





There's certainly no denying that winter is truly upon us. Football managers are already talking about the Christmas fixtures, loved ones are dropping hints about potential presents, and the trees are shedding their leaves everywhere. All of which means the festive season is just around the corner.

On the subject of presents, one sure-fire stocking-filler is the BARA 2024 calendar, showcasing the photographic talents of some of our members. It's a limited run, so be sure to place your order as soon as possible from our website shop.

This is also the season when all of us at BARA HQ reflect on everything we've done this year as we begin planning the programme for the coming year. This year has certainly been a bumper one in terms of social events, with walks, quizzes, competitions and our annual Party in the Park. We're far from finished though, with Santa's walkaround coming up on 17 December, the BARA Christmas postbox making a return appearance and our Deck the Halls festive decoration competition.

Since the last Bush Telegraph we've had two excellent and well-attended supper clubs at Flavours of India on the High Road and The Rear Window on Whipps Cross Road. If you haven't been to a BARA Supper yet, I recommend it. Not only do you get a great value meal but it's a perfect way to get to know new people in the neighbourhood –especially if you come on your own. Look out for more opportunities to get involved in the new year.

It will soon be time to renew your annual BARA membership. If you've given us your email, you'll soon receive a link to pay your subs online. Alternatively, you can always drop the cash to your Road Rep in person using the envelope enclosed with this magazine. As previously decided at our last AGM and mentioned in earlier editions of the Bush Telegraph, membership this year is rising to £5 after 10 inflation busting years at £3. The quarterly Bush Telegraph is worth at least that, but when you add in the social programme, the Library of Things, gazebo hire, our high street discount scheme and the email newsletter, it has to be one of the best value memberships anywhere in London!

Please make a note of the date of the BARA AGM – Monday 22 January 2024. Last year's meeting was a great success with a lively, upbeat and informative AGM followed by a great many members staying to socialise for the rest of the evening at the Mammoth Tap. We will be repeating that format this year. I can't wait to see as many of you as possible on the evening.

Wishing you all a Merry Christmas and a Happy New Year from all the committee.

Andy Irvine

BARA Chair

The BARA Team

BARA Commitee

Andy Irvine

Chair and Membership Leybourne Road

Doug Sheedy

Vice Chair Barclay Road

Anna Davies

Browning Road

RoseMary Warrington

Environmental Mornington Road

Kate Duffv

Social & Facebook St Augustine's Court

Katv Smith

Social & Planning Harvey Road

Will Higham

Town Team & SNT High Street Liaison Leybourne Road

Nadia Higham

Secretary & Social Leybourne Road

Robbyn Linden

Social & SNT Aylmer Road

Joyce Quarrie

Bush Telegraph & Planning Leybourne Road

Fiona Sinclair Membership & Town Team BARA e-Mail Newsletter

Leybourne Road

John Buniak

Treasurer Leybourne Road

Gareth Dimelow Barclay Road

James Cowen

BT Editor, Library of Things, Website Lister Road

BARA Road Representatives

Aylmer Road

Alex Maws. 1 Avlmer Road

Barclay Road

Doug Sheedy, 11 Barclay Road

Barfield Road Alex Maws, 1 Aylmer Road

Beacontree Road John Mallinder, 21 Beacontree Rd

Browning Road

Anna Davies, 21 Browning Road

Bushwood Brian Hopson, 49 Bushwood

Carlton Road

Alex Maws, 1 Aylmer Road

Colt's Yard

Nadiva Ismail, 6 Colts Yard Dacre Road

Alex Maws, 1 Aylmer Road

Forest View Liz Maloy Jollands, 5 Forest View

Grove Road

Hanisha Vasiliou, 34 Grove Road

Hartley Road

Andrew Shields, 9 Hartley Road

Harvey Road Katy Smith, 37A Harvey Road

High Road

Doug Sheedy, 11 Barclay Road

John Drinkwater

Anna Davies, 21 Browning Road

Leybourne Road

Joyce Quarrie, 67 Leybourne Road

Leyspring Road

Benedikt Humm, 63 Leyspring Road

Lister Road

Helen Westerby, 50 Lister Road

Michael Road

Sue Birdsall, 32 Michael Road

Mornington Road

RoseMary Warrington, 88 Mornington Rd

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

Tony Pamphilon, 28 Stanmore Road

Woodville Road

Janet Taylor, 14 Woodville Road

For membership, please visit your road rep to make the £5 payment and receive your discount card or subscribe online at our website at www.bara.london. If you would like to get in touch with BARA or require further information please email BARACONNECT@GMAIL.COM or visit the BARA website.

Thanks to all of this issue's contributors. We are always looking for interesting articles, stories and ideas related to Bushwood or Leytonstone for the Bush Telegraph. If you would like to contribute please get in touch with the editorial team at BARACONNECT@GMAIL.COM



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www.bara.london



Bushwood Area Residents' Association



@ BARA.e11

The Bush Telegraph December 2023

BARA's regular update on the latest High Street news from the Leytonstone Town Team.

News of the month has been a planning application to redevelop the Matalan site into two separate retail units – rumours are flying as to who it will be! Mum Likes Thai Food (682 High Road Leytonstone) and Red Fort (748 High Road Leytonstone) have finally opened their doors as well as the more niche Go Doughnut (opposite McDonalds). And we have a new vintage shop Slope at 562 High Road Leytonstone.

The Town Team has produced a programme of Christmas initiatives to promote local business, including a best Business Christmas Window Competition, an Insta advent calendar and a Christmas Trail for Kids. Look out in school bookbags for the trail card or pick it up from the library, Stone Mini Market or the Good Shepherd Building. Prizes are available from Fitness Hub East, 771 High Road Leytontone when completed www.leytonstoneevents.co.uk







AN AWESOME AUTUMN OF BARA

BARA events are popular, bringing people together while supporting local business. This autumn saw walks, quizzes, supper clubs and guided tours. If you came along to any of our events we hope you had a good time. Please come again. We have big plans for 2024 with pub crawls, cocktail nights, supper clubs and much more.









It's been a couple of years since the Good Shepherd Building (GSB) on Davies Lane was saved from development by the Save our Pastures group of local residents. GSB was leased by the council to a team of three local people (including Bushwood residents Jake Green and Zak Crafer) who are committed to making the space work for the whole community, alongside carrying out their day

The third member of the team is Danie Gilbert, a born-and-bred Leytonstoner, mother-oftwo and ex-commercial property lawyer. She describes herself as having a 'portfolio' career. Alongside her Good Shepherd job (running Little Sing Song classes for children), she sings at functions and runs an interior design business and still manages to exude massive amounts of positive energy and enthusiasm. I feel exhausted just writing it all down...

There are three main functions coming out of the GSB building. First, Good Shepherd **Studios** that provides affordable studios for artists and creative people. Leytonstone favourites such as Eonce chocolate, Paul Dash and Aaron Williams of Raw Canvas are in situ. Second is the not-for-profit community interest company, We Flock CIC, created to bring together the local community and make sure they have affordable access to the arts in many different forms. Lastly the popular **Back** to Ours café run by local, Tim Vincent.

"Given the huge funding cuts to the arts, we wanted to make sure that the local community still had access to the them and ways of working and sharing arts in the local community" explains Danie. Affordability and accessibility were always key, and We Flock CIC is experimenting with different pricing models with space hirers to enable them to offer something for everyone. This might be free activities and classes subsidised by feepaying ones or pay-what-you-can activities. A host of activities run in either the downstairs Annex or the large upstairs hall (aka as the Auditorium) includes chair yoga, baby groups and life drawing. There are different rates of hire available for charities/social enterprises.

CHURCH LANE POP-UP SPACE

Not ones to sit on their laurels, the team have now taken on a new project at No.1 Church Lane which they aim to run as a pop-



up space. Depending on how long you've lived in Leytonstone this space has been a florist, a mini Boots, the Fillybrook pop-up and Laura Lea Design. More recently, it's been just another closed property, despite its fantastic location right outside Leytonstone Tube station. We Flock CIC had previously indicated to the council that they would be interested in taking on empty properties on the High Road and so were offered access to the shop. "We can't stand waste" says Danie. "If there is a building just sitting there it could be a life-changing opportunity for someone".

