

# The Bush Telegraph

September 2023 – Back to School



The quarterly newsletter of The Bushwood Area Residents' Association

## SINGING IN THE RAIN



Party in the Park returned in July despite the weather having other ideas! Thanks to all those who came, socialised, danced and enjoyed the food and drink. Huge thanks for the support from Waltham Forest Council and local businesses: The North Star, Theydons, Trading Places, Quick Pick Supermarket, CCF Plant Hire Ltd, Luna Lounge and the London Fire Brigade. Thanks also to Will, the sound manager, and DJ Hana's dad for the tunes. Thanks to musicians Anything Goes: Opera Rob, Ryan and Rafet, Stanley and friends; Martin and Nick and Shena, Jessie and Ro Kemi who got everyone dancing. Thanks to Liz and her cakes, Bushwood Bees, Theatre of Wine, Pappies Munchies and Transition Leytonstone for their stalls; and to Lu and Jay for their photo, video and drone footage that can be seen on our social media channels. And lastly, thanks to Amanda and Helen for painting faces – small and large – and all our amazing volunteer stewards who set up, helped out and cleared up. See you again next year!

## FEEL GOOD TOGETHER

A great turnout for the first weekly Waltham Forest Feel Good walk.

As part of the Waltham Forest Feel Good walking programme, Sue Birdsall led the first of the weekly free walks from Pastures Youth Centre on Davies Lane. The hour-long walk takes place every Tuesday at 11am.

All levels of walkers are welcome on the weekly-changing route around Wanstead Flats. Not only will you get exercise and meet a wide range of lovely people but you'll also discover lots of interesting facts about the area. These walks are taking place all over the borough and on different days so you can do a different route nearly every day of the week. There is no need to book, you can just turn up.

The Pastures group meets at the entrance to the Pastures Centre where you can grab an excellent coffee or a pastry from the brilliant Back To Ours cafe. Alternatively get lunch there when you come back – they do a very nice kimchi toastie. For full details go to the Waltham Forest website and look for Feel Good Walks.



The line-up before setting off on the first walk. Left to right: John, Faizan, Becky with baby, Sue, June, Kizzie, Andrea, Bella, Tessie, Deborah, Lynn, Joyce, Hlilary, Elysia, Grace, Hong-Yoke, Dorothy.

# Note From The Chair



In an attempt to move with the times, I asked ChatGPT to write the opener for this note. It came up with this: "As the halcyon days of summer gradually give way to the cool, crisp embrace of autumn, there's often a sense of change in the air at this time of year". ChatGPT clearly lives in California rather than a somewhat rainy East London! Nevertheless, it is reassuring to know that even if we are all replaced by algorithms in the future, BARA will still be a fabric which helps to bind friends and neighbours together. Never has been this more evident than in our annual Party in the Park in July, where hundreds of Bushwooders enjoyed a festival atmosphere of high spirits, music, food, drink and general togetherness in Henry Reynolds Gardens. Once again, the event was a great success and while the weather initially tried to spoil the party with an opening rain shower, we were soon blessed with at least some sunshine for the rest of the day. The Committee would like to thank everyone who contributed to a brilliant event whether by attending, volunteering as a helper or a business sponsoring it in some way. On a smaller scale, but no less enjoyable, the Tap Room Walk in June was a really fun event (and of which many of us have slightly hazy memories) led by Bushwooders Sue and Paul Birdsall.

Continuing with the theme of change, the recent town centre consultation over plans to build a large number of flats in the Church Lane station car park will no doubt have both supporters and opponents. Whatever your view I would encourage people to enter into any discussions with an open mind and sense of respect for opposing views. We'll be keeping you apprised of any new stages of the consultation via Facebook and the newsletter. Speaking of things to look out for, the next event in the BARA social calendar is our inaugural BARA Supper Club on the 12th October held in conjunction with 'Flavours of India' restaurant. Soon after we have our Autumn walk in Epping Forest on Sunday 15th followed closely by the BARA Quiz Night at the Ex-Servicemen's Club on 17th. Tickets always sell like hotcakes so please watch out for details of when and how to buy them in order to avoid disappointment. To close out a busy month we finish with our Hitchcock Tour with historian Gary Lewis on the 26th. Finally, it is with sadness that I report that Janet Lee will be leaving the area for pastures new. I would like to extend my thanks to her, for her many years of service to BARA both as a valued committee member and the Road Rep for Beacontree. Happily John Mallinder has agreed to take over Road Rep duties. Welcome on board John!

Andy Irvine

BARA Chair

## The BARA Team

### BARA Committee

**Andy Irvine**  
Chair and Membership  
Leysbourne Road

**Doug Sheedy**  
Vice Chair  
Barclay Road

**Anna Davies**  
Social  
Browning Road

**RoseMary Warrington**  
Environmental  
Mornington Road

**Kate Duffy**  
Social & Facebook  
St Augustines's Court

**Katy Smith**  
Social & Planning  
Harvey Road

**Will Higham**  
Town Team & SNT  
High Street Liaison  
Leysbourne Road

**Nadia Higham**  
Secretary & Social  
Leysbourne Road

**Robbyn Linden**  
Social, SNT  
Aylmer Road

**Joyce Quarrie**  
Bush Telegraph & Planning  
Leysbourne Road

**Fiona Sinclair**  
Membership & Town Team  
BARA e-Mail Newsletter  
Leysbourne Road

**John Buniak**  
Treasurer  
Leysbourne Road

**Gareth Dimelow**  
Barclay Road

**James Cowen**  
BT Editor, Library of Things,  
Website  
Lister Road


For membership, please visit your road rep to make the £3 payment and receive your discount card or subscribe online at our website at [www.bara.london](http://www.bara.london). If you would like to get in touch with BARA or require further information please email [BARACONNECT@GMAIL.COM](mailto: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](mailto:BARACONNECT@GMAIL.COM)

 [BARACONNECT@GMAIL.COM](mailto:BARACONNECT@GMAIL.COM)

 [Bushwood Area Residents' Association](https://www.facebook.com/BushwoodAreaResidentsAssociation)

 [www.bara.london](http://www.bara.london)

 [@BARA.e11](https://www.instagram.com/BARA.e11)

### BARA Road Representatives

**Aylmer Road**  
Alex Maws, 1 Aylmer 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**  
Nadiya 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

**Leysbourne Road**  
Joyce Quarrie, 67 Leysbourne 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

## WORD ON THE (HIGH) STREET

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

## LET'S BUILD A PIZZA OVEN

The Church Lane community garden might be Leytonstone's best kept secret. James Cowen helped volunteers build a new community pizza oven.

In a small triangle of land, hidden away between some busy concrete transport infrastructure is a little oasis of calm and nature. This little community garden sprang up back in 2012 when local community group, Transition Leytonstone approached the council for some space to demonstrate what food can be grown in the city and to encourage local food production.

After putting together a proposal for the disused land they were granted access to the completely abandoned space next to one of the bridges over the A12. It couldn't be used for anything else due to TFL needing access for bridge maintenance. However, it needed a lot of work and had to have two feet of rubbish and weeds removed before any kind of planting could begin.

