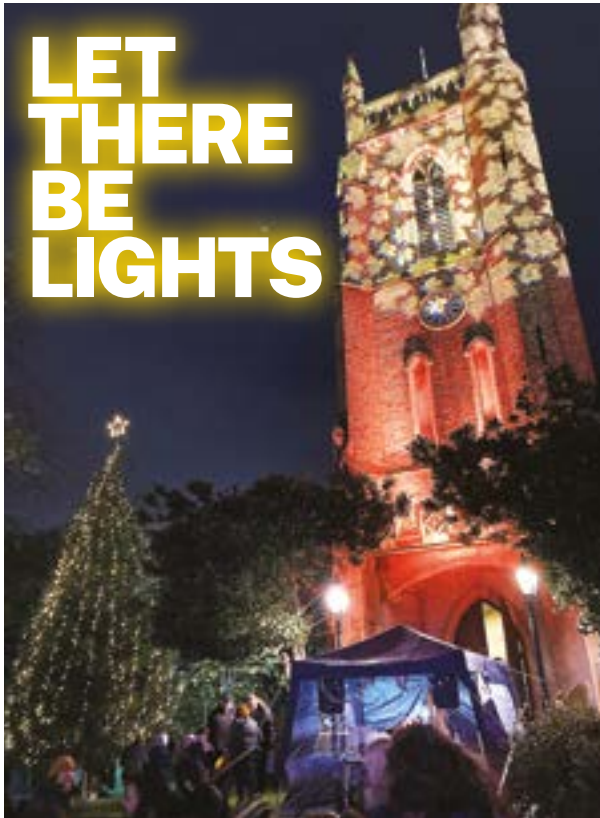


The Bush Telegraph

December 2022 - It's Christmas



The quarterly newsletter of The Bushwood Area Residents' Association



LET THERE BE LIGHTS



The Christmas season officially began on Thursday 24 November in Leytonstone with the turning on of the lights from St John's church. There were hot drinks, Santa's cabin, a bouncy castle and a bucking reindeer to entertain the crowds until the 5pm switch on. Now the whole High Street is lit up and the shops and pubs will follow so that everyone can enjoy the festive atmosphere in the lead-up to Christmas. Please support your local shops if you can.

Hartley Road was a film set for the afternoon when the BBC came knocking for BARA. They wanted to talk about The Library of Things for their *Morning Live* TV show.

When a TV producer discovered the BARA Library of Things while researching a segment on sharing and sustainability they wanted to find out more. Road rep Andrew and BARA member Luis agreed to help out and star in a short feature for the Kym Marsh and Gethin Jones *Morning Live* show on BBC1.

A brief shot of Luis walking down the road and knocking on Andrew's door to borrow a sander preceded a short interview with them on how they have used the Library of Things. They explained the benefits of the BARA scheme and how easily it could be setup in any community from 10 to 1,000 people. The piece will form part of a short film on how communities are helping each other in the current economic climate due to be broadcast on 26 November. If you missed it you should be able to catch it on iPlayer.



BARA ON THE BEEB

IT'S TIME TO RENEW YOUR MEMBERSHIP

- Four issues of The Bush Telegraph
- Access to the BARA Facebook page
- Access to the Library of Things
- Discounts at many of our local shops
- Regular, info packed email bulletins
- Exclusive member events



SEE PAGE 12 FOR DETAILS ON HOW TO RENEW AND JOIN

Note From The Chair



It's that time again, as we reflect on the year that was and think about what's to come. Ahead of the bright lights and celebration of Christmas, it's no wonder that the wind, rain and darker nights can dampen spirits somewhat. That's why it's more important than ever for us to continue supporting the local Food Bank programme. With costs rising in every aspect of life, many people will find this winter particularly tough, so anything you can spare will be gratefully received. If you can afford it, a few extra items in the trolley while shopping for the big day could help make all the difference for someone else. Keep an eye out for the BARA BOX scheme on many of our streets where you can drop off your donations (see the guide on the back page for details).

One thing we're all looking forward to, is getting back to a face-to-face AGM. We had a great attendance at last year's virtual session, but it wasn't quite the same without a winter social to follow. I hope you'll be able to come along and share a drink and some nibbles with many of your friends and neighbours on Monday 30 January. It's also a great opportunity for you to ask questions of the committee or raise any burning issues. We're still finalising venue plans, so please watch your inbox for more details.