Deliberately not advertising who they were to give people a chance to suggest anything, they asked the public for ideas on what they would like to see in the space and got over 200 replies. The replies were varied but trended towards gifts, a healthy food outlet, flowers and locally made things. "It became clear that lots of people didn't actually know what already existed in Leytonstone" says Danie. A plan crystalised to make sure that No.1, with its amazing location, would also serve as an information hub.

The team is now looking for people to take on and use the space for anything from a couple of days to a month as a pop-up (similar to the Host shop in Leyton). Ideally, there would also be a staple provision of affordable gifts and cards, etc, from local businesses and artists that could be sold every week at set times, or more often when a pop-up is in situ.

If you'd be interested in taking on the space, providing arts and crafts or would like to join a bank of volunteers to make sure that there are always two people on site when it is open (a wise precaution given the prevalence of anti social behaviour in the area) please go to www.goodshepherdstudios.com/no1 or get in touch at hello@weflockcic.org.uk.

Look out for the first pop-ups coming soon which include an exciting Christmas collaboration between Eonce chocolate and designer Tamasyn Gambell, both of whom have studios at GSB.

Website: goodshepherdstudios.com Instagram: @GSŜtudiose11 Facebook: GSstudiosE11/ Email: hello@weflockcic.org.uk

The Bush Telegraph December 2023

REACHING OUT FOR FAMILIES

In the current climate with many facing financial difficulty there are services available in Levtonstone for families who might need support. Susan Birdsall catches up with Joanna Wilby, Leytonstone **Neighbourhood Family Outreach** Worker, about her role and connecting those families with the support they need.

Joanna has lived in the area for 27 years and brought up two children while running a business with her husband Alan. She has a long history of volunteering including supporting families at the food bank at Southwell Grove Road and serving food at Sally's Kitchen (sadly closed). More recently she volunteered at an early-help community dropin centre and enjoyed it so much she decided to apply for the role of family outreach worker.

Background

The Family HUBS and Start for Life programme objective is to join up and enhance services delivered through transformed family hubs in local authority areas, ensuring all parents and carers can access the support they need when they need it.

Waltham Forest (WF) is one of 75 local authorities eligible for the programme which includes the creation of family HUBS.

What this means in Waltham Forest

Multiple agencies and linked initiatives including Best Start in Life and Space4All have been brought together to make it easier for families to access services. These one-stop shops are called Family HUBS.

There are four WF Family HUBs; in Leyton, Chingford, Walthamstow and Leytonstone. The Leytonstone HUB is based in Cathall Road in the old Harrow Green Library.

Through the HUB, residents can access local services including Citizens Advice, activities for under-fives, signposting services to financial support including benefit checks, debt management as well as various drop-in



support services including support with domestic violence or for quitting smoking. Space4All is the umbrella term for youth services which includes two youth clubs in Leytonstone; one at Pastures Sports Centre on Thursdays from 4.30-6.30pm and one at Langthorne Park on Tuesdays from 5.30-7.30pm. Young people aged 11-18 can get access to a mentor, employment opportunities and creative workshops.

Waltham Forest residents can go to any of the HUB facilities to access the borough services. The family HUB phone line on 020 8496 4965 is open for advice and support from 9am-9pm Monday to Friday and 10am-2pm on Saturdays. There is also a website at www. walthamforest.gov.uk/families-young-peopleand-children/family-hubs.

How did Joanna approach this new role?

"One of my main concerns is to reach out to families who may have barriers accessing services" she says. "I want to go beyond the usual settings of schools and nurseries to other places such as food banks and community groups" she explained.
"I had built up a big network from various

sources – my voluntary work, having lived in the area for a long time, and bringing my kids up here. My starting point was making use of my contacts and that is what I have spent the first six months doing.

"My job is about drawing people in to understand what support there is available and getting them access. I want families to know what help is on offer and where to find it. If we can look after and support the wider family, we will be looking after the children. A big part of my role so far has been to create connections"

How will you know you have succeeded?

'Seeing more residents accessing services is a key indicator and we have already seen an improvement in the numbers of people visiting the Leytonstone HUB" Joanne explains. "I have also had anecdotal feedback. For example, a local mum said about her children 'I really wanted somewhere for them to play and make friends. They really enjoyed the library and found other children interesting and made friends.

"This is about families feeling cared for and supported in various ways. For example, I organised a birthday cake for a child. Small things can have a big impact".

What help would be useful to you from the wider community?

"Please spread the word about what's available to friends and neighbours. Or tell that mum you might be chatting to at the bus stop or that teenager you know" Joanne says.

"Every month we do a bag pack, packing goody bags for 400 babies and 400 toddlers for health visitors to hand out. I was surprised to learn there are 400 babies born every month in Waltham Forest" says Joanne. "This is a big job, and I would really appreciate any volunteer support. BARA residents Clare and Andrew Thorne usually pitch up every month. would also love to hear from faith groups in the area as I think that could be a great way to reach different groups of people. You can contact me on the family HUB phone line".



Two of the tenants at the Good Shepherd Building have got together on a Christmas special that combines both their talents. Eonce chocolate makers, Julia and Jose Jarrow, and print designer, Tamasyn Gambell, have created a bespoke collection of three Christmas chocolate bars individually wrapped in hand screen-printed patterned papers. Julia and Jose produce ethically-sourced, additive-free bean-to-bar chocolate. Tamasyn has brought her vast design experience of working with such names as Ercol, Toast and Liberty to the project. There are three designs per flavour that fit together to make a larger pattern. Once the chocolate is eaten the wrapping makes a great display. Buy the bars at the pop-up at No 1 Church Lane with a BARA discount. Or order via the Eonce advert in our classified ads on pages 14 and 15.

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from the well-loved Arts Trail to The Stone Space gallery. Here to shine a light on some less celebrated corners of the art world, is Korero Press, a Bushwood-based publisher of weird and wonderful art books.

The story of Korero begins in 2007 when Yak was working as a graphic designer for big publishers like Dorling Kindersley and Guinness Book of Records. "I noticed that there weren't any coffee table books on 'Pinstriping' (the 1960s art of painting lines on cars to accentuate their shape) so I pulled a proposal together, which a friend took to the Book Fair in Frankfurt. We had a firm offer for the rights but decided to publish ourselves once we had US distribution.

"After that initial success, people were keen to know what we could do for the next season so we started coming up with more ideas and Korero was born."



There's lots of incredible art out there that gets ignored, dismissed or forgotten because of its lurid nature or associations with exploitation and B-movie subculture.

Sticking with the car theming subject, their next project involved Kustom Graphics, which covered Hot-Rod and Rockabilly designs, with a little burlesque thrown in.

And why the name Korero? "Korero is the Maori word for chatting, telling stories and sitting around sharing gossip. As a publisher, we feel we're telling stories, even though ours are mostly visual. At the time, we were also heavily into Tiki and Polynesian pop culture."

Although the company's early works were all broadly related to Hot-Rods and 'psychobilly,' Yak's interests drew him first towards photography, then to the lurid art of 'sexy fumetti', an Italian subgenre of adult comics that were filled with sex, humour and violence.

Korero published several volumes of work celebrating these eye-catching horror comics from the '70s and '80s. "At a convention marketplace I happened to meet Graham Humphreys, who'd built a name for himself in the early '80s during the video-nasties era. He was there selling his own stuff and I thought it would be nice to do a book with him. That relationship began with our first volume Hung, Drawn and Executed, which has now been through several reprints."

Graham and Yak teamed up again recently for a second volume, Nightmares On One Sheet, which came out last month, just in time for Halloween. It's a collection of mostly new art painted by Graham since 2019, much of it during lockdown.

