households. Last year, our members numbered 454 by the end of the year. So, in addition to recruiting new members, we will be making efforts to sign up those who have forgotten to renew. If you have any friends or neighbours who've yet to join, be sure to put in a good word for us.

Road Representatives

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 (now sadly retired as a Road Rep), 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. We are also pleased to announce two new Road Reps; Jan Osterley for Colt's Yard and Alex Maws for Aylmer, Carlton, Barfield and Dacre Roads

Donations

The Committee is also grateful to members who have made donations to BARA over and above the normal subscription fee. Thanks go to Dee D'Abour, Miriam Bonin, John and Judy Flanagan, Reg and Linda Standen, George J Katritzky, Anita McCulloch and Mark Thomas and Nico Vanrooyen.

All members should by now have received their membership cards. If you haven't, please contact your Road Representative or any Committee member (see list on page 3). If you haven't yet renewed your membership, please do let us have your subs soon – in January, we will be removing non-members from the email list and will be removing non-renewing members' free adverts from the March *Bush Telegraph*. And finally, if you're a new member of BARA, we'd like to thank you for your support and welcome you to the Association.

The first BARA group started only 18 months or so ago, and now there are eight in operation – the Book Group, the Cycling Group, the Photographic Group, the Dining Group, the Yoga Group, the Bridge Group, the Pet Group and the Theatre Group. I hope I haven't missed anyone out! Group membership is strong, with 90 or so BARA members participating.

IN A RECENT Update to BARA e-mail list members, I reported on what the various BARA Groups were up to. This article aims to bring those BARA members who are not on our e-mail list up to date with developments.

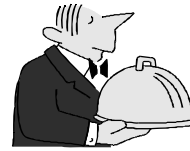
First, the **BARA Book Group**. This group has been operating for about four months and meets once a month on whatever is the most convenient date for members. Membership is thriving, but group organiser Samantha Reeves would love to welcome up to five additional members – anyone interested should e-mail her at sam@billingford.com.

Next, the **BARA Cycling Group**, organised by Karen McRitchie. This group, which has been running for over a year, has almost 40 members. It meets on the first Sunday of every month, and rides attract between 10 and 20 participants depending upon weather, difficulty and length. Rides range from quite difficult and challenging events such as the recent Ford Ride (around 30 miles, including the longest ford in England) to social, family-based rides like the event planned for 4 December. This involves a visit to the Farmers' Market at Walthamstow via various coffee shops. As Karen says of that trip, "a little bit of cycling and shopping at the market, then home for a drink at the Red Lion to celebrate the group's second Christmas." If you're interested in joining the Cycling Group, contact Karen at karen.mcr@gmail.com.

The **BARA Photographic Group** is one that I run and is the smallest (or, as I prefer to think of it, the most exclusive) of the BARA groups. We have about a half-dozen members, but only three of us are ever-presents at meetings. Our approach is pragmatic, but we tend to set a topic – water, for instance, or action – and take photographs which illustrate it. Have a look at the BARA Photographic Group Flickr page to see some of our pictures. We also meet to make constructive comments about each other's work, have outings to places which we think will offer good photo opportunities and go to exhibitions where we use the opportunity to take more pictures – for instance, on 6 December we're going to the V&A Museum to look at its new Photographic Gallery and to take some pictures of the buildings nearby, exploring the various architectural styles which are represented. If you're interested in joining us, let me know at bushwooder@gmail.com – we'd love to welcome some new members, whatever their level of photographic expertise.

Next, our most recent group, the **BARA Dining Group**. This group, which was formed only in recent weeks, will be holding its first meeting shortly. The group is organised by

Alex Maws, and group members will get together once a month to try out local eating places. The group's aim is to encourage socialising among BARA members, support local businesses and offer members the opportunity to try new kinds of food (always including a vegetarian option and, where possible, meeting other dietary preferences). The first meeting was a Moroccan meal at the Touareg Grill on Sunday, 20 November. If you couldn't make it that evening but you'd like to be notified about future group events, just e-mail Alex Maws at amaws@yahoo.com and he'll put your name on the list of those interested.



The **BARA Yoga Group** goes from strength to strength. Organiser Helen Georghiou would love to hear from anyone who is interested in joining the class. Helen is also qualified to teach pregnant women and would love to start a pregnancy class if there is sufficient interest. Helen is at helen.georghiou@me.com.

