



THE BUSH TELEGRAPH

The quarterly newsletter of The Bushwood Area Residents' Association

MORE INFO

www.bara.london

UPCOMING EVENTS

Luna Lounge

LOCAL NEWS

The Woodhouse Players

LEYTONSTONE FESTIVAL CALL FOR ARTISTS

The 2016 Leytonstone Festival will be back this summer, running from the 1st July to the 17th of July inclusive. We've already started sending out application forms to potential participants, so if you'd like to perform or put on an event of any kind then get in touch with us as soon as you can.

You'll find application forms on our FB page or we can send one to you on request by post. Our email for contact is enquiries@leytonstonefestival.org.uk

The deadline for submissions is midnight on Tuesday 29th March. • *Shah & Festival Committee*



A WORD FROM THE CHAIR

I'm just back from what seemed like an eternity standing in front of the fridge wondering why on earth I'd opened it. This, of course, has nothing to do with anything but I felt the need to share it – I'm sure some of you can empathise. But let's not dwell on that.

Spring is on its way and that means another brain-curdling Quiz and Curry Night at the Ex-Servicemen's Club and the promise of more fun-packed BARA Family Bingo. We've yet to fix the date for the Bingo but it's proving increasingly popular so look out for further announcements. And it's free – what's not to like?!

Elsewhere in this edition, Russ our Treasurer reports enthusiastically about the wonderful work done by Sally's Kitchen in bringing regular hot food to those in our community who don't necessarily have the wherewithal to do so for themselves. This is a fantastic cause and I'm pleased to say that the Committee will be donating £140 to Sally's Kitchen and the Leytonstone Food Bank. See Russ's article for more details. We wouldn't be able to do this without your subscriptions and ongoing support for BARA's fundraising activities, so thank you to all. • *Steve O'Hara, steve.ohara3@btinternet.com*

A BIG WELCOME...

...to new Committee members Marco Ruggeri and Richard Bardwell who joined at the end of last year. Let's let them introduce themselves.

"We joined the committee in November after moving here from Islington the year before. It's thanks to a previous neighbour and a trip down memory lane that we found this area at all. After accompanying him to Leytonstone to see the house he grew up in (topped off with lunch in the Red Lion), we were determined to live here..."

Didn't take long to home in on the Bushwood area because it looked to offer the same community feel we'd enjoyed in NI: something we gleaned from reading copies of the BT from the BARA website (which is soon to be re-launched). How weird, we've now got our mugshots in one! Moving here was also our chance to have a decent garden and we're big into that. Our freezer is already full of year 1's harvest..."



One of us is from Parma in Italy and the other was born at the top of the Northern Line. Not hard to guess which way round. We work from home, which gives us a great chance to enjoy the cafes, restaurants, Wanstead Flats, a spot of shopping in Stratford and basically do anything other than work. Now we've got an added excuse – our new responsibility for publicising BARA events - which starts with drawing up posters for the quiz on 16 April." • Steve O'Hara

.....
SALLY'S KITCHEN

I met a truly great individual last night, someone who is really making a difference in our local community. That person is Anna Rinaldi, co-founder of the charity organisation "Sally's Kitchen" which serves hot, healthy lunchtime meals (2 courses) at the very affordable price of £3 for those less fortunate in our community.



It is very much "nourishment over payment" so there are some that do not pay and there is no stigma attached. Sally's Kitchen is ethical in its sourcing of food - for example, they use decent eggs, not just the cheapest. They are also 100% vegetarian and whilst this may seem strange to some and fabulous to others, I quickly understood that operating this way really simplifies the running of Sally's Kitchen - it's certainly not a swipe at the carnivores amongst us!

They are serving on average of 40 people a week every Tuesday 12-2pm at the Salvation Army in Southwell Grove Road E11

4PP. There is no other affiliation with the Salvation Army except the use of their facilities and, of course, the quick-witted naming convention they use for the venture itself! They have a team of volunteers who help this process along (volunteer hours to suit), so if you have a couple of hours to spare and are interested get in contact. They are very social media aware and have a Facebook account (www.facebook.com/SallysKitchenE11) as well as a twitter account (<http://twitter.com/SallysKitchen>) which both give more details.

Not ones for sitting on their laurels, they have agreed to manage the Leytonstone Food Bank. They aim to prepare 20-30 family parcels each week, which are designed to meet the recipients' needs, both dietary and circumstantial (gluten free and/or no access to cooking facilities, for example). This is also known as "top up" which allows the organisation to add to the food donations received using their own funds. I was amazed at the list of sourcings, from small independent bakeries to multinational local food store.

The food bank applies appropriate rigour in its selection, which ensures the parcels go to those in need and that no one can over-use as they have a maximum 3 consecutive week entitlement. After this they must be referred again which ensures they still qualify and in the meantime allows a wider base of recipients to be reached. This operation will require volunteers and again get in touch via Facebook or twitter if interested.

They also have a great donate link from their Facebook site, allowing regular and single donations, The organisation does have aspirations...to have 100 people donating £5 a month by the end of 2016. This will really make Sally's Kitchen truly sustainable and allow for possible future developments. Honestly, investigate with a few clicks. I was fortunate to

meet Anna and she won me over with her passion, verve and commitment in doing “good in the hood”, so it has my vote. And as a result they actually only have 99 people to find (hopefully a lot fewer by the time you read this).

PS – see “A Word from the Chair” in this issue for more good news! • *Russell Lines-Jobling*

CANVEY ISLAND DISCS

Imagine you're trapped in deepest Essex with no foreseeable way of getting home. What earthly comforts would you need to help you survive?

Our latest castaway is Liz Hayman, long-standing BARA committee member and the person who, amongst many other things, makes sure that you all pay your subs every year (in tandem with our trusty Road Reps). Liz also keeps an eye on Planning activity in our area and makes sure that BARA's views are well represented when needed in any planning decisions. Read on to find out more...