"Many of the pieces were created to accompany new DVD, Blu-Ray and 4K rereleases of classic horror and exploitation titles, as well as a number of illustrations specially commissioned by film fans and collectors" Yak explained. "We had a great launch event at Forbidden Planet, where Graham got to meet his fans, followed by a party in Holborn attended by some of the celebrities and Hammer scream queens he's immortalised in print."

The philosophy of Korero is a simple one says Yak. "There's lots of incredible art out there that gets ignored, dismissed or forgotten because of its lurid nature or associations with exploitation and B-movie subculture. The artistry that goes into that work is no less valid. I quite like that we look in the dark recesses of culture for things that have been developing outside of the limelight. There is some fantastic stuff out there that is worth celebrating and elevating.'

Many of the collections that Korero publish are representative of a pre-internet age. "We're capturing work that wasn't archived or collated online because such a thing didn't exist at the time. I suppose it shows my age, and my reference points! But like they say to authors, you should write what you know. The work is always going to be better, not to mention more interesting, if it's an area for which I have some genuine passion."

Another interesting aspect of Yak's books is how they can inspire a reappraisal of someone's work. "When we released the sex and horror collection, we revitalised Emanuele Taglietti's career, and now there's a whole load of stuff being published in Italy featuring work that everyone had totally forgotten about. I like to feel I played a part in bringing that stuff into the zeitgeist, by celebrating the art of people who've been ignored for too long. It could be argued that our Kustom Graphics books helped define that phrase in the cultural lexicon. It's always nice to feel that you had an influence, no matter how small."

Take a look at the Korero Press website and you'll see an eclectic range of titles. "We tend to lean towards more lurid, exploitation work. Think along the lines of the old iconic Scala cinema and the B-movies they used to celebrate, we're a lot like that. Everything from spaghetti westerns and Giallo to Russ Meyer, and everything in-between."

As for the future, Yak's excited to be working on a couple of new volumes. One celebrates the work of pin-up artist Arthur Ferrier, who famously illustrated many of the covers for Blighty magazine in the 1950s. The other looks at Don the Beachcomber, the "founding father" of TIKI culture, which returns Korero to its Polynesian pop roots.

If you'd like to explore an alternative take on art history, or you'd like to gift someone with an unforgettable coffee table book, Yak has generously offered BARA members a 10% discount. Simply enter the word BUSHWOOD as the discount code when ordering from the website. If he has the title in stock he might even hand deliver it!

www.koreropress.com



In the early days of video, Graham Humphreys was almost impossible to miss. His hand-painted posters featuring grisly ghouls, dripping zombies and other hideous creations turned lowbudget VHS-titles into must-see movies. For a generation of young horror fans, Humphrey's art became an indicator of quality far greater than any positive critical review. Sadly, on some occasions, the lurid, hyper-colourful video covers often displayed more inventiveness and creativity than the films contained within. Which may well be one of the reasons why Korero's collections of Humphreys work have become bestsellers.

A YEAR OF BARA

Look at all the things we've been up to this year! They help make the Bushwood area the best place to live. A big thank you to the committee, road reps and event volunteers who made our lively and varied calendar of events possible.

January: BARA AGM & Member's Party at Mammoth Tap. Litter Pick. February: BARA Houses of Parliament Tour. Litter Pick. March: BARA Kids Prize Bingo. Litter Pick. Bush Telegraph. BARA Quiz.

May: Road Rep Party. Spring Walk. Litter Pick.

May: Road Rep Party. Spring Walk. Litter Pick.

June: BARA Bar Crawl. BARA became 'Friends of Henry Reynolds Garden'.

Litter Pick. Bush Telegraph.

July: BARA Party in the Park. Litter Pick.

August: Litter Pick

September: Litter Pick.
September: Litter Pick. Bush Telegraph.
October: BARA Autumn Walk. BARA Quiz. Hitchcock Walk. BARA Flavours of India Supper Club. Distribution of WF Great Bulb Giveaway bulbs. Litter Pick.
November: BARA Rear Window Supper Club. Litter Pick.
December: BARA 2023 Calendar published. Bush Telegraph Delivered to 1500 households. Santa's Walkabout. Christmas Letter Box. Deck the Halls

competition. Litter Pick.

BARA represents residents on three panels:

Epping Forest Consultative Committee Safer Neighbourhood Team Leytonstone Ward panel (BARA's Robbyn and Will

Leytonstone Town Team Steering Group

BARA has re-established the Friends of Henry Reynolds Gardens Group and will be looking to develop that next year.

Other meetings attended: Church Lane Development Meetings; Meetings with other Residents' Groups; Council Ward Forum Meetings.

The BARA Stats

e-mails sent by BARA

Facebook members

Member households

Instagram followers

Gazebo & table

Food bank

Litter picks

Items in the Library of

Things

e-mail newsletters

Committee meetings

> Issues of the BT delivered



MEMBERSHIP RENEWAL FOR 2024

JOINING FOR THE FIRST TIME

We love welcoming new members into the fold. If you're new to the area, BARA membership is the perfect way to meet new people, get up to speed on what's happening and gain access to a sea of local knowledge. There are two ways you can join.

Via your local Rep: Just pop £5 into the envelope provided with this magazine and drop it through the door of your Road Rep (see page 2). Please make sure that your name, address and any email addresses you want to add to our newsletter distribution list are very clearly written on the front of the envelope. Online: go to www.bara.london and click on 'Join us'.

RENEWAL FOR CURRENT MEMBERS

Either use the brown envelope provided (see above) or pay online by waiting for an automatic renewal reminder from our membership system and following the link.

N.B. If you are already a member please don't try to create a new account using the joining option on our website as you will already exist on our system.

GET ALL OF THIS FOR £5 PER YEAR



PLUS ALL THE SOCIAL EVENTS, GIVEAWAYS AND FUN STUFF WE HAVE LINED UP FOR 2024 FOR ALL AGES

December 2023 The Bush Telegraph The Bush Telegraph December 2023

BEATTHE Susan Birdsall explores some of the low-cost activities for adults within walking distance of the BARA area.



It may seem a long way off, but January will slap us in the face all too soon. We will be suffering with long dark nights, no money and feeling both sluggish and porky. However, a new, fit, mentally sharp, creative you could be just around the corner.

GET PHYISICALLY FITTER

I can personally recommend the Chicken Shack classes at O'Neills. The venue is changing in 2024 so check the-chickenshack-rnr.square.site for details. Run by '50s lovers Malc and Tricia there are two classes on Tuesday evenings: Rock and Roll stroll at 7pm and a jive class at 8pm. Your first class is free then one class is £5 or both classes for £8. It is great fun and a clever way to get your steps in. Emma Scarr and I have been strolling for a year and are now learning jive as well. We both love it.

Another dance option is salsa on Fridays at St John's Church Hall from 7.30pm. I have it on good authority from BARA residents Mike and Daphne Jeremiah that this is great fun. The first half hour is free to see if you like it. This is followed by an hour-long lesson and another hour of social dancing. Cost is £8 for both. Contact 07947 183668.

Activities at Pastures Sports Centre, Davies Lane include Pilates on a Tuesday and Zumba on a Friday, both free

at 12.30-1.30pm, contact feel. good@walthamforest.gov. uk to join. Email events@ ageukwalthamforest.org.uk, if you fancy walking football on a Monday at 10.30am, also free.

You can learn to

just take along

something on

which you are

knit or crochet or

already working.

Play badminton here by joining the Golden Racquets club, £3 on Wednesdays 11:10am-12:40pm. It is an older crowd but all ages are welcome. Do check first with John on 07904 065802 as classes are often fully booked.

If you want to get fit and socialise at the same time, BARA member Jennie Hawley recommends the tea, cake and table tennis Monday evening session at Pastures from 5-7pm. £3 for adults, children welcome for £1 each.