Now it's a lush, green church of growing and a free local resource for expertise, tools and seedlings that runs on permaculture principles. It grows some heritage varieties of plants and also encourages pollinators.

The garden was already equipped with a pizza oven which they used for summer events but it needed repair. A recent project in Chingford that dug up a load of clay gave them the materials to design and build a brand new, bigger oven.

I love getting stuck into a community build particularly one that revolves around eating pizza outside. So with a bag of icy drinks, beers, Brazilian pudim and Turkish borek to keep us going we joined Shannon, the oven designer and head gardener, to help build the ultimate pizza oven.

We mixed the clay with sand and hand formed small bricks. These bricks were then placed on a fire brick arch and a dome formed from sand. The sand will be removed once dry. It will take a few weeks to dry out so keep your eyes peeled for the first-firing pizza party.

The garden is open from 12-4pm on Saturdays and Mondays. Anyone can drop by and pick up seeds or vegetables or just enjoy the space. Volunteers are needed so they can open longer and run more courses. More information at [transitionleytonstone.org.uk](http://transitionleytonstone.org.uk).

A new Thai restaurant, Mama Loves Thai, will be opening soon to add to the increasing variety of eateries we have locally.

New parklets are springing up with a great addition outside Luna Lounge and a refurbished one outside Marrakesh Delight. A further parklet is planned to be installed outside Horizons. The Blue Badge parking bay that was lost due to the Luna Lounge parklet has been relocated just around the corner outside Boots the Chemist.

Work appears to have started on the old Barclays Bank building and the little TFL shop by the station that has stood empty for a long time has been taken over by Waltham Forest Council as a pop-up opportunity. According to Councillor Clyde Loakes, there will be further announcements in the near future.

The High Street improves all the time and with the resurfacing work finished on the High Street, traffic circulation has returned to normal with a much smarter look.

# WANTED

## CUB REPORTER

Are you 12 or under? Do you enjoy writing? We want young BARA members to write for the BT.

We are planning on devoting a regular space in this magazine to the younger members of BARA. Could that be you? Could you write about something locally from a young person's point of view? What do you like or don't like about living in Leytonstone? Do you have a hobby or an interest? Want to tell us about somewhere to visit or a good walk to take? We are open to all ideas.

You need to be 12 or under and be in a household that is a member of BARA. Send your articles to us at [BARACONNECT@gmail.com](mailto:BARACONNECT@gmail.com) by the beginning of November.



Placing the last brick of the day.



Tony forms the structure from clay bricks.



Grapevines in the garden.



Making bricks.



Tony Malcolm.

# CREATING COMMUNITY

**Leytonstone has many churches of varied denominations but only one in the BARA area. There has been a Methodist Church at the corner of Lister Road and the High Road for nearly 150 years and Tony Malcolm has been the minister here since 2019. He recently moved on but before leaving the area we spoke to him about his life and time spent in Leytonstone.**

Tony Malcolm arrived in Leytonstone in January 2019 from Birmingham and he has moved to Nottingham to carry out his last post as a minister before retirement. He arrived in England at the age of 11 joining his parents in Sheffield having been brought up in Jamaica by his sisters and extended family for nine years. The extended family included the whole community. "It might seem a strange upbringing to some people but in the Caribbean it wasn't unusual. Being loved and cared for as a child is the most important thing. I definitely was" he says.

England was a big shock. "I don't know how we were protected from the reality of Britain in Jamaica but we were. Everything we knew about Britain was positive but the reality was very different" he remembers.

Tony loved school. In Jamaica school was only available for part of the day and everything had to be paid for by family. Not just uniforms but the simplest things like pencils, pens and exercise books. "Families had to provide everything and if they couldn't afford to then children didn't go to school" he explains.

Tony couldn't believe when starting school in Sheffield that everything was provided. "I was amazed and loved it" he says. "I didn't shine particularly in any one subject I just loved the whole thing particularly all the extra-curricular activities. We had teachers who went above and beyond. They were amazing people" he reminisced fondly.

Safeguarding and health and safety today would probably curtail many of the activities

he enjoyed. Walks in Derbyshire at weekends, being a member of the natural history club with drives up and down the country to places like the Westonburt Arboretum and the Slimbridge Wildfowl and the Wetlands Centre in Gloucestershire. Teachers would lead these visits at weekends in their own time.

"These are the things that kept me in school and out of trouble. Weekends were always busy and interesting" he remembers. "But I couldn't afford to go to university after my A-levels. I needed a job".

Describing himself as an introvert forced to operate in an extrovert way, he knew he wanted to do something medical but couldn't cope with the idea of being around people in pain. So when the careers officer at school suggested becoming a medical laboratory technician it suited him and kept him busy for the next seven years. He had an interview on a Friday, a medical on the Saturday, and started work on the Monday. This was his longest-ever period of unemployment.

Tony's path to becoming a minister came through his local church where he was in the Boys Brigade and then a youth group where he sometimes led services. A Boys Brigade officer and the church minister suggested he look at the ministry. "It wasn't something that had crossed my mind" he said. "I had never seen a black minister in England so didn't realise it was possible".

Tony spent three years at theological college in Bristol where he met his wife, Joanne. Further education was now affordable as there were student grants and he lived in student accommodation. Being a student in Bristol brought to the fore the city's involvement in the slave trade. "To get into town from my accommodation in Westbury meant going down Whiteladies Road and Blackboy Hill. And I regularly passed Colston Hall" he explained. "These names all raised questions for me. But back in those days it was still a hidden subject".

His first post was to Darlington. During his time there Tony was asked by the YMCA to be the chair of the committee in charge of building a new centre in the town. This led to the YMCA offering him a job to review the Christian element of the organisation. A



**It is very uplifting to see people laughing in church again and the congregation is growing. Sunday mornings here have been a joy to me.**

national post as Christian Education Officer was created, which changed to Spiritual Development Officer to encompass the diversity of religions working for and using the YMCA. Tony and his family moved to Birmingham to be in the centre of the country and thus began 24 years in the city. After five years with the YMCA he returned to the Methodist church and spent 19 years in different churches around the area. This meant his two children did not have to keep changing schools and his wife kept the same job.

He moved to Leytonstone from Solihull to become superintendent to the 11 churches that form a circuit in the Methodist church with pastoral responsibilities for Leytonstone and Cann Hall.

Leytonstone had had some difficult internal issues and he focused on trying to resolve these which proved to be an emotional time for him and the congregation. The ministry team wasn't working and a difference in opinion between the minister and congregation had developed.

"It is a much happier place now" he says. "It was too inward looking and now it is looking outwards. It is very uplifting to see people laughing in church again and the congregation is growing. Sunday mornings here have been a joy to me".

Pre-Covid the congregation numbered 80-100 but post-Covid it has halved with a lot of people becoming housebound physically and mentally. The church is focused on reviewing the pastoral system to make sure contact is maintained with these people. And young

people are coming back to the Boys and Girls Brigades. Slowly inter-church relationships in the area are redeveloping following the disruption of Covid. Discussions are underway for churches to get together again where there are common areas and celebrations.

Did he find the move south highlighted the north/south divide?

"Certainly with property prices" he says. "Whenever I needed a laugh I would look in estate agents windows!"