6 Pieces of music The almost impossible task of picking six tracks from a listening history of around 40 years has led me to restrict my choices purely to music from the Seventies. After all, it was such a fantastic decade and one which saw some revolutionary changes in music. Out with boring old prog rock and in with the glitter of Glam, the excitement of Punk, then onto post-Punk and right at the end of the decade, New Romanticism, not forgetting a detour through Mod and Two-Tone on the way. Surely this must have been the most inventive decade for the UK music scene.

I know this isn't quite what other castaways have done but I had to find some way of cutting the choice down. Even then it has been extremely difficult and the list has changed so many times I just had to stop thinking about it, so ask me tomorrow or the next day and the list will probably be entirely different!

Since Canvey Island is the destination I really felt that I ought to have a Dr Feelgood track, but there just wasn't room - I'll have to hope that I bump into Wilko Johnson while I'm there to compensate for the omission.

Leonard Cohen – “Famous Blue Raincoat”: I only discovered Leonard Cohen's music about ten years ago and he has rarely been far away from my playlist ever since. This track is deservedly one of his most famous and is wonderful in its simplicity and heart-breaking in the tale it tells. One of my most treasured memories is seeing him play Glastonbury a few years ago. The emotion in the crowd was palpable and intense, as most people there had never expected to have the opportunity to see him play live because of his age. His unexpected comeback to live performance at such a late time in his life was occasioned by his money having been embezzled by his manager whilst he spent five years secluded in a Buddhist monastery.

Roxy Music - “Chance Meeting”: Out of all my choices this was the most difficult. It is from their first album but really I could have chosen any track from either of the first two albums. The voice of Ferry, the genius of Eno and the saxophone of Andy

MacKay. Incomparable!

Sex Pistols – “Anarchy in the UK”: This is an incendiary blast of noise and anger. Still fantastically powerful even after all these years. What more can you say?

Elvis Costello – “Radio Radio”: This was another difficult one to pick because of the excellence of the early Costello oeuvre. The intense anger of this song blows me away, Costello spitting out the words like he hates everyone and everything. But it isn't an ignorant rant, his writing was so clever and literate. How sad when artists lose that youthful anger and what they produce never satisfies in the way it used to (yes, Paul Weller I'm thinking of you, too)!

Joy Division – “She's Lost Control”: I couldn't leave out the absolute stars of post-Punk. Ian Curtis's wonderfully distinctive voice creates a stark atmospheric sound and this song has a chilling sense of desperation and fear. The lyrics relate to Ian Curtis's encounter with a fellow epileptic and her lack of control over her own body.

The Fall – “Eat Y'self Fitter”: OK so I'm cheating here as this is actually an 80s track but I just couldn't leave The Fall out. Mark E. Smith's fabulously tortured vocals and bonkers lyrics make a stunning and powerful combination. Where's the cursor? Where's the eraser?

Work of Art Hugo the puppy - Four months old and absolutely gorgeous. I'll refuse to go on this adventure unless I can take him with me (that's him in the picture).

Work of Literature Marcel Proust: A la recherche du temps perdu. I would take this as it is a classic which I've never got around to reading. It is also very long, so it would provide maximum entertainment value.

Film Francis Ford Coppola's Apocalypse Now (1979): This astounding film takes my breath away every time I see it. I'm really not one for war movies but this is just stunning, from the first shot of Martin Sheen with the sound of the helicopter blades being echoed by the movement of the ceiling fan to Marlon Brando's amazing portrayal of Kurtz's madness and the overwhelmingly powerful sound of The Doors track The End. There are so many savage and beautiful images throughout the film that you just can't get out of your mind.

Plate of Food Special Chicken Makoni, Sag Paneer, pilau rice and naan from *The Star of India*, of course!

• *Liz Hayman, as told to Steve O'Hara*



PLANNING NEWS

29 Hartley Road: Demolition of existing conservatory and erection of single storey rear extension. Refused.

60 Bushwood: Single storey rear extension. The original application made last year was refused but a new application has been made this year.

Land adjacent to 78 Leybourne Road: Demolition of garages and construction of house. Application refused by LBWF some time ago but the developer has now appealed to the Secretary of State. Appeal refused.

Land adjoining, 35 Barfield Road: Reduction of crown of Sycamore tree subject to a Tree Preservation Order to roofline. Refused.

Tommy Flynn's Bar, 692 High Road Leytonstone: Conversion of first floor into bed & breakfast accommodation (max no of 7 rooms No decision yet.

45 Browning Road: Felling of a self-sewn co-dominant stemmed Sycamore in the front garden (within the Conservation Area). Approved.

6 Beacontree Road: Single storey rear extension. Loft conversion with two rear dormer windows and two roof lights at front. Approved.

58 Michael Road: Two storey rear extension and alteration to front elevation to create additional window. Approved.

69 Browning Road: Demolition of existing workshop/garages. Construction of three x two storey houses including basement (2x4 bed, 1x3 bed) with roof terrace area. No decision yet.

177 Mornington Road: LBWF had previously issued a notice of breach of planning control to the owner of this property which was being run as an unlicensed HMO. The owners appealed to the Secretary of State and their appeal was refused with the result that the building will have to be converted back to a single dwelling house.

37 Leybourne Road: Single storey rear extension. No decision yet. • Liz Hayman, Planning Secretary

MAKE YOUR VOICE HEARD!

This May you can help choose the Mayor of London and the make up of the London Assembly. Voting takes place on 5th May and it is a 'local government election' under UK rules so more people are eligible to vote than in a parliamentary election. It is the members of the Assembly's job to hold the mayor to account and at least a third of them are needed to approve the Mayor's budget each year. They sit on influential committees.

You can vote in a UK local government election if you're registered to vote and:

- aged 18 or over on polling day (16 or over in Scotland);
- a UK, Irish or a Commonwealth or European Union citizen living in the UK;

- not legally excluded from voting e.g. because you're in prison.

There are actually two electoral registers of voters and you can choose to be only on the full one which is used for elections rather than on the extract which forms the 'open' register which can be bought by companies. This helps guard your privacy.

You can register here <https://www.gov.uk/register-to-vote> - you will need your national insurance number. You can check that you are registered here <https://www.walthamforest.gov.uk/Pages/Services/Elections-electoral-register.aspx> - you can phone Waltham Forest to check on 020 8496 3000 between 9am-5pm Monday-Friday.