The **BARA Bridge Group** has a core membership of about eight players and has recently doubled the frequency of its meetings, with games now taking place on the first and third Tuesdays of the month. Organiser Alan Brown says they play in a friendly and helpful atmosphere and would be very keen to welcome new recruits. In particular, Alan would like to extend a welcome to bridge novices, and suggests that potential players might like to come along and sit in on a group meeting just to see what it's like, with no obligation to join afterwards! Contact Alan at alan_a_brown@btinternet.com.

The **BARA Pet Group** arranges holiday and other help, so members can be sure that their beloved pets are safe and happy in their absence. Organiser Jo Pilc says that at present they have eight members and are eager for more, so if you've a pet and you need to leave home for a while do contact Jo at jo.pilc@hotmail.co.uk.

Finally, the **BARA Theatre Group** continues to enjoy outings to local and central London theatres. It has an active membership of about a dozen, with others interested and joining in on an irregular basis, and group leader Hilda Varkey is looking to organise events for the new year. Items under consideration include a ballet, some new drama, a modern version of *The Canterbury Tales*, *A Little Night Music* and a puppet show at the Soho Theatre! If you're interested in joining the group, please contact Hilda on hildav@hotmail.co.uk.

Organiser wanted!

ONE GROUP looking for an organiser is the **Bird-watching Group**. It has about eight members but Nigel Sharp, the current organiser, has found it difficult to find the time to call meetings and so, reluctantly, has had to revert to the ranks. The Group will die (ahh!) unless someone is prepared to take it over. So, if you want to do your bit for the birds, please let me know at bushwooder@gmail.com or drop a note through my door at 49 Bushwood.

I'm pleased that the groups are doing so well, since they seem to me to be an excellent way of helping to bind our community together. If you're interested in any of the existing groups, please do contact the organisers on the e-mail addresses listed above or drop me a note at 49 Bushwood so that I can pass it on. And if you'd like to start a new group covering an interest of yours which might also be an interest of others, please contact me and I will happily let BARA members know.

The Stone Space – a Gallery for Leytonstone

THERE ARE A FEW of you who don't pass down Church Lane that often, so you may be yet to spot Leytonstone's new little gallery, the Stone Space. Councillors have been so impressed by the annual efforts of the Leytonstone Arts Trail that they have enabled former council office space to be used as a permanent gallery. Stone Space is situated below the library in Church Lane, and, with the help of volunteers, it opens in the afternoons from Thursday to Sunday. They have only been open since October, but by Christmas they will be onto their fifth exhibition. They are aiming for a rapid turnover to keep the space interesting and exciting.

The exhibitions to date have been of a good standard, with the aim of attracting interesting artists into Leytonstone. I think we can declare that Shoreditch has had its day, and the artists are drifting into this neck of East London! Apparently, estate agents in the USA say "follow the artists" if you want to know which areas are up and coming – and the artists are here!

The windows of the former Waltham Forest Direct

premises have also had a facelift and are now known as Slate (...as in Slate and Stone – get it?). Slate is showcasing this year's entries to the FARA photo competition, and there will be more exhibitions to come.

Over the December period, Stone Space will host a closed exhibition called Ornamentismas to reflect the festive season and to give the hard-working volunteers a break, so the space will be viewable from the window only.

If you are interested in volunteering, do drop into Stone Space and pick up a form. They also need to become financially solvent, as there are costs attached to running the gallery; donations and sales of art work are much needed. Also, do support the Art Trail/ Stone Space stall at the Christmas Market on Saturday, 3 December at St John's Church.

For more information, visit www.thestonespace.com or follow on Facebook or Twitter. Email: mail@thestone.space.com

HILARY DOUSE

LONDON BOROUGH OF WALTHAM FOREST NEWS

Leytonstone Community Ward Forum Funding

The Leytonstone CWF met on 21 September in St John's Church Hall, and again it was a very good turnout of Leytonstone residents. Following a brief discussion, residents voted on their preferences for spending the CWF's pot of cash totalling £11,775.