As 2023 looms on the horizon, it'll soon be time to renew your annual BARA membership. At the inflation-busting price of £3, it's probably the best value anywhere in London! Those of you with email will soon receive a link to pay your subs online or you can drop your subs at your Road Rep using the enclosed envelope (see details on page 12).

Speaking of our Road Reps, I'd like to take a moment to thank them for all their hard work and support throughout the year. We really couldn't do this without them and it's great that we've been able to welcome three new Road Reps this year – Benedikt Humm on Leyspring, Hanisha Vasiliou on Grove and Janet Taylor on Woodville. Thank you so much for taking on this vital role – we're so lucky to live in a neighbourhood where people are so keen to support their community.

The Big BARA Quiz was another roaring success, but that's not it for 2022. There's still one last Litter Pick on 11 December, plus we'll be out and about in the neighbourhood judging our Deck The Halls competition to find Bushwood's brightest decorations. Santa will also be getting in on the act, with his BARA Letterbox that gives local children a direct line to the man in red. He'll also be taking to the streets to meet his adoring public during December.

If you're stuck for gift ideas, or struggling to find the perfect present for the person who had everything, check out our newly restocked BARA shop, featuring the first Bushwood Calendar, the ever-popular BARA mug and our stylish totebag.

On that note, I'd like to wish you all a peaceful Christmas and a very happy New Year. I look forward to seeing many of you in person on 30 January and meeting more of you at future events.

Andy Irvine
BARA Chair

The BARA Team

BARA Committee

Andy Irvine
Chair and Membership
Lebourne Road

Doug Sheedy
Vice Chair
Barclay Road

Anna Davies
Treasurer & Social
Browning Road

RoseMary Warrington
Environmental & Planning
Mornington Road

Kate Duffy
Social & Facebook
St Augustines's Court

Katy Smith
Social
Harvey Road

Will Higham
Town Team & SNT
High Street Liaison
Lebourne Road

Nadia Higham
Secretary & Social
Lebourne Road

Robbyn Linden
Social
Safer Neighbourhoods
Aylmer Road

Joyce Quarrie
Bush Telegraph & Planning
Lebourne Road

Fiona Sinclair
Membership & Town Team
BARA e-Mail Newsletter
Lebourne 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. If you would like to get in touch with BARA or require further information on the area and a list of local services then 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

If you would like to add your event to future listings or would like to be added to the advert board then please get in touch. If you are a reliable local trader, or you organise events or run free groups for Bushwooders, then we want to hear from you. We can help promote and support your event.

Please support BARA and follow us on our social media pages

BARACONNECT@gmail.com

www.bara.london

Bushwood Area Residents' Association

@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
Janet Lee, drop at 14 Beacontree Rd

Browning Road
Anna Davies, 21 Browning Road
Bushwood
Brian Hopson, 49 Bushwood
Carlton Road
Alex Maws, 1 Aylmer Road
Colt's Yard
Jan Osterley, 4 Colt's Yard

Dacre Road
Alex Maws, 1 Aylmer Road
Forest View
Liz Maloy Jollands, 5 Forest View
Grove Road
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
Lebourne Road
Joyce Quarrie, 67 Lebourne Road
Leyspring Road
Benedikt Humm, 63 Leyspring Road

Lister Road
Helen Westerby, 50 Lister Road
Michael Road
Sue House, 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

Town Team Steering Group member **William Higham** reveals some of the great events taking place in Leytonstone this Christmas.

Leytonstone High Street will host a bevy of festive events this Christmas. The Town Team's second *Winter In The Stone* festival – in association with Waltham Forest Council and local shopkeepers – will give residents the chance to enjoy Christmas markets, light installations, live music and great local food.

The festival began at 5pm on 24 November with the Christmas lights switch on at St John's Church. This year saw a Santa's grotto, bouncy castle, reindeer rodeo and mulled wine. Later that week, was another big outdoor event: the Leyton&Stone Christmas Market, from 11am-3pm on Saturday 26 November. The church will be the venue for several more events in December, from live music events like the Leytonstone folk concert *Winter Songs* to craft workshops and a Christmas trail.