Tony would love to see more small starter homes for people. "People are moving out because of house prices and therefore leaving the church. The children of my congregation are having to go far away to afford homes. If I was staying I would investigate ways to help younger people stay in the local area near family and where they grew up".

One of the things Tony is most proud of is the establishment of the Community Fridge at the church. Set up by Transition Leytonstone originally near Leytonstone station, he was able to offer the project a new home when it needed to move. And it isn't just the setting up that Tony was involved with, he has been hands-on helping pick-up and deliver food for the scheme.

"I won't just be leaving a happier church community but a community that is committed to helping the local community. Just what modern churches should be about. My successor will be taking on a much more positive community than the one I found here five years ago. I wish him every success in continuing the progress that has been made".

Although the Jamaican school system has moved on there is still a lot to be done. Tony has recently joined forces with former pupils from his old school, Mount Osborne in St



Lister Road Church

This picture was taken around 1905 and shows the Wesleyan Methodist Church with Italianate towers at the corner of the High Road and Lister (then Cowley) Road. Its predecessor built in 1876 was an iron chapel known locally as the Pint Pot or the

Sardine Box. This brick-built church was enlarged three times in the early 1900s and had Sunday congregations of over a thousand people. It was demolished in 1968 and replaced by the modern building we know today.

Elizabeth, Santa Cruz. Their first project was to provide funds so that all pupils will be able to have breakfast at the school and they are now supporting the teaching staff with small grants and bonuses. Future plans involve decorating the school. "Former pupils from Mount Osborne can now be found around the world. It is our small way of saying thankyou to the

school that helped us" Tony explained.

Leytonstone has been lucky to have such a happy and positive church community leader over the last few years building up a stronger pastoral community while coping with the challenges Covid presented. We wish him all the best in his new post.

## RETREAT TO THE GEEK

**With so many recommendations for Abdul at Geek Cafe as the friendliest place to get your technology and phones fixed we just had to stop by and say hello.**

The Geek Cafe has been owned and managed by Abdul Sayed for 10 years and is said to be one of the best computer shops in east London. Many customers who have been told their equipment is not repairable find that Abdul can perform miracles and breathe new life into computers and mobiles. He also carries a wide range of second-hand and reconditioned equipment at very reasonable prices.

Abdul has always lived in the local area and now lives in Leytonstone with his wife and children. He came to England from India and is grateful for the opportunities it has given him and his family.

Penny Robinson, from Beacontree Road and a customer of the Geek Cafe, has been helping Abdul with advice and support and this year helped him to set up a community interest company (CIC). CICs were introduced nearly 20 years ago for businesses wanting to invest in local communities.

Although it has been a struggle since Covid for Abdul he is determined to give back to the community and has now set up Geek Cafe CIC. Through some small grants from Waltham Forest, Abdul ran a series of free classes in the Spring and Summer at the Geek Cafe and this September sees a Digital Wellbeing Cafe on Mondays from 5-6pm.

The first course was very popular providing technical help as well as a social platform where people could meet up and chat. After the isolation caused by Covid this was needed



Abdul and Penny in the Geek Cafe

and appreciated. Now there are also purely social sessions with tea and biscuits every Wednesday at 3pm for women and every Thursday at 3pm for men. Everybody is welcome. Pop along, meet your neighbours and make new friends.

Abdul hopes to expand his services and offer training to ex-offenders so they can find employment using newly-learned skills and are less likely to reoffend. He also helps customers understand their machines so they

can carry out simple repairs. Anyone looking to buy a new mobile phone or computer should have a word with Abdul. He can closely match major retailer prices and by buying locally he can provide customers with backup and help for those getting to know new equipment.

Abdul would love some help promoting his shop and courses on social media. If anyone could help please get in touch.

**Geek Cafe, 728 High Road, E11 3AJ. Tel 07443 819466. geekcafecic@gmail.com.**

Leytonstone is fast becoming a foodie heaven. Exciting new restaurants, pop-ups and casual eateries are opening thick and fast. Sue Birdsall has been dining out and brings you her pick of the best value dishes in area.

# THE BEST PLATES FOR LESS THAN A TENNER

I wanted to write an article about the best plate of food in the area for £10 or under factoring in value, welcome, ambience and taste, marking each aspect out of 10. I soon realised that I would need an entire issue to do this as there are so many options. On reflection, I did not want to subjectively rank hard-working local businesses as someone ends up last and I would never be able to return!

I decided to focus on places which have outside space, (something I love, and which helps with the ongoing hot-flush situation) and where you can have a glass of wine with your £10 plate. This meant I had to exclude much-loved local classic Panda and relative newcomer Homies whose tacos have taken the town by storm.

First up, the Leytonstone Tavern, an absolute gem of a local pub with a real family feel, friendly locals who know each other and a great team of young staff. A large outside covered space means you can sit out every day of the year. Their Wednesday offer includes a fantastic plate of five chicken strips and chips for £10. Fresh, crispy, tasty and will satisfy the biggest appetite.

Next up another pub, the North Star. Every year this pub gets better. Presided over by well-known local character Kevin, you get so much choice within one venue. Thai food or pizza, choice of inside and outside seating with a parklet and a covered garden. Excellent value. Top choice for me is the margarita pizza plus a dip for just under £10. I don't normally order margarita thinking it a bit boring, but this is a delicious bargain.

Heading back down the high road we come to San Marino, where the parklet outside has really added to this venue. There is an extensive menu, and everything is available all day. I always have the creamy, garlicky mushrooms on toast with poached eggs and parmesan. I love it so much I can never bring myself to choose anything else and it only costs £9.90.

Another great venue just a couple of minutes away is the Stone Mini Market, the garden at the back decorated with fairy lights feels like a secret. You could not wish for a better welcome from hosts Okan and Adrienne, they make everyone feel special. Mini Mart hosts a number of pop-ups including Arch Rivals' burritos every month. The vegetarian burrito is £10. If you have had Arch Rivals' food you will know to expect an explosion of flavour, if you haven't, this is a great way to try it.

Cross over the bridge and you will find Arch Deli, tucked away in an arch off Grove Green Road. A really unique and quirky little place, with nice wine, beers, bread, cheese and other deli food you can eat in or take away. You can sit outside, sip a glass of wine and share a plate of meat and cheese at £15 for two people. Also available is a Neal's Yard cheese toadie for £9 and from 12-5pm on Friday you get a toastie and a drink. Every customer feels valued with the owner Micheala giving people time to taste and then choose their wine.

From there it is a just a step away to the Filly Brook, always busy but with loads of outside

Papis Munchies Margarita



Arch Rivals Burrito at Stone Mini Market



Chicken and chips Leytonstone Tavern



Mushrooms on toast San Marino



Toasties at Arch Deli



Small plates at Filly Brook



space, some covered. This bar is expertly run by owner Simon, service is slick and seamless even when very busy, which it often is. A great place for a small plate of food, the menu varies but currently the food is from Sireli and focuses on Persian-influenced small plates and Middle-Eastern fried chicken. Almost everything on the menu is £10, in some cases you can get two dishes for a tenner. I haven't tried the food here so can't recommend any particular dishes but it is on my must-do list.