It was allocated as follows:

- ◆Funding for restoration works on clock faces at St John's Church – £2,573.50
- ◆Youth Café Youth Drama festival – £3,500
- ◆Funding for the "Stone Space", the new community art gallery at the former Waltham Forest Direct. Set-up costs for signage, website, Internet access, promotion – total cost £1,500
- ◆Funding for an antiscam project – project including antiscam cards –£1,200
- ◆Costs to train three new volunteer swimming coaches and recruitment drive among young people in Leytonstone – £1,200
- ◆Introductory sports sessions in the new Multi-Area Games Park (opening in Church Lane early next year) – £1,300

The costs for these schemes totalled £11,273.50. It was agreed that the remaining £501.50 be split between the Leytonstone Arts Trail (£250) and the Youth Café. It was also agreed that any further underspend during the year would go to the Youth Café and the Arts Trail.

Gritting bins

LBWF has once more provided gritting bins. These should be in place already and will be removed in early spring. The bins are located at the following junctions: Barclay Road/High Road, High Road/Bush Road, Mornington Road/Woodville Road and Mornington Road/Harvey Road. Additionally, this year there will be three bins along Bushwood at the junctions with Browning, Leyspring/Leybourne and Stanmore roads. These bins have not yet been put in place at the time of writing.

LBWF councillors' surgeries

Did you know that the councillors hold a drop-in surgery at the Library every Saturday (except Bank Holiday weekends) between 10.30am and noon?

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 there 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.



The Woodhouse Players
present

BABES IN THE WOOD

Follow the adventures of Robin Hood and his Merry Band as they battle to save the Babes from the Evil Sheriff. The perfect family afternoon or evening out!

Performances at The Welsh Church Hall:

Friday, 13 January and Friday,
20 January 2012, 8pm

Saturday, 14 January and Saturday,
21 January 2012, 7pm

Matinées at 2pm on Saturdays, 14 and 21
January

Book early on 020 8504 3872 or
tickets@woodhouseplayers.co.uk
£8 and £4 (concs)

Don't forget – show your BARA card for free programme and a complimentary drink.



e1bid's Christmas 2011 in Leytonstone

AFTER THE SUCCESS of past years, the Leytonstone Arts & Crafts Market is getting bigger and better. With over 70 stalls already confirmed, the event will take place Saturday, 3 December from 10.30am to 5pm at St John's and Lister Road Methodist Church. The selection of stalls for that day includes a huge variety of arts and crafts items, as well as fair trade articles, handmade jewellery, quality wooden crafts and paintings.

We are also arranging other activities to support our local shops, including late-night shopping, free car parking and the Christmas window-dressing competition.

If you would like to receive more details or discuss the above events, please feel free to contact us.

GIANLUCA RIZZO
luca@e1bid.co.uk
020 8558 5500

SUNSET FROM THE TOP OF THE CHURCH TOWER

ON A WONDERFULLY warm September evening, some BARA members were lucky enough to have a visit up the tower of St John's Church. The Rev Draper had very kindly agreed to lead a tour of the tower and impart some of the history of the church. At 6pm, about 14 of us met the vicar and proceeded to climb up the spiral staircase which wound up past the belfry, where we were warned not to touch the bell ropes as it wouldn't do for us to disappear up towards the bells! We carried on up the stairs past another little room, all the time looking through the long, narrow windows in the tower which afforded us an ever-dizzying view of the streets surrounding the church. At last, we reached the top and walked out onto the roof of the tower and were rewarded with a wonderful view over Leytonstone. Looking toward the east, we saw the hills surrounding Epping Forest and to the south the Surrey Hills and the boroughs of south London. We could also see the tall buildings of Canary Wharf and then, to the west, the Olympic Village. Looking northwards, the view was of Walthamstow and Chingford.

The Rev Draper gave us details about the renovation of the church tower and the new roof works, which were fascinating. But one young man (three years old) only wanted to know if he could see his favourite road-cleansing operative, Igor, from the tower and pointed out all the helicopters and airplanes to us.

As the sun went down, we had wonderful view of the sunset and some took photographs – which I'm sure we will be able to put on the BARA website. We all eventually returned to *terra firma* for a welcome cup of tea and homemade cakes, over which the Rev Draper furnished us with more interesting facts about the church and its current restoration programme.

We all agreed that it had been well worth the trip and that the church should make the most of guided tours up the tower during the Olympics next year to raise more funds. We marvelled at the wonderful views one might have of the fireworks at the opening and closing Olympic ceremonies. The vicar has very kindly agreed to arrange more visits up the tower next year, and I, for one, would encourage residents to grab the opportunity to experience this if you can. We will try to arrange some visits just for BARA members in the spring and let you have the dates.