 $There \, is \, more \, Zumba \, on \, Wanstead \,$ Flats, at the Ferndale Road end,

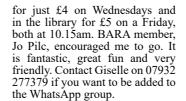












the WhatsApp group.
For outdoor exercise, join the free-to-all Waltham Forest Feel Good Walk programme. I lead a walk at 10.30am every Tuesday from Pastures Sports Centre. It would be great to see even more BARA friends there.

The Good Shepherd Studios has yoga classes by Jessica Green for £3 or £5 depending on the class. You can find all the details at jessicagreen.net. Jessica is also running a menopause group on a Wednesday from 6-7pm with BARA resident Amanda Campbell. You will find a fun, warm and loving space here.

GET CRAFTING

Yarnivores is a meet-up for knitting, stitching, crochet and art lovers every other Tuesday at the Stone Mini Market. You can learn to knit or crochet or just take along something on which you are

already working.
Leytonstone Library offers card making, knitting, origami and mindful colouring - all free. Card making is a relaxing and fun way to spend an hour and some lucky recipient gets a homemade card. I also joined origami and learned to make a butterfly and a box in an hour. That's Christmas for my husband Paul sorted. Pop into the library to check the latest timetable and how to join.

TRY SOMETHING DIFFERENT

The News from Nowhere Club has been running for 26 years and meets monthly at St Johns Church Hall. This is a terrific way to learn something new and engage in discussion with local people. Upcoming events can be found on the website newsfromnowhereweb. wordpress.com

The Leytonstone Folk Club



meets on the first Thursday of each month at St John's church hall. It costs £3, you get tea and cakes and the chance to sing and play an instrument or just watch. The committee includes BARA residents Peter Fanning, Danny Jones and Emma Scarr.

Why not join gamers at Stone Mini Market on Wednesdays at 7pm every week? You won't find Monopoly being played but you will find all the latest new games ranging from the complex to the fun crowd pleasers. This venue is BT editor James Cowen's second home where you will find him revelling in this activity. Follow this on the Facebook group Leytonstone Tabletop Games or @leytonstonetabletopgames on Instagram.

Build your digital muscles by attending one of the free sessions at The Geek Café on the High Road at 5-6pm on Mondays and Wednesdays at 3pm. Abdul, the owner, is both expert and helpful. You could be out every night of the week doing an improving activity at little or no cost. So, no excuses, by this time next year we will be, fit, sharp and making our own clothes and dog jackets.







BARA Calendar

The entries have been judged and the 2024 calendar is now ready to order. The perfect Christmas gift for your Bushwood friends.

Thanks to everyone who submitted pictures for this year's calendar competition. Our independent judging panel has selected 13 images for the 2024 calendar. All winning entries receive a free copy of the calendar and the accolade of being featured on the walls of many Bushwood houses. This year's winners are Cover: Kate Duffy; January: Martina Leeven; February: Leigh Brown; March: Andrew Shields; April: Andrew Irvine; May: Reem Bortcosh; June: Elle McCall; July: Stuart Cameron; August: Margaret Walls; September: Anita McCullough; October: Ollie O'Callaghan; November: John Buniak; December: Jennifer Laine-Greene. Congratulations to you all.

www.bara.london/bara-shop





and Leyspring Road Rep, Benedikt Humm, heads off for a coffee, Red Bull and a snack-fuelled all-nighter in London. His mission? Decorating the Ritz for Christmas!

It started 40 years ago in Koblenz, Germany where a severely dyslexic Benedikt, struggling with conventional learning, chose to undertake a degree apprenticeship in floristry. After graduating, he worked for various top German florists until a colleague showed him a book written by the British floral designer Kenneth Turner. Benedikt immediately knew where he wanted to go next...

Kenneth Turner is credited as being the first celebrity florist. His shop was located in the Thomas Goode building in Mayfair which was the most expensive glass and china shop in England. It was here that, after an interview in which the most important question appeared to be his star sign, Benedikt found himself working, just six short months later.

Exciting, mad, bonkers, wild and crazy are words that crop up frequently as Benedikt remembers this period of his life. The likes of Princess Diana and Freddie Mercury frequented the shop; a colleague decorated the flat of a rich lady named 'Ivana' each week, they even decorated royal palaces including Windsor Castle for the Queen's 40th Jubilee. And then there were weddings... Benedikt remembers turning the Natural History Museum into a wedding venue for 1000 guests in just an hour and a half. "Clients would spend as much on flowers for one event as normal people would spend on buying a house" he says. The next morning, those very same flowers would be on

their way to the local tip.

At the tender age of 24 Benedikt was put in sole charge of the Fortnum and Mason, Harvey Nichols and Harrods concessions. "I didn't have the foggiest idea what I was doing" he admits. By the age of 26 and at a crossroads, he found himself choosing between striking out on his own, or turning his back on it all and looking for something 'less mad'.

"The world of high-end floristry is glamorous and exciting but actually quite corrosive" reflects Benedikt. Eighty-hour weeks weren't unusual and he doesn't remember a single florist from that time who managed to sustain a healthy relationship or good work/life balance. But what to do next? Going back to normal floristry wasn't an option. "You can't play the Pyramid stage at Glastonbury and then gig at the local pub" he says. So he retrained in marketing and settled down with his partner who many of us know as 'Zoe the Gardener'

growing plants rather than harvesting them". But back to the Ritz... Benedikt never lost touch with the floristry world and 15 years ago when good friend Paul Thomas won the contract to decorate the hotel for Christmas, he asked Benedikt to help.

who, he points out proudly, "knows all about

Between 11pm and 7am on one night in November, a team of 25 people transform the hotel into a Christmas wonderland reflective of its Louis XVI-style interior.

Paul's responsibility is the 25-foot Christmas tree in the lobby, specifically grown for that space and ordered two years beforehand. It needs 16 people to carry it and pull it upright before it is decorated with 6500 fairy lights and baubles the size of footballs.

The pleasure of decorating the Palm Court, home of the world-renowned Tea at the Ritz, falls to Benedikt. He and his team of eight, which now includes his son Harvey, spend the night wrapping the iconic pillars with 40ft garlands, hanging parliaments of glittering



owls, securing golden deer heads and cherubs, perfectly placing bows and baubles and arranging tea cups as if they were flowers

"In the Palm Court size matters" says Benedikt. "You have to think opulent, luxurious and over-the-top but also keep a sense of fun and balance".

Benedikt lights up with enthusiasm as he talks and I wonder if he ever regrets stepping out of the world of floristry. "Never" is the immediate reply. "But it's brilliant fun and a real adrenaline rush to briefly step back into the world that I left behind some 25 years ago. The most satisfying part is at 7am when the scaffolding comes down and you see everything in its splendid entirety'

Decoration night is always fully booked out by families that come from all over the world to witness the transformation. For us slightly less well-heeled folk, Benedikt recommends a cocktail in the beautiful art deco Rivoli Bar, though he admits that he would much rather be drinking with friends in the North Star Pub, as the pomp and ceremony of the Ritz "Just isn't my cup of afternoon tea!"

If you'd like to see more about this and a video of how the transformation takes place just do a You Tube search for 'Ritz Christmas Tree' and watch the magic unfold.

The latest addition to the BARA discount scheme is the long-established La Bella Vita restaurant on the High Road which has a very loyal client base. Joyce Quarrie dropped in to chat with the manager, Iza Jorayera.

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La Bella Vita has been a stalwart in Leytonstone since 2014. Iza Jorayera, the manager, started working here in 2016 and after a break returned in January. Although owned by a local businessman she looks after the day-to-day running of the restaurant.

Iza first came to England as a student from

Turkmenistan to study English and she began working part-time at La Bella Vita. Since first arriving she has noticed a lot of changes in the area. "It's a lot more diverse and there are more restaurants and places to go" she says. "That does mean there is more competition but it also means locals have a lot more choice. We are lucky at La Bella Vita as we have a very loyal customer base. Some of our customers have been regulars since we first opened."