The deadline to registering to vote is (probably 5pm) on 18 April 2016. If you haven't applied by then, you won't be able to vote. This is also the deadline for requesting a postal vote. The BARA area lies wholly within the Leytonstone ward and represents about a quarter of it. There were over 200 spoilt or blank ballot papers in Leytonstone ward in the last of these elections in 2012 when just over 2,700 people here voted. At the Polling Station you'll get three ballot papers: one for Mayor, where you have first and second preference votes in two columns on the same ballot paper; one for your constituency member on the London Assembly, where you have one vote and it's first past the post; and one for the London-wide members on the London Assembly (orange paper) where you vote for a party. Finally, if you accidentally spoil a ballot paper you can request a replacement from the election officers present (you must do this before putting any ballot papers in the boxes).

Your votes can make a real difference so use them on 5th May.

- RoseMary Warrington

BARA GROUPS

CYCLING

Dwight Wood (dw@itdoesthejob.com)

PHOTOGRAPHY

Brian Hopson (bushwooder@gmail.com)

YOGA

Helen Georghiou (helen.georghiou@me.com)

THEATRE

Hilda Hooper (hildav@hotmail.co.uk)

BOOK

Zoë Nelson (zoecnelson@btinternet.com)

PET

Jo Pilc (jo.pilc@hotmail.co.uk)

BRIDGE

Dwight Wood (dw@itdoesthejob.com)

DINING

Currently dormant

FOOTBALL

Jake Green (info@jakegreen.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.

VISITOR PARKING PERMITS

If you need a small number of permits (i.e. not a whole book) then BARA have some which they can sell to you. We want to help but please try to give us as much notice as possible as it may take a couple of days to get the vouchers to you. For more information call either Liz on 07969 407886 or Steve on 07794 751537. If you'd prefer, you can email bushwoodra@hotmail.co.uk
• Liz Hayman

LEYTONSTONE WARD FORUM

The March Ward Forum will take place on:

Wednesday 16th March 7.00pm
The Hall, Leytonstone Library

Ward Forum meetings are a great chance to get the latest from your Councillors on important local issues as well as giving you the opportunity to have your say. So do try to come along. The agenda will include a presentations from Toni Moore, headteacher at Gwyn Jones school, someone from the Police Safer Neighbourhood team and John Stewart from HACAN East will be talking about the aeroplane noise issue and flight paths. • Steve O'Hara

MEMBERSHIP UPDATE

The number of members as I write stands at approximately 490 about 38% of all Bushwood area households. At the end of the last membership year we had 523 members so we still have a little bit of work to do in collecting the missing subs. We have had around 40 new members so that means that we still have 74 members who have not renewed their membership this year.

We are very grateful to Liz Zitzow who has been Forest View Road Representative for the last few years. Unfortunately she has had to give up the role due to work pressures but I am pleased to announce that another Liz, Liz Maloy Jollands, of 5 Forest View has agreed to take her place. Welcome to the team Liz!

Another recent change has been for Grove Road, the Road Representative is now Doug Sheedy of 11 Barclay Rd who takes over from RoseMary Warrington.

The Committee is grateful to members who have made donations to BARA over and above the normal subscription fee. Thanks go to Kennard Wells Solicitors, Marco & Richard, Anne & Bill Rodgers, Roger & Susan Gann. Pearl Brown and Jo-Anne Chin Aleong.

One benefit of membership is receiving the very useful and popular BARA email updates sent out by Brian Hopson. If you don't already receive these and would like to do so, just email Brian on bushwooder@gmail.com.

All members should by now have received their membership cards. If you haven't, please contact your Road Representative or any Committee member. And finally, if you've joined BARA

for the first time, we'd like to thank you for your support and welcome you to the Association.

BARA 5-ASIDE

For about a year now we have picked the cream of the BARA crop to compete in an epic battle of man versus middle age.

Every Thursday 7-8pm we have a relaxed and excitable kick about at Leytonstone School Sports Centre. Cost £3.50 all ages and abilities welcome.

Please email contact@jakegreen.co.uk if you would like to get some more info or put your name down. • Jake Green



THOSE JANUARY BLUES DIDN'T STAND A CHANCE!

We had a terrific time at this year's BARA January Party. In our most successful bash ever we saw 65 of us fill up the Star of India with a great mix of ages and long-established as well as new members. Many, many thanks to Shah and his team for looking after us so well and laying on a lovely buffet.

Thanks as well to the Committee members who helped organise the event in advance and who made things run smoothly on the night (a special mention to Jan, RoseMary and Peter for looking after the signing-in). And thanks to all of our members who turned up and made it such a great night. We've set the bar high for next year – so don't miss it! • Steve O'Hara

THIS IS RADIO LEYTONSTONE...

How many Bush Telegraph readers are aware that we have a radio station at the top of the High Road and how many Bush Telegraph readers know that some of the DJ's and quite a bit of the musical content comes from BARA members?

East London Radio is a non-profit radio station that gives people the pathway into radio through training and mentoring.

The station was formed from an idea between two friends, Aaron McCarter and Ian Chambers. Both have worked in the third sector radio industry and identified the need for real routes into radio for young people, recent graduates, the long term unemployed and those within up and coming areas in East London, most notably Waltham Forest, Hackney, Tower

Hamlets and Newham.

With radio studios scattered all around the four boroughs and support from radio industry professionals and local MPs, East London Radio is set to be the most diverse and inclusive radio station, covering an area of 3.3 million people.

"In East London there is no community based radio station that is fully inclusive of everyone; we believe that having a radio created by everyone for everyone helps us to better appreciate and welcome the diversity within our community."

East London Radio provides training in a variety of ways and actively encourages more experienced volunteers to mentor those with less experience. Volunteers have the opportunity to learn about presenting, research, production, office administration, social media, audio editing and much more.