KATY SMITH

Additions to Discounts list on page 8

BARA MEMBER Laszlo Kincses has over 20 years of experience as a cabinet-maker and skilled restorer, working for 10 years for a renowned Hungarian Museum as well as for many private clients. He started his London-based business in 2004. His business is making and designing bespoke furniture. His most common work is wardrobes and shelves built into alcoves. Laszlo has a local workshop so the furniture can be made mostly off-site.

Now Laszlo has kindly agreed to offer a 10% discount to BARA members. You can contact Laszlo on 07849 881597 or via his website, www.lazfurniture.co.uk

Sue House reports that she can recommend stained glass artist Emma Blount and that Emma is offering a 10% discount to BARA members. You can see an example of Emma's work in the front door of 32 Michael Road. www.blountstainedglass.co.uk, 020 8671 6938

Additions to Local Tradesmen list

THERE'S NO GREATER advert than a personal testimonial. So here are some of things our members have been saying about local service providers. High praise, indeed! Most of these new recommendations come courtesy of our Facebook page users – thanks to you all, especially Hilary Douse, who came up with the idea of gathering them all together in one document.

◆Roofer

"Just had new roof, was the middle quote of three, nice family-run company who did a fantastic job, efficient clean and tidy at the end." M Cook & Son, Roofing Contractors Ltd. 020 8524 0431, mobile 07887 527522.

◆Plumbers

Adam Martens – 07894 274515, www.amartens.co.uk. "Have used him several times and recommended him to close friends." Steve and Glenn Collins 07860 108289. "Bushwood residents, nice guys and great to have so near, they give great service!" "I can recommend Paul Gifford, who is very reliable and is based in Ilford, so not too far away." 020 8500 1407/07896 167 837, help@paulgplumbing.co.uk.

◆Brickwork Renovations

"I don't think there's a local company who do this, but if anyone needs their brickwork renovated or repointed, we would have no reservations about recommending <http://www.mahonbrickwork.co.uk/>

"They did a fantastic job on our brickwork, which had been in a terrible state (the appearance completely spoilt by 60s pebble-dashing, over-painting of the bricks underneath and a big crack near the front door). I've never known such hard-working workmen – they really got on with the job and were very professional. If anyone thinking of having their brickwork or pointing done wants to walk past ours and have a look at their work, we're at 23 Hartley Road."

◆Carpenters and Joiners

Peter Watson – 07920 429335. "Really skilled cabinet-maker – amongst other things – he does bespoke wooden kitchens at a reasonable price. With him you can design up exactly what you want. He has done built in everything for our little house!"

◆Electrician

Peter Brown – 07958 032185. "Really reliable electrician and general all-round good guy! He goes the extra mile and will do lots of little jobs while he is with you if needed."

◆Tree Surgeon

"Shane Lewis and his team pruned a very overgrown Magnolia tree and removed a tree stump from my garden. They were very professional, punctual, efficient and competitive on price, and I have no hesitation in recommending their services." 0800 028 9077/07731 482775, www.lewistreecontractors.co.uk

If you would like a copy of the full list, it can be found on our website or by contacting bushwoodra@hotmail.co.uk or by asking a Committee member. Do let us know if you have any recommendations to pass on to other members.

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	
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	
Blount Stained Glass	10%
0208671 6938 www.blountstainedglass.co.uk	
Bumblebee Florists	10% discount when you spend £10 or more
829-837 Leytonstone High Road	
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	
Elsa Gomez	50% discount on 2-hour session (minimum printing order applies)
Professional photographer Specialises in portraits of maternity, newborn babies, children and families www.elsagomez.co.uk, 020 3091 1584 info@elsagomez.co.uk	
Golden Curry	20% discount on dining in and 15% discount on takeaways
734 High Road Leytonstone 020 8539 8243	
Hedz Hairdressers	10% RECOMMENDED
24 Kirkdale Road 020 8558 9132	
www.itdoesthejob.com	10% discount on any product on website
Carlton House, Aylmer Road 020 8539 4707	
Josh Dawson	10% discount
Experienced, caring and intuitive massage therapist. Holistic and deep muscle techniques 07540 635773	
K Rayner Butchers	10% discount on purchases over £20
opposite the tube station	
Lazfurniture	10%
Bespoke furniture 07849 881597 www.lazfurniture.co.uk	
Leytonstone Osteopathy	15% discount (and concessionary rates for senior citizens/unemployed/ students) RECOMMENDED
Unit 6, Forest House, Gainsborough Road 020 8281 0031 leytonstoneosteopathy.co.uk	
Leytonstone Pop-Up Cinema	£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 off usual charge of £60 per hour
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	
Nicholas Hair Salon	10% discount (Mon – Thur only)
Ladies, gents and children's hair 737 Leytonstone High Road 020 8539 4360 RECOMMENDED	
One Stop Shop for Business	10% discount
841 Leytonstone High Road	