A bit further afield on Winchelsea Road is the Wanstead Tap. For £7 you can get a chicken tikka wrap from the Wanstead kitchen – chicken tikka pieces wrapped in thick fresh naan bread with a mint dip. Sit outside the Tap with this, a negroni sbagliato and have a chat to Dan the owner before heading inside for one of the Tap events. Nothing could be better.

Also recommended but just over the £10 limit is the Mammoth Tap and the legendary fried chicken stall manned by ex-BARA local Dave Sabbarton. I find it hard to believe anyone hasn't tried this spicy, crispy, yummy con-



**Arch Deli - A really unique and quirky little place, you can sit outside, sip a glass of wine and share a plate of meat and cheese at £15 for 2 people**



Tikka wrap from Wanstead Kitchen

coction that people queue for every Friday. For £11 you get a portion of boneless chicken tenders, crispy skin-on fries, coleslaw and choice of hot sauce as well as free entertainment from Dave, the Archbishop of Bantlebury. Plenty of outside space although I find the bench seating rather uncomfortable for my middle-aged bottom.

The Olive restaurant set lunch, is just over a tenner too. But for £12.95 you get two courses including a really generous portion of hummus or tzatziki followed by your choice from the menu. I always have the mucver – courgette and feta cheese fritters with salad. Good people-watching on the outside seats too!

Please try these great-value options available in Leytonstone, you will be supporting our local businesses and get the chance to catch up with the friends and neighbours you will inevitably bump into. If you are strict with yourself about only having one or two drinks (I try but my husband Paul always lets the side down) you can have a fantastic night out with food and drinks for £20.

# GLORIOUS BLOOMS

**Kate Duffy and Katy Smith have been out and about taking in the gorgeous gardens, flower baskets and boxes of Bushwood. It's time to announce the winners of this years Bushwood in Bloom competition.**

The annual BARA Garden Competition took place between late May and July to incorporate both early and late flowering plants and flowers. Whilst 2022's competition was difficult to judge due to the affect of the heatwave on some gardens, likewise the rains of July 2023 somewhat hampered our choices. However, us

BARA Garden Girls, Katy and Kate, took a wander around the BARA streets with camera and notebook in hand peering at delightful window boxes, hanging baskets, planters and general horticultural efforts. We looked at the layout and colour aspects along with areas that were bee and insect friendly. Quite a lot of BARA streets have community planters and we visited them all to see how they have been maintained. We were pleased to see that previous winners are still very green fingered and we thank everyone of you that takes the time and effort with your individual green spaces which we all benefit from.

The 2023 winners who will receive a £30

National Gardening Voucher are:

**Joanna and Alan from Hartley Road**, which is the first time Hartley has been a winner of this competition. We loved the riot of colour from the large selection of small plants.

**Ali from Bushwood**. This garden also included window boxes and hanging baskets. We loved the mix of green plants and flowers.

**Norman and Val from Lister Road**. This is the community planters and boxes around the tree. You may know Norman from the regular Sunset Plant Sales supporting the Chaos Charity. We loved the cascading foliage from the tree planters as well as the tree boxes which were packed with purple, pink and white.



Joanna and Alan Hartley Road



Ali Bushwood



Norman and Val Lister Road



## Sue Birdsall reports on the 26-year-old local institution The News From Nowhere Club.

I asked Ros how it all began. "There was a time when all over east London (and the rest of the country), were buildings with names such as the Radical and Dialectic Club, Mechanics Institute, Literary Institute, to name a few. These were dedicated places where local working-class people (well, men anyway) could come together regularly for a whole variety of purposes: education, recreation, reading, discussions..."

"It's always seemed to me tragic that these centres have closed. With the arrival of telly, comfortable homes and a privatised way of life, we have few public places to meet our neighbours. Not everyone's interested in pubs or religious institutions. Where would you go to get to know people in your area?"

"We named ourselves the News from Nowhere Club because News from Nowhere is the utopian novel of our local hero, the socialist William Morris who lived in nearby Walthamstow. He wrote: 'Fellowship is life and the lack of fellowship is death.' We are definitely into fellowship."

"The next thing to try was an invited speaker. So, one Friday evening in September 1996, 12 people squashed into my back parlour to hear the labour historian Stan Shipley talk about the 1880s and their relevance to the present. Everyone was invited to bring food and drink to share."

"Stan's lecture was followed by questions and discussion. This format continued for the next 25 years and it is how we organise our meetings today. After a number of years at the Epicentre in south Leytonstone, we moved to St John's Church Hall in central Leytonstone in 2020."

"We plan our programme once a year and distribute our leaflets wherever we can. History, politics, arts, local issues are all covered. We aim for a mix of gender and ethnicity in our speakers."

"At least 35 people turn up each time – some regulars, others come just for one topic or if they happen to be free that night. You don't have to book or pay (though we invite donations and hold a raffle to fund the rent). Our biggest meeting was with Tony Benn; we hired the large hall. We all competed to make him a pot of tea. He said modestly as he left, 'Well, I hope I've helped you out.' It certainly put us on the map."

"We have a different chairperson for each meeting, someone with knowledge of the topic. We have had the odd grant to fund our leaflets and have become a minor institution, though it's a constant challenge to publicise



**Our biggest meeting was with Tony Benn; we hired the large hall. We all competed to make him a pot of tea. He said modestly as he left, 'Well, I hope I've helped you out.' It certainly put us on the map.**



Kath Tait and Keith Bray at St John's Church Hall

our existence to everyone who might be attracted to it."

### A GREAT, CHEAP NIGHT OUT

BARA member Amanda Jones and I went along to an event on 12 August "Quirky Songs and Poems with Fun and Mischief" featuring Kath Tait and Keith Bray. We brought along some food to share and felt very welcomed by Ros and others. It was well attended with about 40 people there. The performances were personal, emotional, moving and fun. Kath and Keith shared their story and gave of themselves which made it very memorable. In an increasingly online world where it is easy to retreat behind a screen, it is important to have opportunities to connect. BARA is all about building relationships, connecting and socialising with our neighbours. We are stronger, happier and more engaged with local issues if we are united. After all, what is life without connection? We may as well just give up and let the computers take over.

So please go along and give it a try, the programme is produced a year in advance so plenty of time to plan. I love a bit of booking ahead and will be scrutinising the programme to pick my favourites. It is an older crowd who go along, Amanda and I felt young, and I am nearly 60. Be prepared to speak up when talking to people! It is a really cheap and entertaining night out.

Forthcoming talks include "Whose Mental Health Crisis Is It Anyway?" by Paul Atkinson on Saturday 11 November and "Cuba and the US blockade" on Saturday 9 December.

Ros is really keen to encourage some younger people and she would like to identify some young blood to help run it once the current organisers are past it.

You can find the full programme of talks at [www.newsfromnowhereweb.wordpress.com](http://www.newsfromnowhereweb.wordpress.com) or contact [roskane@btinternet.com](mailto:roskane@btinternet.com) to receive monthly email reminders.