The strong Italian theme of the restaurant is down to the Italian chef. He has been at the restaurant since its opening and takes pride in making everything from scratch which shows particularly in the scrumptious deserts on the menu. It is surprising that anyone gets to that course as the portions at this lovely restaurant are always generous. Wherever possible food is sourced from Italian suppliers and vegetables come from Spitalfields in Leyton.

La Bella Vita has a particularly good fish menu which has been added to this year as more and more customers enjoyed the fish dishes on the menu. "Seafood linguine is a real favourite" says Iza. Their prawns are large and juicy and they serve tasty sea bass too. On the desert menu is a mouth-watering tiramisu with creme brûlée being the most popular item. Pizzas too are very popular. Given their size and generous toppings it isn't surprising.
Since early November Bella Vita has been

serving breakfasts from 9am-5pm. There is something for everyone on the menu. As well as classic breakfast plates including a vegetarian option, there is banana bread and pancakes and the house speciality - hot pan breakfast - served in a pan direct from the oven. This too offers a vegetarian option. They even have a Hangover Breakfast for the morning after the night before!

The extensive menu is wide-ranging to suit all tastes and at lunchtime and dinner there is an attractive set menu with plenty of choice. For just £14.95 at lunchtime (12-5pm) and £20.95 in the evening you get two courses and a complimentary glass of wine.

La Bella Vita is open every day seven days a week and the generous 10% BARA discount is valid at all times. And for those looking for somewhere over Christmas this restaurant is open over the holidays. They are almost fully booked on Christmas Day so get in quickly if you are looking for somewhere local.

La Bella Vita also caters for parties and is happy for people to take their own decorations, celebration cakes and provide their own music. The restaurant seats 44 and they welcome private parties and weddings.

It is hoped that one of the next supper clubs will be at this Leytonstone legend. Look out for an announcement in the new year. In the meantime get along and enjoy the BARA discount at this great-value restaurant.

Open seven days a week 9am-10pm.

La Bella Vita, 853 High Road Leytonstone, E11 1HH. Tel. 0203 441 3465. info@labellavitalevtonstone.com www.labellavitaleytonstone.com



As well as classic breakfast plates including a vegetarian option, there is banana bread and pancakes and the house speciality - hot pan breakfast - served in a pan direct from the oven.







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Regular Events

Regular stuff going on in E11

We've scoured every venue in Leytonstone to bring you this list of regular activities happening in the area. Whether you want to get fit, join a group, start yoga or go to see live music and comedy you will find it here. There is so much going on in our town and some of it for free. Please check the venue first in case events need booking and to check costs. Some events may have been discontinued so let us know if any events have changed. If you have events you would like listed then please get in touch and we'll add it to the list.

Day	Event	Venue	Frequency	Time	Details
	Walking Football	Pastures Sports Hall	Weekly	10.30am	ourpastures.org
	Bingo	Leytonstone Social Club	2nd & 4th Monday	2pm	leytonstonesocial.club
_ ≤	Let's Dance	Leytonstone Social Club	Monthly - 1st Monday	2pm	leytonstonesocial.club
MONDAY	Table tennis, pool, tea and cake	Pastures Community Room	Weekly	5.30pm	ourpastures.org
₽	Iyengar Yoga with Disha	Good Shepherd Studios	Weekly	7.15pm	goodshepherdstudios.com
~	Luna Comedy	Luna	Monthly - Last Monday	7pm	lunalivemusic.com
	Blues Nite	Leytonstone Social Club	Weekly	8pm	leytonstonesocial.club
	Baby Dance (0-9 months)	Good Shepherd Studios	Weekly	10am	goodshepherdstudios.com
	Leytonstone Tuesday Walk	Pastures Entrance	Weekly	10.30am	feel.good@walthamforest.
	Free Pilates	Pastures Sports Hall	Weekly	12.30pm	ourpastures.org
	Over 50s Table Tennis	Pastures Sports Hall	Weekly	2pm	ourpastures.org
4	Children's volleyball	Pastures Sports Hall	Weekly	4.45pm	ourpastures.org
E	Cycle maintenance	Pastures Sports Hall	Weekly	5pm	ourpastures.org
TUESDAY	Yarnivores	Stone Minimarket	Fortnightly	6pm	@stoneminimarket
ĕ	Yoga - Pregnancy	Quaker Meeting House	Weekly	6.45pm	helenyoga.co.uk
	East Side Jazz Club	Leytonstone Social Club	Weekly	7pm	leytonstonesocial.club
	Oh So Funny Stand Up Comedy Badminton	Heathcote & Star Pastures Sports Hall	Last Tuesday of Month Weekly	7pm 7.30pm	heathcoteandstar.co.uk ourpastures.org
	Dirty Darts	Northcote Arms	Fortnightly	7.30pm	thenorthcotee11.com
	Quiz Night	The Red Lion	Weekly	7.30pm	theredlionleytonstone.com
	Yoga - Mindfulness	Quaker Meeting House	Weekly	7.30pm	helenyoga.co.uk
	•	-	,		
	Little Sing Song (baby&toddler)	Good Shepherd Studio	Weekly	9.30am	goodshepherdstudios.com
	Golden Racquet 50+ Badminton Motherly Love Support & Discussion	Pastures Sports Hall Good Shepherd Studio	Weekly Weekly	11am 1pm	ourpastures.org goodshepherdstudios.com
	Women's Badminton	Pastures Sports Hall	Weekly	2pm	ourpastures.org
	Free Girls Football 9-13 years old	Pastures Sports Hall	Weekly	4pm	ourpastures.org
	Movement Meditations	Good Shepherd Studio	Weekly	7pm	goodshepherdstudios.com
N N	What's Cookin'	Leytonstone Social Club	Weekly	7pm	leytonstonesocial.club
Ş	LTG - Board Game Night	Stone Mini Market	Weekly	7pm	LeytonstoneTabletopGames
WEDNESDAY	Life Drawing Class	The Birds	Weekly	7.30pm	thebirds.pub
ğ	Quiz Night	Rookwood Village	Weekly	7.30pm	therookwoodvillage.com
=	Stone Rangers - Womens' Institute	Heathcote & Star	Monthly - 2nd Wednesday	7.30pm	stonerangerswi.com
	Midweek Affordable Yoga	St Andrews Church	Weekly	7.45pm	standrewsleytonstone.org
	Leytonstone Historical Society	St Johns Church Hall	Monthly - 3rd Wednesday	7.45 pm	leytonhistorysociety.org.uk
	Leytonstone Film Club	Leytonstone Library	Monthly - 1st Wednesday	7.45pm	leytonstonefilmclub.com
	Quiz Night	The Birds	Weekly	8pm	thebirds.pub
	Open Mic	The Luna Lounge Leytonstone Social Club	Weekly Monthly - 3rd Wednesday	8pm 8pm	lunalounge.info
	Leytonstone Royal British Legion	•			branches.britishlegion.org
	Life Drawing	Good Shepherd Studio	Weekly	10am	goodshepherdstudios.com
	Movers & Shakers (0-3 years)	The Birds	Weekly	10.30am	thebirds.pub
	Yoga - Mummy and Me Postnatal Chair Yoga	Quaker Meeting House Good Shepherd Studio	Weekly Weekly	10.45am 2pm	helenyoga.co.uk goodshepherdstudios.com
	Afternoon Vintage Tea	St John's Church Hall	Monthly	3pm	goodsneprierdstudios.com
븊	Children and Adult Volleyball	Pastures	Weekly	4.45pm	ourpastures.org
둒	Cycle Maintenance	Pastures	Weekly	5pm	ourpastures.org
THURSDAY	Womens Badminton	Pastures	Weekly	7.15pm	ourpastures.org
ĕ	Leytonstone Folk Club	St John's Church Hall	Monthly - 1st Thursday	7.30pm	leytonstonefolk.co.uk
	Music Bingo	Northcote Arms	Fortnightly	7.30pm	thenorthcotee11.com
	Queenie Karaoki	The Birds	Weekly	8pm	thebirds.pub
	Leytonstone Voices Adult Choir	Leyonstone Social Club	Weekly	12pm	MusicalMiniatures
	Charity Quiz Night	Leytonstone Tavern	Every 2nd Thursday	7pm	leytonstonetavern.com
	Youth Hub for ages 11-25	Pastures Community Room	Weekly	4pm	Pastures Community Room
	Women's Badminton	Pastures	Weekly	9.30am	ourpastures.org
	Tiny Talk	Good Shepherd Studios	Weekly	10am	goodshepherdstudios.com
FRIDAY	Free Zumba	Pastures	Weekly	12.30pm	ourpastures.org
DA	Movers&Shakers Baby&Toddlers	The Birds	Every Friday Term time only	11.30am	thebirds.pub
~	Bistro Night - 3 Course Meal BYOB	St Andrews Church	Monthly - Last Friday	6.30pm	standrewsleytonstone.org
	Karaoke Sing Song Club	O'Neill's Heathcote and Star	Every Friday Monthly - Last Friday	7pm	heathcoteandstar.co.uk
	<u> </u>			8pm	neathcoteanustal.co.uk
ဟ	Tabletop Market	Lister Rd Methodist Church	Monthly Every 4th Saturday	10am	
SATURDAY	Park Run	Wanstead Flats Harrow Rd	Weekly	9am	parkrun.org.uk
둓	Yoga- Vinyasa Flow Theatre Train Drama Group	Good Shepherd Building	Weekly	9.30am 10am	goodshepherdstudios.com theatretrain.co.uk
DA	Waltham Forest Climate Cafe	Leytonstone School Stone Mini Market	Weekly Monthly Every 3rd Saturday	11am	@stoneminimarket
~	Night Party	O'Neill's Pub	Weekly	8pm	o'neills.co.uk
	-				
	Inclusive Children's Multi-sports	Pastures Sports Hall	Weekly Monthly Every 1st Sunday	9.15am	ourpastures.org
	Wanstead Farmers Market Women's Badminton	Wanstead High Street	Monthly-Every 1st Sunday Weekly	10am 10.30am	ournactures org
(0	Cricket Club	Pastures Sports Hall Pastures Sports Hall	Weekly		ourpastures.org ourpastures.org
Ĕ	Farmers Market	Buxton School	Weekly		www.lfm.org.uk
SUNDAY	Vintage & Craft Market	Rookwood Village	2nd & 4th Sundays	11am	therookwoodvillage.com
2	BARA Litter Pick	Corner Leyspring/Bushwood		11am	baraconnect@gmail.com
	THe Kids Table - You eat they play	The Birds	Weekly		thebirds.pub
	This Ain't No Disco - DJs	Northcote Arms	Monthly-Every 1st Sunday		thenorthcotee11.com
	Drag Out The Weekend	Northcote Arms	Weekly	6.30pm	thenorthcotee11.com
	Jam Sunday - Music Improv	Luna	Weekly	7.30pm	lunalivemusic.com