Young people who have benefited from radio training provided from Aaron & Ian have since worked in a variety of roles at Absolute Radio, Global Radio, Bauer Radio, SKY Sports, SKY News, 5 News, BBC and LBC. The management team is led by people with significant experience in running Community and Hospital Radio stations, backed by very valued support from our partner organisations, local dignitaries and industry experts.

We're aiming to cover ELR, and particularly the ways in which BARA members are involved, in more depth in a future issue. • Kate Duffy



STEPPING OUT

SPRING CURRY AND QUIZ

Though it only seems moments since the fun-packed triumph of the BARA Autumn Quiz, our Spring event will soon be with us, so put Saturday 16 April in your diaries now.

Once again we'll be at the Ex-Servicemen's Club on Harvey Road. Curry will be served at 7.15pm with the quiz starting at 7.45pm prompt. Teams of six people, please but, as you'll recall, children under 16 don't count as part of the team numbers.

It's a fun night and a great way to meet other BARA members. There will be 10 rounds of questions on a range of subjects, including music, news and sport as well as a picture round. The winning team will be presented with 6 bottles of good quality wine, with the brave losers trousering the coveted prize of a bag of lemons!

The price for both food and quiz is £10 per person Don't worry if you can't put together a full team of 6 as we will join you up with fellow quizzers on the night - a great way to get to know more of your neighbours.

These nights are very popular so book your places in advance by contacting Katy on 020 8556 5162 or email Liz at bushwoodra@hotmail.co.uk with "BARA Spring Quiz" in the subject line. Numbers are limited, so book early to avoid disappointment.

MARRAKESH DELIGHT

The Nosh Girls and I decided on a visit to the new(ish) restaurant in Church Lane – Marrakesh Delight. We had a great meal there. We started with some humus and bread, which was simply delicious, followed by chicken and olive tagine.



I had rice with mine and two of my companions had couscous. My vegetarian friend had a vegetarian tagine with couscous. The tagines were absolutely wonderful - flavoursome with wonderful spices and generous portions.

The service was excellent and the staff so friendly and helpful. I had a fabulous apple juice which tasted of amazing fresh apples which I suppose shouldn't have been a surprise as it was freshly made from apples! Very refreshing. I'm afraid we didn't have dessert as we were full and couldn't eat another thing. The prices are very reasonable and I would recommend this restaurant to everyone. The owner said he would be happy to offer BARA residents a discount so I shall go and discuss this with him. Great food and lovely staff. • Katy Smith



HAVE YOU EVER BEEN STONE SPACED?

If you haven't, then you really must try it. The Stone Space is a gallery space in the heart of Leytonstone run by artists and volunteers. We began life as part of the annual Leytonstone Arts Trail but we're now well established as a year-round local community resource overseen by a team of volunteers.

We aim to support creative people from a diverse range of backgrounds and to provide a space for thought-provoking and exciting exhibitions and installations. Whilst we like to focus on work by local artists where possible, we've held shows by artists from as far afield as the USA, Russia and Latin America. All exhibitions are free to visit and usually run for about three and a half weeks each. The gallery itself occupies part of the Leytonstone Library building (we're on Church Lane). LBWF is currently reviewing the arrangements for our use of the gallery space and we're in ongoing discussions with them. Watch this space (sorry!) for further developments. The Stone Space opening hours are:

Thursday and Friday 2.00pm to 6.00pm
Saturday 12.00pm to 5.00pm
Sunday 12.00pm to 4.00pm • Steve O'Hara

THE WOODHOUSE PLAYERS PRESENT...

... an epic portrait of an England in the grip of unprecedented and catastrophic floods in their production of Resilience by Steve Waters.

Massive flooding has already destroyed Bristol and now threatens to sink the UK, from its coastline to its capital. We see these events through the eyes of a bright young climatologist, reluctantly recruited by an increasingly desperate, newly-elected Tory Government. Putting his case to Whitehall ministers, our protagonist finds himself the victim of departmental rivalries and cautious advisers; when action is finally taken, will it be too late to avert a national crisis? First performed in 2009 at the Bush Theatre, Resilience is chilling in its prediction of events that have happened since, and even more so as a prediction of a not unrealistic future. It's The Thick of It meets 2012. Book now for this thrilling piece of political satire by the Woodhouse Players.

Fri 20th May 2016, 8pm
Sat 21st May 2016, 2.30pm and 8pm
Fri 27th May 2016, 8pm
Sat 28th May 2016, 2.30pm and 8pm

2.30pm performance on Saturday 28th May will be BSL-interpreted. Welsh Church Hall, 881 High Road Leytonstone E11 1HR. Tickets £8 (£5 concessions) booked or reserved in advance; £9 (£6 concessions) at the door. Online bookings <https://www.ticketsource.co.uk/woodhouseplayers> Phone/email reservations 020 8504 3872 / tickets@woodhouseplayers.co.uk Full details on the website www.woodhouseplayers.co.uk

COLLEGE AMATEUR OPERATIC SOCIETY

College Amateur Operatic Society (CAOS) will be holding a Spring Barn Dance on:

Saturday 16th April, 2016 – 7.45pm for 8pm
St. Andrews Church, Colworth Road, Leytonstone E17 IJD

Tickets: £12.00 Adults, £7.00 16yrs and under. Tickets include Fish & Chip Supper but please supply own drinks & glasses. Contact for tickets and further information: Victoria Fowler 07941 310562 or email: victoriafowler@live.co.uk. Join us for a great evening with an excellent caller.

LUNA LOUNGE EASTER WEEKEND

If live music's your thing, then there's bound to be something for you at the Luna Lounge on Church Lane over the Easter Weekend. Some (or all!) of this will surely float your boat...

25/03/16 at 8:30 Good Friday – Lickin' Stick

A 9-piece band comprised of two singers, horns and rhythm section. Playing together for a year, the band just love playing the music of James Brown, Maceo, Fred and the rest.

26/03/16 at 8:30 – East Lonesome Drifters, Country Night
'country AND western'

Five-piece outfit that play a tribute to country, western swing, Bakersfield and bluegrass. Weaving the story of the genres through a conscious curation of songs, ELD does arrangements of classics from the likes of Hank Williams, Merle Haggard, Bob Wills, Gram Parsons, Johnny Cash, Bob Dylan, Steve Earle and other traditional influences.