# DIAL M FOR MARNIE

Next time you pass the Jet Garage on Leytonstone High Road, take a moment to ponder the significance of the historic site buried under those petrol pumps. The Bush Telegraph's very own Cockney Sparrow, Marnie Cotten, explores Leytonstone's Hitchcock history

On 13 August 1899, the shop and apartment that previously stood at 517 Leytonstone High Road, witnessed the birth of one of the world's most influential and prolific directors, Alfred Hitchcock. A simple blue plaque placed unceremoniously next to the cashpoint, honours the man who directed 53 movies over a 60-year career, plus an additional 297 episodes of Hitchcock Presents. The date of his demise has been immortalised as 24 April 1980 when he in fact died five days later. A comedy of errors.

Alfred Joseph Hitchcock's catholic parents William and Eileen were respectable greengrocers. Despite being middle class and well provided for, Alfred was a shy and frightened child who suffered at the hands of an authoritarian father.

At the tender age of five, having committed some minor transgression at home, Alfred's father ordered his son to the Harrow Green Police Station at 437 High Road Leytonstone, clutching a note instructing the police to teach him a lesson and lock him up. The traumatised child that emerged from the cells, was never the same. The terror of the experience left deep emotional scars reinforced by his years at St Ignatius, a Jesuit school with a reputation for brutality. The anguish of his childhood was later reflected in the themes and plots of his films, moulded his characters and informed his ability to share fear and transmit tension through a lens, earning Alfred the title, Master of Suspense. It was no coincidence that Hitchcock's movies circled themes of trust, injustice, mistaken identity, of police incompetence and of scepticism towards authority. The cops were never heroes; Hannay in the film "39 Steps" spends the entire movie eluding the police, who are hunting the wrong man. Alfred's cousin John Francis, a Catholic priest for 37 years, possibly inspired the movie 'I Confess' in which Father Logan is falsely accused of murder. Again, the police have got it wrong.

In 1915 Alfred found work as a draughtman at



**Having been a Leytonstone resident for over 30 years, I became curious about the man who directed the film my parents named me after, Marnie; a bleak tale of a traumatised compulsive liar and thief.**

The Henley Telegraph. His technical skills and intelligence saw him progress to designing movie intertitles with American firm Famous Players-Lasky, where he found more opportunities within the movie industry and landed him work assisting director Graham Cutts. His talent was also recognised by producer Malcom Balcon, who elevated his prodigy with several assignments at the cutting-edge UFA studios in Germany. Alfred was fluent in both German and French.

In 1917 Alfred was called to serve, his application denied due to his weight. Being the son of a greengrocer may have saved his life, that distinctive silhouette certainly became core to his branding.

A focused and ambitious man, Hitchcock's first accredited directorial debut was January 1927 with "The Pleasure Garden". He contributed

as assistant director, writer, art director and title designer on over 20 films before he reached 30. "The Lodger" released in February 1927 was the only other film in which he made two of his famous cameos. Both films suffered delays in distribution due to Cutts jealousy of Alfred's ascension. Cutts used his influence with film distributor CM Woolfe to delay the release of these movies, declaring them uncommercial and 'too European'. But nothing could stop this directorial powerhouse.

In 1960 Alfred Hitchcock approached Paramount Pictures to fund "Psycho". The studio read the screenplay and rejected it. It could not allow the killing of the leading lady a third of the way into the film. Undeterred Hitch invested \$800,000 of his own savings; his profit from the film was over \$50 million. Hershey Chocolate Sauce was used as blood in the famous shower scene. Typical of Hitch's macabre instinct to utilise the monochrome medium, and ironic he would enhance the horror with confectionery.

In 1945 Alfred directed the war documentary 'Night Will Fall' based on the work of combat cameramen serving with the armed forces using newsreel footage of the liberation of the Nazi death camps. The work when completed was deemed by government as too controversial and shelved until 2014 when it was resurrected and recreated by director Andre Singer. The narrative that led to the title of the 1945 documentary 'Unless the world learns the lesson these pictures teach, night will fall' was ironically buried for almost 60 years.

Having been a Leytonstone resident for over 30 years, I was curious about the man who directed the film my parents named me after,



Marnie; a bleak tale of a traumatised compulsive liar and thief. In pursuit of information, I spent an afternoon in the company of Gary Lewis, a local historian and self-educated Hitchcock expert. Gary gave me a whistlestop lecture on the great man. In the few hours I spent spellbound, I was only able to scratch the surface of such a complex interesting character, but if like me you want more, Gary delivers talks and walks locally, and is available to provide bespoke multimedia lectures to your group or at your event. (Facebook @Gary Lewis. Web: [www.hitchcock-talks-and-tours.com](http://www.hitchcock-talks-and-tours.com))



Hitchcock expert Gary Lewis standing by the Hitchcock mural on Harrington Road

Most people know that Alfred Hitchcock was born in Leytonstone but how many are aware of The Rear Window restaurant that has transformed the ground floor of the Hitchcock Hotel on Whipps Cross Road? Joyce Quarrie met with the owners of this high-end restaurant and discovered impeccable credentials that make it a go-to place for people from far and wide.



Will and Ruth in the dining room of The Rear Window.



# THROUGH THE REAR WINDOW

"I always knew this was a great space. I'd been coming here since my teens" says Ruth Tulip, co-owner of The Rear Window restaurant. Her partner, Will Cabral, wasn't so sure. "I could see the potential in the space" he says "But on my first visit the bar was dark and dingy, I was served a drink in a cracked, dirty glass from an unfriendly bartender and the guests seemed somewhat uncomfortable with my pink linen jacket". When Ruth asked his opinion he replied "You must be mad!"

Ruth and Will met 20 years ago when she was the maître d' and he was the manager at The Ivy in London's West Street. They had been looking for suitable premises to fulfil a long-held dream of opening a restaurant together. Despite Will's misgivings, that dream came true in 2021 when they transformed the bar and a dark space behind it at the Sir Alfred Hitchcock Hotel on Whipps Cross Road into a restaurant and bar that attracts many former clients from The Ivy. Despite the challenges of Covid and its aftermath it has become a go-to place for an eclectic client base.

The restaurant might never have happened as during Covid Will worked for the NHS 111 service. "It was a massive change under very challenging conditions" says Will. "I looked after recruitment, management and the training of medical staff. It was an amazing experience with wonderful people. We were particularly focused on training and had to condense a previous training period of one month down to 14 days. I seriously considered staying there."

The Ivy where Will and Ruth met is a world-famous restaurant that has become the 'staff canteen' for the artistic and creative worlds.

**“ I joined the Ivy after I'd been travelling, I started from scratch manning the telephones before going on the floor. This meant handling some of the 1200 calls that came in per day for 33 tables.**

The movers and shakers of the media world discuss million-pound deals and contracts while dining there.

"I joined the Ivy after I'd been travelling for three years" said Ruth "I started from scratch manning the telephones before going on the floor." This meant handling some of the 1200 calls that came in per day for just 33 tables.

Literally translated a maître d' is the 'master of the house' but is much more than a meeter and greeter. Ruth explains: "You're a curator. You get to know your regulars and their personalities, requirements and needs. The art is to gauge the guests needs in the first few seconds, knowing who wants a quiet place, who wants to be seen, who will create a buzz".

Will, as manager, was the serene swan gliding around the restaurant floor while madly paddling underwater. "When well-known people go out they don't want people taking their photographs or bothering them when they are eating. But neither do you want to create a fuss

when asking customers to respect the privacy of others. Because of the central location of The Ivy it also meant managing a theatre crowd of over 100 covers who arrive around 5.30pm and who want to be out by 7pm without feeling rushed or waiting too long to be served" he says.