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BARA Groups and Community

BARA Social

BARA Groups

Bara Football

When: 7-8pm every Thursday Where: Leytonstone School Contact: contact@jakegreen.co.uk The Details: Five-a-side with a medium and slightly varied level of skill. House rules apply. Residents can email Jake to be added to the mailing list. An email gets sent around every week checking numbers and confirming the pitch booking.

Cycling

When: Every Saturday morning 8.30am Plus social rides on first Sunday of month Where: Meets mostly at McDonalds Contact: NorthStarVelo.com The Details: Long running East London cycling group catering for all types of riders.

Pet Group

BARA has had a Pet Group for a number of years. The members help out with each other's pets, often with feeding during a holiday but can also help in other ways. New members welcome. If you would like to join the group please text Jo on 07757

Plant Group

The Bushwood Plant Swap group was set up during Covid and continues to thrive. Knowledgeable members help less knowledgeable members with plant queries and information. Excess seeds and plants are shared and swapped and there are occasional, informal gatherings in members' gardens throughout the summer. To join contact Jo on 07757 964911.

Travel Group

We all go on holiday whether in the UK or abroad. Many residents have guides and books they are happy to share as well as information and experiences of where they have been and stayed. We are setting up a WhatsApp group to share our experiences and give advice if needed. If you would like to join contact Jo on 07757 964911.

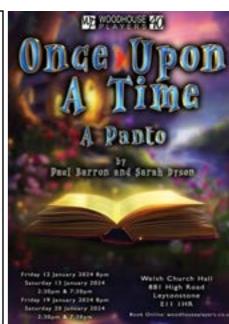
Here's just some of the events happening over the next few months in Leytonstone. If you have any events planned and want them to be included in future listings please send them to BARAConnect@gmail.com. If you have an existing local group or BARA group that you want to include in a group listing then please get in touch. Some of these events may change and we alway advise checking with the venue first.

Events Diary

Fri 1-Th 7 Dec	Leytonstone Pop-up shop	1 Church Lane	Daily
Sat 2 Dec	Xmas Fair	Davies Lane School	12-4pm
Sat 2 Dec	Michael Rosen Book sale and signing	Wanstead Tap	1pm
Sat 2 Dec	Reusable Crackers Workshop	Stone Mini Market	10am-12pn
Sat 2/Sun 3	American Street Food Pop Up	Stone Mini Market	12.30pm
Sat 2 Dec	Small Business Saturday	High Road Leytonstone	All day
Sun 3 Dec	An Irish Christmas	O'Neill's	5.30-7pm
Mon 4 Dec	Santa's Post Box Arrives in Bushwood	Various, check Instagram	10-7pm
Tue 5 Dec	Kids Christmas Party	Heathcote & Star	4pm
Thu 7 Dec	Rare & Fine Wine Tasting	Theatre of Wine	7.30pm
Sat 9 Dec	George Tomlinson Xmas Fayre & Panto	George Tomlinson School	11am
Sat 9 Dec	Leytonstone Film Project	Hornbeam Community Cafe,	
Sat 9 Dec	North Star/Bushwood Framed Xmas lights		5pm
Sat 9 Dec	News From Nowhere Club: Cuba and US	St John's Church Hall	7pm
Sun 10 Dec	Arch Rivals Indoor Xmas Market	Stone Mini Market	12pm
Sun 10 Dec	Wreath Workshop	Good Shepherd Studios	2-4pm
Sun 10 Dec	Leytonstone Menorah	Grove Green Road	4pm
Tue 12 Dec	Xmas Cocktail & Bauble Making	Heathcote & Star	6.30pm
Wed 13 Dec	Christmas Market	Heathcote & Star	4pm
Fri 15 Dec	Good Ship Comedy: Catherine Bohart	The Birds	8pm
Fri 15 Dec	You Should Be Dancing disco	Heathcote & Star	7.30pm
Sat 16 Dec	BICP Winter market	Leytonstone Library	11am-6pm
Sat 16 Dec	Leytonstone Folk Winter Songs	St John's Church	7pm
Sun 17 Dec	BARA's Santa Walk across Bushwood	See Instagram for route	
Sun 17 Dec	Carol Service	St John's Church	4pm
Thur 21 Dec	BARA Post Box Present Delivery	Bushwood	
Thur 21 Dec	Deck The Halls Xmas Lights Judging	Bushwood	
Dec-March	Common Ground Exhibtion	Leytonstone Town Centre	Free 24/7
Sun 31 Dec	This Ain't No Xmas all dayer vinyl	Northcote	2-9pm
Sun 31 Dec	What's Cooking NYE party	Leytonstone Social Club	8pm
Sun 31 Dec	Heathcote New Years Party	Heathcote & Star	8pm
Fri 12/ 13 Jan	Woodhouse Players: Once Upon A Time	Welsh Church	Various
Fri 19/ 20 Jan	Woodhouse Players: Once Upon A Time	Welsh Church	Various
Fri 19th Jan	Good Ship Comedy: Fern Brady	The Birds	8pm
Sat 13th Jan	News From Nowhere Club	St Johns Church Hall	8pm
Sun 21 Jan	Garden Wassail	The Pastures	??
Mon 22 Jan	BARA Annual General Meeting	TBA	7.30pm
Thu 25 Jan	Burns Night	Heathcote & Star	7pm
Thu 25 Jan	Bottom Shelf Bangers	Theatre of Wine	7.30pm
Fri 26 Jan	Good Ship Comedy: Sarah Pascoe	The Birds	8pm
Thurs 8 Feb	Wine Fight Club	Theatre of Wine	7.30pm
Sat 10 Feb	News From Nowhere Club: Race Inequality		8pm
Thurs 29 Feb	Classic French Wines	Theatre of Wine	7.30pm
Sun 17 Mar	The Graveyard Tour with Gary Lewis	St Patricks Cemetery	1pm

BARA Events Christmas Stuff BARA Picks







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ANIMALS

CAT CARRIER For hire. Donation to BARA. Helen 020 8989 5845.