27/03/16 at 8:30 – Juju Rock (Afro-Rock)

JUJU ROCK is a guitar led fire-starting instrumental quartet cooking up a potent blend of vibrant African cross-rhythms, heavily influenced by gritty funk rock elements and blues.

RUBBISH!

McDonald's once again wakes up to its responsibilities in the community thanks to Janet Lee. She has liaised with the manager to have regular litter patrols reinstated in the Bushwood area.

Thank you, Jan as the litter was definitely getting worse. We will see the improvements soon. • Russell Lines-Jobling

It is a shame that other local cafés don't take a similar responsibility for their rubbish. Last Saturday (27 Feb) there were hundreds of Costa Coffee paper napkins blowing down the High Street. I went in to Costa to ask them to send someone out to pick them up and the barista's response was firstly that it was not their responsibility and secondly they didn't care anyway. Great to know that Costa want our custom but aren't interested in looking after our environment! • Liz Hayman

LOSERS LEMON DRIZZLE CAKE

Not disheartened by his team coming last at the BARA Autumn Quiz, lovely Doug Sheedy turned a disaster into a triumph and made lemon drizzle cakes for his team using the traditional losers' lemons they received as their prize. His recipe is below so that you can try it yourself.

For the cake
225g butter, 225g castor sugar, 275g self-raising flour, 2 tsp baking powder, 4 eggs, 4 tbsp milk, zest from 3 lemons

For the drizzle
175g sugar, juice from 3 lemons

Blend all the cake ingredients together. Place mixture into two medium loaf tins and bake at 160°C for 30-40 minutes. For the drizzle, mix 175g of sugar with the juice from three lemons and pour over the cake a couple of minutes after taking the cake out of the oven. Share your cakes with the other members of your team!



SAFER NEIGHBOURHOODS NEWS

PC David Cotton is leaving the Leytonstone SNT Designated Ward Officer (DWO) role. He will be moving to the London East Delivery Unit. A new DWO officer will be appointed very soon, the application process closes 3 March 2016. PC Cotton has done some great work for Leytonstone and he says "it has been a pleasure working on Leytonstone SNT for the last 18 months and I have enjoyed working with partner agencies to get results for Leytonstone." PCSO Hassan will remain the PCSO DWO.

Many members will remember the incident that occurred at Leytonstone Tube station in December 2015. PCs John Cooper, Ian Cornell, Gary Coburn and Jas Josson were special guests at the Commissioners Excellence in Total Policing Awards for their brave actions in tackling the armed man.

Unfortunately the Leytonstone SNT mobile phone has been misplaced and has been missing since 13 January 2016. The Safer Neighbourhoods team have sent their apologies if anyone has been trying to contact them on that number; the replacement mobile phone number is 07884 114160, the office number is 020 3276 0955 or you can email on Leytonstone.NPT@met.police.uk

NEW DISCOUNTS

We have some good news about new discounts from BARA members who have recently set up businesses in the area

BARA member Kafi Desir-Lorde from Leyspring Road writes: "I am a massage and beauty therapist trained in Swedish massage: the manipulation of deep and superficial muscles to ease pain and discomfort, facials, manicures and pedicures, waxing, tanning and eye treatments. Treatments are intended to improve the health and function of the body and not just to hide a problem! 20% discount for BARA members. You can contact me on 07858 295 940 or by email to lordesbeauty@hotmail.com."

Ciara Wild MBPsS, FPIt, MSc, BSc writes: "I am a BARA member from Woodbridge House. I wondered if anyone in the area is looking for a private psychology tutor for A-Level or undergraduate psychology? I have adverts up on both the Tutor Hunt and First Tutors websites where people can see my tutoring experience. I am not a teacher by trade, I am a psychologist with a degree in psychology and a masters degree in forensic psychology. I work as a mental health practitioner for the NHS based in police custody and at court and I am finishing my qualification as a Chartered Forensic Psychologist. My usual hourly rate is £30 for A-Level and £35 for undergraduate tuition but I would be happy to offer £5 discount off these rates for BARA members. At the moment I am available Monday and Thursday evenings. You can contact by email to wildc98@hotmail.com"

We are also pleased to report that Ero, the Manager Director of ISecurity Systems at 345 High Road Leytonstone has contacted us to offer members a 10% discount on any of their services which include. security systems installation; CCTV, intruder alarms and computer & mobile phone repairs. See discounts page for contact details

More good news is that we are currently discussing a discount for BARA members with a local cycle shop. Unfortunately the details aren't ready in time for this BT but be sure to watch out in June for all the details. We will also email them out in one of Brian's updates as soon as we can.

BEWARE! SCAM NEWS

I have heard from an extremely reputable source of a new scam which is ongoing throughout the UK.

Internet criminals are intercepting legitimate invoices sent via email and changing the bank details so that when you pay the bill you pay the fraudsters instead of the people you want to pay. The banks are not being very helpful in recovering the

money and I have heard from a banking insider that the banking industry see this as being a growing problem. So if you receive an invoice that you are expecting anyway through email then check the banking details with the relevant company before transferring funds. • Liz Hayman

A ROYAL SHINDIG AT THE NORTH STAR

To celebrate our monarch's 90th birthday our great local pub, The North Star, is going to celebrate in good ole style on Saturday 12 June.

So keep this date in your diaries as Kevin and his team with BARA's support will be having some right royal fun. Vinyl from 2pm, kids games, food and live music from 6pm into the late evening. If you have been to a North Star street party you know what fun to expect. More details will be released nearer the time via posters and the BARA and Leytonstone Life Facebook pages and of course we'll keep you updated by email as well. • Russell Lines-Jobling

ROAD RESURFACING

The resurfacing of Mornington Road will commence on 14 March 2016 and the resurfacing of Michael Road will commence on 17 March 2016.

EVENTS

Wednesday 16 March 7.30pm

Wren Group AGM at Wanstead Golf club, Overton Drive
Howard Vaughn of the RSPB will speak on Amazing Rainham Marshes. Contact Tim by email to: tharris@windmillbooks.co.uk for more details.