After a few years working together they knew they wanted to continue their professional partnership. From The Ivy, Ruth worked with the chef and restaurateur, Mark Hix. From there she set up her own consultancy, where a client was the Doyle Collection. Will and Ruth joined forces again here when Will joined the company to look after the group's business plans. After five years there they were ready to go out on their own.

How did they end up in Leytonstone?

Ruth has lived in Leytonstone for over 20 years and grew up in Chigwell. "In my teens we often started out at The Hitchcock at the weekend before heading into town. We all thought Leytonstone was a tad more urbane and definitely more edgy than Essex".

Ruth knew the owner of the Sir Alfred Hitchcock Hotel who was struggling with what to do with the place. Ruth knew it could be a great space.

"Living here for so long I had seen the demographic of Leytonstone change" says Ruth. "I saw the potential." Many former clients have remained loyal to the couple and are regulars at The Rear Window.

The project started off in the hotel garden, then an unattractive car park. One review likened the transformation to the gardens of Versailles, Ruth and Will knew they were on the



The dining room



Jazz on a Friday



right track. Now their pleasure garden is partly covered with three pods for private dining that can hold up to 50 people.

The look of the restaurant today was a combination of believing in themselves, knowing some special people and luck. Initially the restaurant space was dark with boarded up ceilings. They took the boards down and light streamed in. They knew what they wanted but without the necessary budget to achieve it.

"We had west end ideas with east end money. We are big believers in the cosmos and manifestation has certainly worked for us!" Will and Ruth confirm.

The quote for the banquet seating they wanted was £50,000; they didn't even have £5,000. But the timely closure of an upmarket restaurant with the seating they wanted coupled with a talented friend who did the upholstery made hopes a reality. The copper planters around the room are old boilers. Designer chandeliers were way beyond their budget, but beautiful chandeliers emerged from old copper piping. Other items were found in skips or forgotten in warehouses, all coming together to create the perfect compliment to the food served.

The Rear Window menu is seasonal with a British/Asian influence. Korean BBQ ribs, truffled arancini, miso cabbage salad, Thai yellow curry and some wonderful steaks are just some items on the menu with something for everyone at a range of prices. A classic cheeseburger costs just £13.95. Not just any old burger. It is cooked in a kitchen where

head chef, Nerius Rackuskas, worked with Ruth and Will at The Ivy. Other former Ivy chefs, Amedi Ajibade and Jade Brown form part of the senior chef team alongside Andrew Weatherley, from Rick Stein's restaurant in Padstow. The regularly changing menu is a close collaboration between Ruth, Will and the chefs. Sunday Roast has become a stalwart on the Leytonstone circuit with an average 150 covers served every week.

"Like all good creative people our kitchen staff rise to the challenge" Ruth boasts. "They all believe in the dream. They could work anywhere and get approached regularly by major restaurants. Here they have freedom to create and feel part of our family. In other restaurants they would be told what to do, how to do it and be another cog in the wheel. We appreciate and value them. We are lucky to have them".

Love of the area extends to the local community, they work closely with Pinpoint Inc, a local not-for-profit enterprise. Pinpoint's ethos is to deliver a wide range of innovative and creative ways of working with young people, their families and others in the community that seek to address underachievement and risk of marginalisation – fostering a sense of autonomy and empowerment for all young people.

"Pinpoint has given us the opportunity to work with people who haven't had a great start in life. We give them training and work experience which builds them and their confidence up and prepares them for the wider community" Ruth and Will explained. They also work with Waltham Forest College and offer a work-

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experience programme for trainee chefs.

Traditionally British youngsters don't consider going into hospitality in the same way as they do across the rest of Europe. Pre-Brexit, hospitality staff would have come from Italy, France, Spain and eastern Europe. The Rear Window has 16 young people under 22 working in the bar and restaurant.

"As long as they care about people and have the desire to look after them we can do the rest. They have to have that passion. If you treat people well they will return" explains Ruth.

"We help them and they help us" say Will and Ruth. "We've already got an alumni. One of our girls is the maître d' at Scotts in Mayfair, another at Bellanger in Islington, another went to work front of house at Sushi Samba and another is at The Ivy".

As well as catering for general parties, private dinners, weddings and outside catering, the repertoire of Ruth and Will is expanding. Earlier this year they hosted the celebration of life of one of their regulars which has led to more of this type of booking.

Backgammon nights and re-launching The Loose Rein supper club with interesting guests from their client list, past and present, are on the cards. Unusual plants that decorate the restaurant attract attention as does the artwork. They may look at developing those areas. Local involvement saw them exhibit a piece in this year's Leytonstone Arts Trail – "The Other Shore" by Qin Yue. Their resident artists Marc Aurelie and Andrew Cotterill have pieces throughout the restaurant and bar.

Will and Ruth's 18-20-hour days have only recently shortened so they are beginning to look to the future. They would love to expand.

The dedication and hard work of this talented and creative business partnership has resulted in a restaurant where attention to detail is everywhere from the moment you enter the building to the moment you leave. "We are ideas people" they both confirm. "We never stop thinking of new ways of doing things or plans for the future". Their dedication, their talented and loyal staff and delicious menus mean we can look forward to much more from them. Watch this space!

**The Rear Window opens from 5pm on Wednesdays, 12pm Thursdays and Fridays, 11am on Saturdays and 12pm on Sundays. Alfreds Bar is open as above, until late for cocktails and libations. The latest addition is Jazz on Friday nights which, weather allowing, spills over into the garden.**  
[therearwindow.co.uk](http://therearwindow.co.uk) 07581 418408  
[reservations@therearwindow.co.uk](mailto:reservations@therearwindow.co.uk)