FREE MEMBERS' ADVERTS

Please send your advertisement to any Committee member see page three

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

BABY CLOTHES. Hand knitted, excellent quality garments made to order. Julie: 07923 272540.

BARA TABLE, 6ft fold-down available for hire charge of £5 for members and £10 for other community organisations. Katy: 020 8556 5162.

◆**NEW ADVERT! CARPET CLEANING.** Two-bed property £60, three-bed £70. 020 8989 9728 or 07951 987806.

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

CHILDINDER. Lynn Poulter of Harvey Road is a registered child-minder and currently has capacity to take on two more children. Her vacancies are for drop off and collect at George Tomlinson and/or Davies Lane School. Tel: 020 8558 0651 or email lynn.poulter@yahoo.co.uk.

COCKTAIL GLASSES for hire in return for small donation to BARA (£2 breakage charge). David: 020 8518 8519.

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.

GAZEBO (BARA) available for hire charge of £5 for members and £10 for other community organisations. 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.

HAIRDRESSER. Toni & Guy-trained, available for home haircuts. Good rates. Giles 07903 312402 or giles_gooden@hotmail.com. **RECOMMENDED**

LAKE DISTRICT HOLIDAY HOUSE. Stylish and comfortable house in Keswick, sleeps 8. 10% discount for BARA members on holidays in 2010. Jocelyn: 01768 780894 or see www.borrowdalehouse.co.uk.

LOCKSMITH. Richard Boynton: 020 8989 8532 or 07963 713506. **RECOMMENDED**
MASSAGE THERAPY. Alleviation of aches, pains, injuries and stress. I am a specialist therapist and lecturer in holistic, therapeutic, deep-tissue, sports injury, remedial and Indian head massage. Relief from existing problems or simply de-stressing and pampering. Helen 020 8989 3840.

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.

PSYCHOTHERAPY. Hypnotherapy and cognitive behavioural therapy. Jeannie: 020 8989 3111.

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.

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: enquiries@wallaceswain.com or 07923 272540.

◆**NEW ADVERT! TUTOR – MATHS/SCIENCE.** Qualified home tutor (PhD educated) covering primary and secondary maths and science, especially GCSEs/A Level exam preparation. Experience in working with SEN children. £30 per hour special local rate. Atul, 07866 945067, www.atulranatutors.co.uk.

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

VEGETABLE OIL. All used vegetable oil or fat collected quickly, free of charge. Any quantity welcome. Waste transfer notice provided. I recycle it into biofuel. Andy: 020 8988 1572 or armarsden@hotmail.com.

Local shopping/services discounts (continued)

Petch Sayam Thai Restaurant..... 10% discount
682 High Road, Leytonstone
020 8556 6821

Sock Aid..... 10% discount
www.sock-aid.com

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	
Treasure Your Memories.....	10% discount on orders over £20
Transferring of video/cin� to DVD, music tapes to CD, films from video cameras to DVDs, editing, filming, etc. 020 8518 8479	
Wheelie Clean.....	15 –18% discount
Monthly wheelie bin cleaning 0800 917 1720 www.wheelieclean.com enquiries@wheelieclean.com	
Woodhouse Players.....	Free programme and drink – show BARA membership card
www.woodhouseplayers.co.uk	
Zain Cards and Gifts.....	10% except special offers/sale items
Also balloons, stationery, etc 48 Church Lane	

DISCLAIMER: LOCAL SHOPPING/SERVICES DISCOUNTS: These business details are provided 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. 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.
◆if **RECOMMENDED** appears next to an advert or discount offer this means that a BARA member has recommended the service provided.

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