Saturday 19 March 8.00pm

St Gabriel's Church Hall E12 5HH. Pet Shop Boys tribute act performing all their greatest hits. Tickets £10 on the door. Contact Ron by email to blakesheavenmusic@gmail.com or by phone 07827 327365 for more details.

What's Cookin'

Upstairs at the Ex-Servicemen's Club, Harvey Road. Entry is free but there is a collection for the musicians. Shows are normally every Wednesday and the 1st & 3rd Saturdays of the month (and additionally the 5th Saturday if there is one). Doors open 8.30pm. Accompanied children aged 11+ welcome. See the website for more information:

www.whatscookin.co.uk

Wednesday 16 March: The Delta Jacks/Hope In High Water/
The Blazing Zoos

Saturday 19 March: King Salami & The Cumberland Three

Wednesday 23 March: Serious Sam Barrett/Luke Whittemore

Wed 30 March: No show!

CYCLING NEWS

Following the success of the Brompton Bike Hire Scheme in Walthamstow, LBWF have agreed to roll the scheme out in Leytonstone and Leyton in the next couple of months. The docking lockers/ stations will be located close to the tube stations.

Residents of Alymer, Barclay and Beacontree Roads are currently being consulted about the exact locations for further cycle hangars like the one at the junction of Harvey and Mornington Roads.

LBWF are offering a cargo bike hire scheme for those who want to try this form of bike out- maybe for work and delivery purposes or for transporting the little ones around. Find out more on this link: www.enjoywalthamforest.co.uk/cargo-bike

And finally don't forget that Waltham Forest still offers its residents cycle training. See this link for further information: www.enjoywalthamforest.co.uk/get-involved/cycle-training

BARA ROAD REPRESENTATIVES

- Aylmer Road** Alex Maws, 1 Aylmer Road
- Barclay Road** Doug Sheedy, 11 Barclay Road
- Barfield Road** Jake Green, 5 Barfield Road
- Beacontree Road** Janet Lee, 27 Beacontree Road
- Browning Road** Russell Lines-Jobling, 39 Browning Road
- Bushview** 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** Liz Maloy-Jollands, 5 Forest View
- Grove Road** Doug Sheedy, 11 Barclay Road
- Hartley Road** Andrew Shields, 9 Hartley Road
- Harvey Road** Katy Smith, 37A Harvey Road
- High Road** Doug Sheedy, 11 Barclay Road
- John Drinkwater** Russell Lines-Jobling, 39 Browning Road
- Leybourne Road** 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** RoseMary Warrington, 88 Mornington Road
- St Augustine's Ct** 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** Kate Duffy, 29 St Augustine's Court
- Woodville Road** Kate Duffy, 29 St Augustine's Court
- Woodbridge House** RoseMary Warrington, 88 Mornington Road

Please note, you can deliver subs to any convenient Road Rep or Committee Member (list on back page)

★ FREE MEMBERS' ADVERTS ★

ACUPUNCTURE Professional low-cost treatment to aid recovery in a wide variety of conditions. UK-trained member of British Acupuncture Council. Tony: 07943 672696 (10% discount for BARA members). RECOMMENDED

AROMATHERAPY Bath, shower and massage oils. High quality pre-blended aromatherapy oils. www.littlebottleoflove.com. RECOMMENDED

AVON Patricia Roche: 020 8989 9728 (eve).

BABYSITTER Bushwood resident 17 yr old experienced babysitter available weekdays till 10pm and weekends till later £7 per hour. Hannah 020 8923 8335.

BABYSITTER Zosia Poulter, recent university graduate. Fun and creative approach. Experienced, CRB checked, references available, £7 p/h. 07806 702155, email: zosiapoulter@gmail.com.

BABYSITTER AND CHILDMINDER Lynn Poulter of Harvey Road is a registered child-minder who has vacancies for drop off and collection at George Tomlinson and/or Davies Lane School, also babysitting at £7 per hour. Tel: 020 8558 0651 or email lynn.poulter@yahoo.co.uk.

★ NEW ADVERT ★ BABYSITTING

Pippa is a sensible and caring girl with two younger sisters who has already done some babysitting for twin 4 y.o. girls. She is trying to raise funds for a trip abroad with the Scouts. Available on Fri, Sat or Sun evenings and during the day at weekends. £6 per hour. Please contact her mum Kate on 07946 717815. She and Pippa would be very happy to pop round to discuss arrangements.

BEAUTY, NUTRITION, HOME

Amway products and services. Sandra: 07877 022829, email: sk.sandra@gmail.com

BIO-ENERGY HEALING Professionally-trained therapist/teacher. Gentle, yet powerful noninvasive therapy suitable for adults, children, elders and animals. Half-price taster treatment. Liz Maloy: 07855 549740 (can call back) or lizmaloy@hotmail.com

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.

★ NEW ADVERT ★

CHARTERED BUILDING SURVEYORS

RICS accredited London Building Surveyors Ltd is a local, independent company specialising in residential building surveys, party wall and dilapidations disputes. Contact us for a free no obligation quote 020 8257 5766 www.londonbuildingsurveyors.com

COMPUTER ADVICE David: email dauidonem@aol.com, 07801 276443.

CRIBBAGE If you are interested in playing Cribbage on an occasional, informal basis, or even learning to play from scratch, contact Jill: 020 8556 6350.

★ NEW ADVERT ★ CYCLE SALES & REPAIRS

Large range of great value new, second-hand and vintage cycles and accessories. Extensive repair service caters for all shapes, sizes, brands and conditions of bicycles, offering a range of packages from full service to quick-fixes. Bike Shack Leyton 26 Ruckholt Road Tel: 020 8558 1144

DECORATOR Interior and exterior decorating, free estimates and advice. Michael: 07958 940558.

DOG WALKER AND SITTER Extremely experienced dog owner with extensive knowledge about dog welfare and psychology. Competitive rates can be negotiated, ad hoc or regular slots available. Jacqueline 07883 081401 email: jacqlabib@gmail.com.