CAT SITTING Responsible 17-year old will feed and spend time with your cat. Very experienced with cats and other animals. £8 per day. Can supply references from other Bushwooders. Contact Martha 07534 430729.

DOG'S DINNER

23 Kirkdale Road.

10% BARA discount on non-food items and accessories in the shop. 020 8556 3045.

PET SITTING Experienced animal lover/ owner available for cat sitting and dog walking. Will feed pets whilst you are away or just late home from work. Can do morning and evening feeds, empty litter trays and will spend a minimum of 30 minutes giving out cuddles. Can do dog walking too. Honest and reliable, references available. Contact Lynn on 07542 885164.

LEYTONSTONE POP-UP CINEMA £1 BARA member discount. www.leytonstonefilmclub.com

WOODHOUSE PLAYERS Free programme and drink for BARA members

www.woodhouseplayers.co.uk

BICYCLES DANCING CHAIN BIKES

297 High Road Leytonstone 10% BARA discount on basic, general and strip-down services. www.dancingchain.co.uk

STAYER CYCLES FRAME AND WHEEL BUILDERS 13-14 Acacia Business Centre, Howard Road. 5% BARA discount on repairs and selected products. 020 3581 3280 www.stayercycles.com.

CHILD CARE

BABYSITTER Experienced babysitter residing in Bushwood. I am on my gap year so am very flexible with days/hours. £7 per hour. References available on request. Hannah (age 19) 07973 227419.

BABYSITTER AND CHILDMINDER

Lynn Poulter of Harvey Road is a registered childminder who has vacancies for drop-off and collection at George Tomlinson and or/ Davies Lane schools 7-9am and 3-6pm. Hours negotiable. Also babysitting at £10 per hour. Tel: 020 558 0651 or lynn.poulter@ vahoo.co.uk.

BABYSITTER Responsible 17 year old available for babysitting. Can supply references from many other Bushwooders. £8 per hour or part hour Contact Martha 07534 430729

BABYSITTER: Experienced Babysitter(s) aged 15 available for work in the Bushwood area. Also available to waitress/help out at birthday parties etc. £7 per hour. Contact Fiona on 07799671623

FOOD & DRINK

EONCE CHOCOLATE Bushwood's own bean-to-bar, quality, hand-made chocolate from beans sourced in Ecuador and Venezuela. Mini and 65g bar collections available

20% BARA discount on all collections with code BUSHWOOD20.

www.eoncechocolate.co.uk. 07477 107239.

LA BELLA VITA

853 High Road

10% BARA discount on all food every day everv week labellavitaleytonstone.com

HORIZON

809 High Road Cafe

20% BARA discount in-store and takeaway. horizon-patisserie-viennoiserie.business.site

LEYTONSTONE SOCIAL CLUB

Venue and bar 2 Harvey Road

10% BARA discount on joining fee. 020 8539 2954

LUNA LOUNGE

7 Church Lane

10% BARA discount on drinks.

lunalivemusic.com

MAMMOTH TAP

Arch 1 Station Approach 10% BARA discount on drinks Wednesdays. mammothbeer.com

PAPI'S MUNCHIES

Pizza for delivery and takeaway at the back of the North Star pub, Browning Road. Tuesday-Friday in or out, excludes Deliveroo.

15% BARA discount

papismunchiespizza.co.uk

PANDA DIM SUM

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

FLAVOURS OF INDIA

748 High Road Leytonstone www.flavoursofIndia.co.uk 15% BARA discount

RED FORT INDIAN DINING 875 High Road 0208 989 7666 https://www.redfortdining.com/ 20% off for everyone until the end of Jan then 15% BARA discount Sun-Thur eat in or takeaway

SAN MARINO CAFÉ

668 High Road Leytonstone **10% BARA discount** off bills over £10 (excluding alcohol). 020 8532 8048

STONE MINI MARKET

719 High Road Leytonstone 5% BARA discount on everything. www.stoneminimarket.net

THEATRE OF WINE

556 High Road Leytonstone. 25% BARA discount on tasting tickets for tasting events.

www.theatreofwine.com/weeklytastings 020 7018 7420

RECIPE BOXES

Grubby is a plant-based company. No1 rated on Trustpilot with local delivery by bike and electric van. Certified B-Corp that donates a meal to a child in poverty every box sold! BARA Discount code BARA50 gives 50% off first box and 20% off the rest of the first month. Cancel anytime https://grubby.co.uk/order?code=bara50

INDOORS AND OUTDOORS

CARPENTER Specialising in cabinets, alcove units kitchens and bathrooms refurbs etc. 10% BARA discount. Robert Giles 07853 920598.

CARPENTER All areas of Carpentry and Joinery. Bespoke made-to-measure to suit your lifestyle. Flooring, doors, kitchens, bedrooms, storage, conversions, property maintenance. 10% BARA discount. Dan Harrison 07445 267672 Harrison. carpentry@outlook.com

CARPET CLEANING

Two-bed property £60, three-bed £70. 020 8989 9728 or 07951 987806.

DAC PLASTERING

1 Trelawney Estate, Paragon Road, E9. General building work. 10% BARA discount. Daniel Crook. 07949 180358.

DC INTERIORS

Carpets, wooden and vinyl flooring, sanding. Supply and fitting. 725 High Road Leytonstone. 5% BARA discount. 020 8539 2647.

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

ELECTRICIAN - D GREENE ELECTRICAL

Bushwood-based electrician. Friendly, professional service for all domestic electrical needs from simple installs and appliances, to complex rewiring of kitchens, home office, extensions, gardens etc. Call Daniel on 07889 646828.

ENERGY SAVING Free advice and site survey on how to reduce your energy consumption. www.ltDoesTheJob.com

GAZEBOS BARA's dazzling fleet of gazebos can be hired by members for £10 a gazebo or £15 for two. Local community organisations can borrow them for free (at the committee's discretion).. BARAconnect@gmail.com

HANDYMAN Juan Carlos Martin is a reliable BARA resident handyman and painter with extensive experience painting houses and flats as well as repairing wood, assembling furniture, minor plumbing and electrical repairs. 15% BARA discount. handymanjcm@gmail.com 07933 482308

INDIGO ELECTRICAL

A local, family-run business that specialises in small electrical jobs. Registered, qualified and fully insured. 10% BARA discount. Call Tony on 07766 307028.

LAZ BESPOKE FURNITURE

10% BARA discount. www.lazfurniture.co.uk

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Adboard

Check out local businesses offering member discounts

SCHEMA STUDIO ARCHITECTURE AND **INTERIOR DESIGN**

10% BARA discount. www.schemastudio.co.uk

020 7405 4000/07436 535 471 mark@schemastudio.co.uk.

SIT COLLECTIVE UPHOLSTERY

374 Grove Green Road

Independent upholsterers workshop offering furniture upholstery, furniture repair and soft furnishings using recycled and natural fabrics where possible and zero emissions deliveries.

Free fabric consultation with samples for BARA members.

Facebook.com/sitcollective

TABLE HIRE BARA's 6ft fold-down table available for hire. £5 for BARA members. Local community organisations can borrow them for free (at the committee's discretion). BARAconnect@gmail.com.