# Regular Events

## Regular stuff going on in E11

We've scoured every venue in Leytonstone to bring you our list of regular activities happening in our area. Whether you want to get fit, join a group, start yoga or go to see live music and comedy. 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 get in touch 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
MONDAY	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
	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
TUESDAY	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	Good Shepherd 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
	Children's volleyball	Pastures Sports Hall	Weekly	4.45pm	ourpastures.org
	Cycle maintenance	Pastures Sports Hall	Weekly	5pm	ourpastures.org
	Yarnivores	Stone Minimarket	Fortnightly	6pm	@stoneminimarket
	Yoga - Pregnancy	Quaker Meeting House	Weekly	6.45pm	helenyoga.co.uk
	East Side Jazz Club	Leytonstone Social Club	Weekly	7pm	leytonstonesocial.club
WEDNESDAY	Oh So Funny Stand Up Comedy	Heathcote & Star	Last Tuesday of Month	7pm	heathcoteandstar.co.uk
	Badminton	Pastures Sports Hall	Weekly	7.30pm	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	8pm	helenyoga.co.uk
	Little Sing Song (baby&toddler)	Good Shepherd Studio	Weekly	9.30am	goodshepherdstudios.com
	Golden Racquet 50+ Badminton	Pastures Sports Hall	Weekly	11am	ourpastures.org
	Motherly Love Support & Discussion	Good Shepherd Studio	Weekly	1pm	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
	What's Cookin'	Leytonstone Social Club	Weekly	7pm	leytonstonesocial.club
	LTG - Board Game Night	Stone Mini Market	Weekly	7pm	LeytonstoneTabletopGames
	Life Drawing Class	The Birds	Weekly	7.30pm	thebirds.pub
	Quiz Night	Rookwood Village	Weekly	7.30pm	therookwoodvillage.com
THURSDAY	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	Weekly	8pm	lunalounge.info
	Leytonstone Royal British Legion	Leytonstone Social Club	Monthly -3rd Wednesday	8pm	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	Quaker Meeting House	Weekly	10.45am	helenyoga.co.uk
	Chair Yoga	Good Shepherd Studio	Weekly	2pm	goodshepherdstudios.com
	Afternoon Vintage Tea	St John's Church	Monthly	3pm	
	Childrens and Adults Volleyball	Pastures	Weekly	4.45pm	ourpastures.org
Cycle Maintenance	Pastures	Weekly	5pm	ourpastures.org	
Womens Badminton	Pastures	Weekly	7.15pm	ourpastures.org	
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 Karaoke	The Birds	Weekly	8pm	thebirds.pub	
Leytonstone Voices Adult Choir	Leytonstone 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	
FRIDAY	Women's Badminton	Pastures	Weekly	9.30am	ourpastures.org
	Tiny Talk	Good Shepherd Studios	Weekly	10am	goodshepherdstudios.com
	Free Zumba	Pastures	Weekly	12.30pm	ourpastures.org
	Movers&Shakers Baby&Toddlers	The Birds	Every Friday Term time only	11.30am	thebirds.pub
	Bistro Night - 3 Course Meal BYOB Karaoke	St Andrews Church	Monthly -Every Last Friday	6.30pm	standrewsleytonstone.org
Sing Song Club	O'Neill's	Every Friday	7pm		
SATURDAY	Sing Song Club	Heathcote and Star	Last Friday in the month	8pm	heathcoteandstar.co.uk
	Tabletop Market	Lister Rd Methodist Church	Monthly Every 4th Saturday	10am	
	Park Run	Wanstead Flats Harrow Rd	Weekly	9am	parkrun.org.uk
	Yoga- Vinyasa Flow	Good Shepherd Building	Weekly	9.30am	goodshepherdstudios.com
	Theatre Train Drama Group	Leytonstone School	Every Week	10am	theatretrain.co.uk
SUNDAY	Waltham Forest Climate Cafe	Stone Mini Market	Monthly Every 3rd Saturday	11am	@stoneminimarket
	Night Party	O'Neill's Pub	Weekly	8pm	oneills.co.uk
	Inclusive Children's Multi-sports	Pastures Sports Hall	Weekly	9.15am	ourpastures.org
	Wanstead Farmers Market	Wanstead High Street	Monthly -Every 1st Sunday	10am	
	Women's Badminton	Pastures Sports Hall	Weekly	10.30am	ourpastures.org
	Cricket Club	Pastures Sports Hall	Weekly	12.30pm	ourpastures.org
	Farmers Market	Buxton School	Weekly	10am -2pm	www.lfm.org.uk
	Vintage & Craft Market	Rookwood Village	2nd & 4th Sundays	11am	therookwoodvillage.com
	BARA Litter Pick	Corner LeyspringBushwood	Monthly -2nd Sunday	11am	baraconnect@gmail.com
	The Kids Table - You eat they play	The Birds	Weekly	12.30pm	thebirds.pub
	This Ain't No Disco - DJs	Northcote Arms	Monthly -Every 1st Sunday	2pm -6pm	thenorthcotee11.com
Drag Out The Weekend	Northcote Arms	Weekly	6.30pm	thenorthcotee11.com	
Jam Sunday - Music Improv	Luna	Weekly	7.30pm	lunalivemusic.com	

## 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 964911.

**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 some of the stuff that's 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 always advise checking with the venue first.

### Events Diary

Thu 21 Sep	<b>Author Lee Jackson: Dickensland</b>	The Wanstead Tap	7.30pm
Thu 21 Sep	<b>Luncheon Concert</b>	St Johns Church	2.30pm
Thu 21 Sep	<b>Stand Up: Nick Helm</b>	Heathcote and Star	7pm
Sat 23 Sep	<b>Film: 2040</b>	Good Shepherd Studios	7pm
Sun 24 Sep	<b>Leytonstone Street Festival</b>	Church Lane	11am
Wed 27 Sep	<b>In Conversation with Nigel Planer</b>	The Wanstead Tap	7.30pm
Thu 28 Sep	<b>Rebecca Lowe: Slow Ride to Tehran</b>	The Wanstead Tap	7.30pm
Thu 28 Sep	<b>Saudade: Longing for Portugal Tasting</b>	Theatre of Wine	7.30pm
Sun 1st Oct	<b>Mosaic Magic: A One-Day Art Course</b>	The Fillybrook	12pm
Wed 4 Oct	<b>Baby Wine Tasting BYO</b>	Theatre of Wine	2pm
Fri 6 Oct	<b>Hello Goodbye: Woodhouse Players</b>	Welsh Church	8pm
Sat 7 Oct	<b>Hello Goodbye: Woodhouse Players</b>	Welsh Church	2.30/7.30pm
Sun 8 Oct	<b>Leyton Record Fair</b>	Patchworks E10	11am
Thu 12 Oct	<b>BARA Supper Club: Flavours of India</b>	Flavours of India Restaurant	7pm
Thu 12 Oct	<b>Sauvignon Reimagined Wine Tasting</b>	Theatre of Wine	7.30pm
Fri 13 Oct	<b>Hello Goodbye: Woodhouse Players</b>	Welsh Church	8pm
Sat 14 Oct	<b>Hello Goodbye: Woodhouse Players</b>	Welsh Church	2.30/7.30pm
Fri 13 Oct	<b>Bring Your Baby Pub Quiz</b>	The Red Lion	12pm
Fri 13 Oct	<b>Stand Up Comedy: Fern Brady</b>	The Birds	8pm
Sat 14 Oct	<b>News From Nowhere Club: Broadwater</b>	St Johns Church Hall	7.30pm
Sun 15 Oct	<b>BARA Autumn Walk</b>	Epping Forest	10am
Tue 17 Oct	<b>The BIG BARA Quiz</b>	Leytonstone Social Club	7pm
Wed 18 Oct	<b>Charlotte Lydia Riley: Modern Empire</b>	The Wanstead Tap	7.30pm
Fri 20 Oct	<b>Whisky Tasting: Water of Life</b>	Theatre of Wine	7.30pm
Sat 21 Oct	<b>Black History Month Pop Up Market</b>	Leytonstone Library	10pm
Thu 26 Oct	<b>Hitchcock Walk with Gary Lewis</b>	Le Parisien Cafe	7pm
Sat 28 Oct	<b>You Should Be Dancing Disco</b>	O'Neills	7pm
Fri 3 Nov	<b>Aperitif, Digestif &amp; Cocktail Tasting</b>	Theatre of Wine	7.30pm
Sat 11 Nov	<b>News From Nowhere Club: Mental Health</b>	St Johns Church Hall	7pm
Thu 16 Nov	<b>Jacke Leslie - The Lion Who Never Roared</b>	The Wanstead Tap	7pm
Fri 17 Nov	<b>Author John Grace: Depraved New World</b>	The Wanstead Tap	7pm
Fri 17 Nov	<b>Stand Up Comedy: Fin Taylor</b>	The Birds	8pm
Sat 9 Dec	<b>You Should Be Dancing Disco</b>	O'Neills	7pm
Sat 9 Dec	<b>News From Nowhere: Cuba/ US Blockade</b>	St Johns Church Hall	7pm
Fri 15 Dec	<b>Stand Up Comedy: Catherine Bohart</b>	The Birds	8pm