DOG WALKER Responsible, reliable and local. 1-hour walk M-F £25 per week. Julie: 079435 54232.

ENERGY SAVING Free advice and a site survey on how to reduce your energy consumption. From the eco-store that saves you more. www.ItDoesTheJob.com

ENVIRONMENTALLY FRIENDLY Wikaniko products for the home, baby and family. Bigger choice than the supermarkets. Free delivery on orders over £20 See www.bushwood.wikaniko.com or email bushwood.wikaniko@outlook.com

GAZEBO BARA's dazzling fleet of gazebos can be hired by our members at the rates of £6.50 for the new pop-up model, £5 for the standard version or £10 if you need both. Other community organizations can hire them for either £10 individually or £15 together. Contact Steve on 07794 751537 or steve.ohara3@btinternet.com.

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

HOLIDAY HOUSE In Mojacar in Andalucia 45 mins from Almeria Airport. Overlooks the sea, sleeps 5, stylish, comfortable and well managed. 10% discount for BARA members. Liz/Blair: 07855 549740 (can call back) or see www.holidayrentals.co.uk (property #69491).

HOME IMPROVEMENT & MAINTENANCE

Chris Gunayon, tiling, painting & decorating, kitchen, bathroom & wardrobe installation, window cleaning & gardening. 07846 071936, drillbit@hotmail.co.uk. RECOMMENDED

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.

PERSONAL TRAINER Personal training for women by a woman! Qualified Level 3 Personal Trainer/Gym Instructor. Individual programmes for personal fitness and weight loss. Emma 07938 235310.

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.

PLAYGROUP Cheeky Monkeys Baby & Toddler Playgroup every Thurs in term time 10am-12noon, St. John's Church Hall, Leytonstone (nr.Matalan). £2 per family. Friendly & fun with educational toys, art & singing. Tea for adults and healthy snacks for kids. All are welcome.

PRINGLES CRISP TUBES

Empty tubes wanted as packaging for small local business. Will collect (even small quantities) Chris Hill 020 8556 0644, email chrisjohn34@hotmail.com

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

SHIATSU Traditional Japanese massage which can help a range of conditions from specific injuries to more general symptoms of poor health. A deeply relaxing experience, regular sessions help to prevent stress build-up. Free consultations. Yumiko: 07980 488569.

SPARE COPPERS? If you have any spare coppers or other change hanging around, why not donate them to TOLFA, the UK charity that supports an animal hospital in India. Jo: 020 8530 3569.

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

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

TUTOR – ENGLISH AND ENGLISH

LITERATURE Qualified secondary school teacher offering tuition to years 7-13 (ages 11-19). Special BARA rates from £20ph. can work with all abilities, including those with EAL/SEN/G&T. Email: shereereilly24@gmail.com.

TUTOR – FRENCH Local private tutor. Good knowledge of KS1-KS4 MFL curriculum. One-to-one tuition in your home or small groups. Post-grad, 5+ yrs tutoring experience. Ellie Ross 07710 424996, email elliemjross@me.com

TUTOR – MATHS Mathematics tuition available for Key Stage 3 & 4 students. 30 years experience of achieving high GCSE grades. £25 per hour. Email john.byrne0@talk21.com Tel: 07983334189

TUTOR – MUSIC

Piano, recorder and clarinet. Beginners to advanced. Email Joanna Brown on jo.clarinet@btopenworld.com

TUTOR – PIANO All levels of piano taught, also see our website for piano sheet music. www.pianoheads.co.uk, Liudmila: 07919 622293

WOOD BURNING STOVES Like Logs Ltd are based in Bushwood (HETAS registered) and specialise in the bespoke installation of wood burning and multi-fuel stoves. We are dedicated to providing the best possible service and workmanship. Email: info@likelogs.co.uk

YOGA Mindfulness & pregnancy classes at the Quaker Meeting House, Bush Road. Tuesdays from 6.15 pm. Helen 07956 807675 or email helen.georghiou@mac.com or see www.helenyoga.co.uk

YOGA Post natal & baby classes at the Quaker Meeting House, Bush Road. Thursdays 10.45am-12 noon £10 drop in. For new mothers and their babies (from 6 weeks). Helen 07956 807675 or email helen.georghiou@mac.com or see www.helenyoga.co.uk

If you would like to advertise for free in the Bush Telegraph please contact your nearest Committee member.

LOCAL SHOPPING & SERVICES DISCOUNTS

Don't forget to take your BARA Membership Card with you when you claim your discount!

★ **NEW DISCOUNT** ★
I SECURITY SYSTEMS

Security systems installation, CCTV, intruder alarms, computer and mobile phone repairs. 345 High Road Leytonstone 020 3490 8180 / 07853 711616 www.isecuritysystems.co.uk 10% Discount

ADULT LITERACY

Qualified adult literacy tutor 020 8530 3484 10% discount

BANSAL OPTOMETRISTS

775 High Road, Leytonstone 10% discount on goods over £50

BAXTER PHYSIOTHERAPY

2 Bushwood 020 8989 2292 or 07778 403237 Initial session £45, subsequent discount-rated sessions at £30. RECOMMENDED

BILLINGFORD GENERAL BUILDERS

Including Corgi plumbers, certified electricians, sash windows 020 8503 0404 10% discount

BLOUNT STAINED GLASS

www.blountstainedglass.co.uk 020 8671 6938 10% discount

BURGESS AND HALL

Wine tastings, events and sales. www.burgessandhall.com 5% discount off wine case prices

CAKES BY TINA

www.cakes-by-tina.webs.com tmallen31@live.co.uk / 07982 253069 10% discount

★ **NEW DISCOUNT** ★

CIARA WILD MBPSS, FPIT, MSC, BSC

Psychology tutor for A-Level or undergraduate psychology. wildc98@hotmail.com £5 off normal rates

ECO-GAS

www.ecogaslondon.co.uk 020 7729 5840 10% discount on boiler servicing

ELSA GOMEZ PROFESSIONAL PHOTOGRAPHER

www.elsagomez.co.uk Specialises in portraits of maternity, newborn babies, children and families info@elsagomez.co.uk / 020 3091 1584 50% discount on 2-hour session (minimum printing order applies)