WOOD BURNING STOVES Like Logs Ltd Based in Bushwood (HETAS registered) specialises in the bespoke installation of wood burning and multi-fuel stoves. info@likelogs.co.uk

LOCAL SERVICES KENNARD WELLS SOLICITORS

718 High Road Levtonstone 5% BARA discount. kennardwells.co.uk 020 8539 8338

LOCAL PUBLISHER KORERO PRESS

Publishes books on art, design and illustration. 10% BARA discount. Shop online at www.koreropress.com. Contact Yak at yak@koreropress.com or call 07906 314098.

PHOTOGRAPHER Relaxed and natural family and headshot photography. Specialising in helping camera-shy people get a set of photos they love. 20% BARA discount. Contact Sara: 07969 910681 www.saradalrymple.co.uk hello@saradalrymple.co.uk

SECOND ARCHIVE

Women's Second Hand Shop. 10% BARA discount online shop with code 'BARA10'. www.secondarchive.com.

STUDIO ELEVEN

745 High Road Leytonstone 10% BARA discount on haircuts Monday-Friday only. Excludes other offers. 0208 556 7199 www.studio11.london

THEYDONS ESTATE & LETTING AGENTS

20 Church Lane, Leytonstone 10% BARA discount on our standard fees Tel. 020 3972 2001 hello@thevdons.com

TRADING PLACES ESTATE & LETTING **AGENTS**

10% BARA discount on standard sales and letting fees. jennifer@tradingplacesproperty.com 020 8558 1147

TREASURE YOUR MEMORIES

020 8518 8479.

Transferring video/ciné to DVD, tapes to CD, editing, filming, etc. 10% BARA discount on orders over £20.

TUTORING

TUTOR FOR PHYSICS (GCSE to undergraduate) and Maths (KS3 to GCSE) offered online, using Skype. Qualified teacher, also PhD Physics. Fees according to level, with **10% BARA discount.** Phone 07828

TUTOR - MUSIC. ALL INSTRUMENTALISTS AND SINGERS

134730 or email sajidajamila@gmail.com.

Beginners to advanced pros, ages 16+, singing/playing any common instrument in most western genres, including jazz (a specialism), composing and music theory. For references and more info, please see LondonMusicTution.co.uk - or call! I'll look forward to helping.

Claude Alexander (Browning Road), jazz pianist 07985 763072.

TUTOR - SCIENCE 1-to-1 online and faceto-face tutoring for GCSE Science, Biology, Chemistry and Physics, OTS secondary school teacher with 10+ years experience in state and independent schools. Face-toface tutorials take place in Bushwood. Email Suzanne Veitch.e11tutoring@gmail.com

WELLBEING

BAXTER PHYSIOTHERAPY CLINIC Back and neck problems and all other muscle and joint issues treated. Over 30 years experience. £10 BARA discount on all sessions. 2 Bushwood. 020 8989 2292 or 07778 403237

BREAKAWAY SUPPORTED HOLIDAYS

Supported holidays for adults with learning disabilities. 01245 260330. Mon-Fri 10am-3pm. Request a brochure and we'll drop it through your door. 10% BARA discount on 2024 holidays. www. breakawaysupportedholidays.co.uk.

CERTIFIED COACH One-to-one coaching to tackle overwhelm, boost confidence, achieve clarity, attain goals and help you realise your full potential. Amanda 07799 887920 Amanda@thehappinessandpositivitycoach. com. thehappinessandpositivitycoach.com

COMPLEMENTARY ENERGY-HEALING/ STRESS MANAGEMENT THERAPIST

Qualified and licensed therapist and teacher. 15 years experience. Gentle, yet powerful and effective non-invasive therapy, suitable for all ages. Also treat pets. For physical and emotional issues, pain/stress relief, resilience and peace of mind. 50% BARA discount off first treatment.

Liz Maloy Jollands 07855 549740. lizmalov@hotmail.com.

ERSILIA ARJOCAN MA, MFHT

www.holistictreats.blogspot.com 07791 879256. Free phone consultation and 10% BARA discount on any 60min or longer.

HOLISTIC AND REMEDIAL MASSAGE THERAPY

Experienced therapist in Holistic, Deep Tissue, Warm Bamboo, Thai, Natural Face Lift, Cellulite Reduction, Lymphatic Drainage, Pregnancy. MASSAGE IS ESSENTIAL SELF CARE. Book now, for 20% off first treatment. 5% BARA discount.

TrainWithKafi @FitnessFirst Leyton Mills www.trainwithkafi.co.uk 07359 119554.

LEYTONSTONE OSTEOPATHY

8, 6 Gainsborough Road, E11 1HT. 15% BARA discount on initial consultation (conc. s.citizens. unemployed. students). www.leytonstoneosteopathy.co.uk 020 8281 0031 luke@leytonstoneosteopathy.co.uk

LIFE COACHING FOR MIDLIFE WOMEN - LIFE PURPOSE & SPIRITUALITY

COACHING. 12-week coaching programmes for midlife women who want to create a second half of life (even) better than the first! Mindful Walks In Nature - Wanstead Park and Walthamstow Wetlands (ad hoc - advertised on Facebook group Midlife Best Of Your Life) 10% BARA discount.

Liz@lizkeates.com www.lizkeates.com 07885 519226.

NUTRITIONIST Registered Nutritionist with ten years' experience in Health & Social Care working with families and young people in various capacities

Julia ukenglishcentre@aol.com. PERSONAL TRAINER AND

CANCER REHAB SPECIALIST

Simon Watts: personal trainer specialising in exercise for cancer rehab, injury rehab and strength training for healthy ageing. Train at home with resistance bands, dumbbells and bodyweight. Yes you can exercise during cancer treatment, or start weightlifting in later life. I'll show you how.

5% BARA discount.

info@yesyoucan.fitness 07535 495488.

ORIENT PHYSIOTHERAPY

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

PSYCHOTHERAPY Hypnotherapy and cognitive behavioural therapy Jeannie: 020 8989 3111 Jeannie.bruce@zen.co.uk.

REIKI CRYSTAL HEALING PRACTITIONER AND TEACHER

Individual healing sessions in Leytonstone and online distance healing. For information and free initial consultation, please contact helenghanlon@gmail.com or mobile 07368872741

YOGA

Mindfulness Yoga: Tuesday 6.45pm-Pregnancy Yoga Tuesday 8pm-Mindfulness Yoga Thursday 9.30am - Mindfulness Yoga Thursday 10.45am - Mummy & Me (Postnatal/ Baby Yoga) At the Quaker Meeting House www.helenyoga.co.uk 07956 807675.

If you would like to offer a discount or add yourself to the listings please email BARACONNECT@gmail.com

Businesses listed provide discounts to BARA members as a service to the community. Please make sure you use your 2023/24 membership card. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email onnect@gmail.com



BARA FOOD BANK COLLECTIONS AND LITTLE LIBRARIES

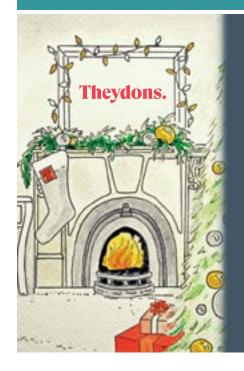


BARA collects donations for a local food bank. You can find our collection boxes around Bushwood. We would be very grateful for donations of dried and tinned goods including tinned vegetables, fruit, fish and meat; pasta, flour, long-life milk, tea, coffee, cereals, cleaning products. Standard sizes are preferred.





Bushwood has lots of free books in the Little Libraries dotted around the neighbourhood. The books in our libraries are free to take. It would be great if you return them once read or alternatively drop off any books you've finished with. Please make sure the lid on the box is shut when you use the library.



Merry Christmas & Happy New Year from all of us at

Theydons.

10% discount off our standard fees for BARA members.



Book your free valuation with the local property experts today.

020 3972 2001 • hello@theydons.com • theydons.com • @theydons