BARA Events  
BARA Picks

**Leytonstone Street Fest**  
WORLD CAR FREE DAY 2023  
SUNDAY 24 SEPTEMBER | 11AM TO 4PM  
CHURCH LANE, LEYTONSTONE  
FREE TO ATTEND

Activities include: ALL ABILITY CYCLE CLUB, DR BIKE, GARDEN GAMES, PARKLETS WALKING TRAIL, MAKE AND CREATE AREA, STREET MARKET, LIVE MUSIC, CARGO BIKES TO TRY, FOOD & DRINK, INTERACTIVE CYCLE GAMES, WELLBEING TASTER SESSIONS.

QR code and URL: <https://bit.ly/streetfest23>

THURSDAY OCTOBER 12<sup>TH</sup>  
**BARA SUPPER CLUB**

SUNDAY OCTOBER 15<sup>TH</sup>  
**BARA AUTUMN WALK**

TUESDAY OCTOBER 17<sup>TH</sup>  
**BIG BARA QUIZ**

THURSDAY OCTOBER 26<sup>TH</sup>  
**BARA HITCHCOCK TOUR**

# Adboard

## Free Classified Advertisements for BARA Members and

**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) 07973227419.

**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@yahoo.co.uk.

**BABYSITTER** Responsible 17 year old available for babysitting. Can supply references from many other Bushwooders. £7.50 per hour or part hour Contact Martha 07534 430729

**BABYSITTER:** Experienced Babysitter(s) aged 14 available for work in the Bushwood area. Also available to waitress/help out at birthday parties etc. £7 per hour. Contact Fiona on 07799671623

**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.

**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.

**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

**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.ItDoesTheJob.com

**GAZEBOS** BARA has dazzling fleet of gazebos and a fold down 6ft table available for member hire: Gazebo £10 Two Gazebos £15 Table £5 Community Organisations can borrow them for free: Email: BARAconnect@gmail.com

**NUTRITIONIST** Registered Nutritionist with ten years' experience in Health & Social Care working with families and young people in various capacities. Email Julia ukenglishcentre@aol.com.

**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.

**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

**TUTOR – MUSIC, ALL INSTRUMENTALISTS AND SINGERS** 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 face-to-face tutoring for GCSE Science, Biology, Chemistry and Physics. QTS secondary school teacher with 10+ years experience in state and independent schools. Face-to-face tutorials take place in Bushwood. Email Suzanne Veitch.e11tutoring@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. We are dedicated to providing the best service and workmanship. info@likelogs.co.uk.

**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.

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

**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. www.eoncechocolate.co.uk. 07477 107239. **20% BARA discount** on all collections with code BUSHWOOD20.

**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. handymanjcm@gmail.com 07933 482308 **15% BARA discount.**

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

**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 2023 holidays. www.breakawaysupportedholidays.co.uk.

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

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

**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

**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. Liz Maloy Jollands: 07855 549740. lizmaloy@hotmail.com. **50% BARA discount off first treatment.**

## Local Businesses Offering Member Discounts

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

**DC INTERIORS** Carpets; wooden and vinyl flooring; sanding. Supply and fitting. 725 High Road Leytonstone. 020 8539 2647. **10% BARA discount.**

**DOG'S DINNER** 23 Kirkdale Road. **10% BARA discount** on non-food items and accessories in the shop. 020 8556 3045.

**ERSILIA ARJOCAN MA, MFHT** www.holisticreats.blogspot.com 07791 879256. Free phone consultation and **10% BARA discount** on any 60min or longer.

**FLAVOURS OF INDIA.** 748 High Road Leytonstone www.flavoursofindia.co **15% BARA discount**

**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.

**HORIZON** 809 High Road Cafe **20%BARA discount**

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

**KENNARD WELLS SOLICITORS** 718 High Road Leytonstone 020 8539 8338 **5% BARA discount.**

**LAZ BESPOKE FURNITURE** www.lazfurniture.co.uk 07849 881597 **10% BARA discount.**

**LOCAL PUBLISHER KORERO PRESS** Publishes books on art, design and illustration. Shop online at www.koreropress.com. Contact Yak at yak@koreropress.com or call 07906 314098. **20% BARA discount.**

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

**LEYTONSTONE SOCIAL CLUB** Venue and bar. 2 Harvey Road, 020 8539 2954 **10% BARA discount** on joining fee. **LEYTONSTONE POP-UP CINEMA** www.leytonstonefilmclub.com **£1 BARA member discount.**

**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) Liz@lizkeates.com www.lizkeates.com 07885 519226. **10% BARA discount.**

**LUNA LOUNGE** 7 Church Lane. **10% BARA discount** on drinks.

**MAMMOTH TAP** Arch 1 Station Approach **10% BARA discount** on drinks Wednesdays.

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

**PAPI'S MUNCHIES** Pizza for delivery and takeaway at the back of the North Star pub. **15% discount** Tuesday-Friday in or out, excludes Deliveroo.

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

**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. info@yeseuacan. fitness 07535 495488. **5% BARA discount.**

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

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

**SCHEMA STUDIO ARCHITECTURE AND INTERIOR DESIGN** www.schemastudio.co.uk 020 7405 4000 / 07436 535 471 mark@schemastudio.co.uk. **10% BARA discount.**

**SIT COLLECTIVE UPHOLSTERY** An 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.** 374 Grove Green Road. Facebook.com/sitcollective.

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

**STONE MINI MARKET** **5% BARA discount** on everything.

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

**THEATRE OF WINE** 556 High Road Leytonstone 020 7018 7420. **5% BARA discount** on tasting tickets and wine bought at tasting events. www.theatreofwine.com/weeklytastings

**TRADING PLACES ESTATE & LETTING AGENTS,** Letting Agents 020 8558 1147 jennifer@tradingplacesproperty.com **10% BARA discount** on standard sales and letting fees.

**TREASURE YOUR MEMORIES** Transferring video/ciné to DVD, tapes to CD, editing, filming, etc. 020 8518 8479. **10% BARA discount** on orders over £20.

**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 134730 or email sajidajamila@gmail.com.

**WOODHOUSE PLAYERS** www.woodhouseplayers.co.uk **Free programme and drink for BARA members.**

*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 membership card. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email BARAconnect@gmail.com*



# 2023 CALENDAR COMPETITION



The calendar competition is coming to an end. Final submissions for your entries on the theme of 'the buildings of Bushwood' to be submitted by October 31st. Winning entries featured in the calendar will receive a free copy. Pre orders begin November 1st.

## 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.



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