ERSILIA ARJOCAN MA, MFHT

www.holisticreats.blogspot.com 07791 879256 Free phone consultation and 10% discount on any 60min or longer Holistic Treats. RECOMMENDED

FUNKY DOGS (GROOMING)

200b Chingford Mount Road 020 8524 1585 Pick up service for E11 each Tuesday 5% discount

HORIZON PATISSERIE

809 High Road, Leytonstone 10% discount on purchases over £15

★ **NEW DISCOUNT** ★
KAFI DESIR-LORDE

Massage and Beauty Therapist 07858 295 940 lordesbeauty@hotmail.com. 20% discount

KENNARD WELLS SOLICITORS

718 High Road, Leytonstone 020 8539 8338 5% discount

K. RAYNER BUTCHERS

(opposite the tube station) 10% discount on purchases over £20

LA BELLA VITA ITALIAN RESTAURANT

853 High Road, Leytonstone 10% discount on food

LAZ FURNITURE - BESPOKE FURNITURE

www.lazfurniture.co.uk 07849 881597 10% discount. RECOMMENDED

LEYTONSTONE OSTEOPATHY

www.Leytonstoneosteopathy.co.uk Unit 6, Forest House, Gainsborough Road 020 8281 0031 15% discount (and concessionary rates for senior citizens/unemployed/students) RECOMMENDED

LEYTONSTONE POP-UP CINEMA

www.leytonstonefilmclub.com £1 discount

MARC FLETCHER PHOTOGRAPHY

www.marcfletcher.com Weddings a speciality 07951 048819 10% discount

MARK RAHAMAN DIP PT, MRNT, IIHHT

Fully qualified personal trainer and sports therapist: 07956 239690 Negotiable

MARC ROBERTSON

Homeopath L.C.H.E. Homeopathy clinic based in Leytonstone www.effectivehomeopathy.co.uk 07903 274852 10% discount

MONARCH SPORTS

815 High Road, Leytonstone 10% on purchases over £100

MORRIS DRY CLEANERS

16 Church Lane 10% discount on over £20

NORTH STAR PUB

Browning Road 10% discount on food orders

O42 RESTAURANT

885 High Road, Leytonstone 15% off food orders

ORIENT PHYSIOTHERAPY

721 High Road Leytonstone 07776 157606 50% discount on initial consultation

PANDA DIM SUM

767 High Road Leytonstone 020 3652 4781 10% on orders over £10. RECOMMENDED

PETCH SAYAM THAI RESTAURANT

682 High Road, Leytonstone 020 8556 6821 10% discount

SAN MARINO CAFÉ

668 High Road, Leytonstone 020 8532 8048 20% discount on bills over £10 (not applicable to alcohol)

SCHEMA STUDIO

Architect and interior design www.schemastudio.co.uk 020 7405 4000 / 07436 535 471 info@schemastudio.co.uk 10% discount

SOCK AID

www.sock-aid.com 10% discount

STAR OF INDIA

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

SUNFLOWER CAFÉ

777 High Road, Leytonstone 10% discount

THOMAS, PAINTER & DECORATOR

Contact through Laz Furniture 07849 881957 10% discount RECOMMENDED

TRADING PLACES LTD

Estate Agents, Letting Agents 020 8558 1147 jennifer@tradingplacesproperty.com 10% off standard sales and letting fees

TREASURE YOUR MEMORIES

Transferring of video/ciné to DVD, music tapes to CD, films from video cameras to DVDs, editing, filming, etc. 020 8518 8479 10% discount on orders over £20 RECOMMENDED

WALNUT TREE PUB

857-861 High Road 020 8539 2526 10% discount on food orders (not applicable to promotions)

WOODHOUSE PLAYERS

www.woodhouseplayers.co.uk Free programme and drink

ZAIN CARDS AND GIFTS

48 Church Lane 10% except special offers/sale

ZOË THE GARDENER

07746 862586 zoethgardener@icloud.com 15% discount RECOMMENDED

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.

BARA COMMITTEE

Richard Bardwell: 1 Barclay Road (Publicity)

Kate Duffy: 29 St Augustine's Court (Social)

Jake Green: 5 Barfield Road

Ros Hall: 53 Bushwood

Liz Hayman: 54 Leyspring Road
(Membership & Planning)

Janet Lee: 27 Beacontree Road
(Secretary & Neighbourhood watch)

Robbyn Linden: 1 Aylmer Road

Russell Lines-Jobling: 39 Browning Road
(Vice-Chair, Treasurer & Conservation)

Steve O'Hara: 76 Bushwood (Chair & BT Editor)

Marion Roper: 35 Michael Road
(Publications Consultant)

Marco Ruggeri: 1 Barclay Road (Publicity)

Doug Sheedy: 11 Barclay Road

Katy Smith: 37A Harvey Road (Social)

RoseMary Warrington: 88 Mornington Rd
(Green Issues)

BUSHWOOD AREA MAP



For more information, visit: www.bara.london or find our Facebook group: *Bushwood Area Residents' Association*

LET US HELP YOU STAND OUT FROM THE CROWD

WITH OVER 30 YEARS LOCAL EXPERIENCE, EMPLOYING THE AREA'S TOP CONSULTANTS, USING THE LATEST VISUAL TECHNOLOGY AND THE UK'S LEADING SEARCH ENGINES, WE WILL GET YOU THE EXPOSURE YOU NEED.

BOOK YOUR FREE VALUATION TODAY:
020 8539 2009



20 Church Lane | Leytonstone
London | E11 1HG

e11@theydons.com

Branches in: Woodford | Leytonstone

[rightmove](http://rightmove.com) PrimeLocation.com Zoopla.co.uk

www.theydons.com

If another agent is already instructed on a Sole Agency agreement, their terms must be considered, to avoid paying two commissions.

Sponsored by Theydons Leytonstone
Published by The Bushwood Area Residents' Association Printed by CLPHolborn – clpholborn@btconnect.com