There will be Winter Markets at Leytonstone

Library too, on 16 and 17 December, from 10am to 6pm. Again, a host of our talented local makers will be selling their goods. A great place to find that perfect Christmas present or stocking filler.

Another popular event will be returning this year: Small Business Saturday on Saturday 3 December. It's a chance to enjoy promotions, discounts and unique events across Leytonstone's wealth of shops, cafes, restaurants and pubs.

Children's singing group *Little Sing Song* will run festive singalongs "for little ones and their grown-ups, from newborn up" on 12, 14, 19 and 21 December. Visit www.littlesingsong.com for details.

The Leytonstone and Wanstead Synagogue on Grove Green Rd is organising a street party to mark the Jewish festival of Chanukah (Festival of Lights) on Sunday 18 December 2022 from 5:30pm. It's a great opportunity to enjoy "delicious food and foot-tapping live Klezmer music".

There will also be several ongoing events throughout the festive season. The High Street and surrounding area will host magical light installations including roaming deer, sparkling shop window displays and a beautiful colour wash over St John's Church. There's also talk of an E11 Christmas Trail across shop windows along the High Street. We will email you more information as it happens.

Do check out one or more of these events. It's a great opportunity to have fun, meet up with friends and support local businesses all at the same time. And if you get the chance, do upload any photos to your social channels with the tag [@leytonstoneloveslocal](https://www.instagram.com/leytonstoneloveslocal) so the Town Team social sites can share your stories.

For more information on the festival, point your phone here:

John Cryer gives BARA a tour of Parliament

Heavy rain couldn't stop a group of BARA members from missing a tour of the House of Commons.

It was on a very wet Wednesday evening that a somewhat bedraggled group of BARA members met at the Houses of Parliament to be given a tour by our local MP John Cryer. All discomfort was soon forgotten though, as we were treated to a riveting meander through the halls of government starting in Westminster Hall where the Queen was just recently lying in state, taking in a select committee room along the way and finishing up in the House of Commons itself (much smaller and intimate in real life than on the telly). John was a wonderful guide – informative, personable and irreverent and full of off-the-wall facts, personal anecdotes and even tales of dead bodies in the basement...

BARA would like to say a massive thank you to John Cryer for taking the group. If the opportunity for another tour comes up again, I would highly recommend grabbing a place on it!



BARA BRAINS

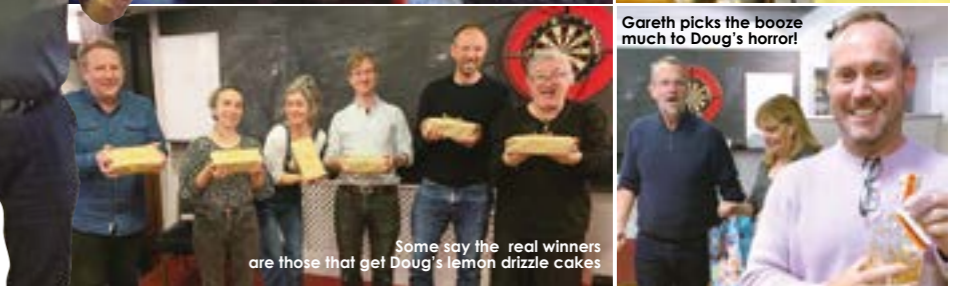
The sold out autumn BARA quiz was a great success. Questions were tricky but residents rose to the challenge and there were only a few points between the top three tables.

You can see from the pictures that another successful quiz was held on 22 November at Leytonstone Social Club. Tickets sold out within four days of going on sale. Brilliant Thai food was supplied and served by the North Star. The evening was hosted by the talented quizmaster Paul who set some tricky questions with a great twist at the end.

The evening was dominated by Lister Road that took over four tables so it is not surprising that one of their tables won the fabulous first prize of Stone Mini Market vouchers. Helped surely by having two of BARA's oldest residents, Ron and Cherry, on their table. Many thanks to Doug for baking up a storm and providing lemon drizzle cakes for the losers. Lucky them. Big thanks to Ann and Colin for immaculate bar service at the club.

Sorry to those who couldn't get tickets. We are looking at holding quiz nights more often. We'll keep you posted. This lively evening proved yet again what a great community we have in the Bushwood area. Thanks to everyone who supported the evening. See you again soon.

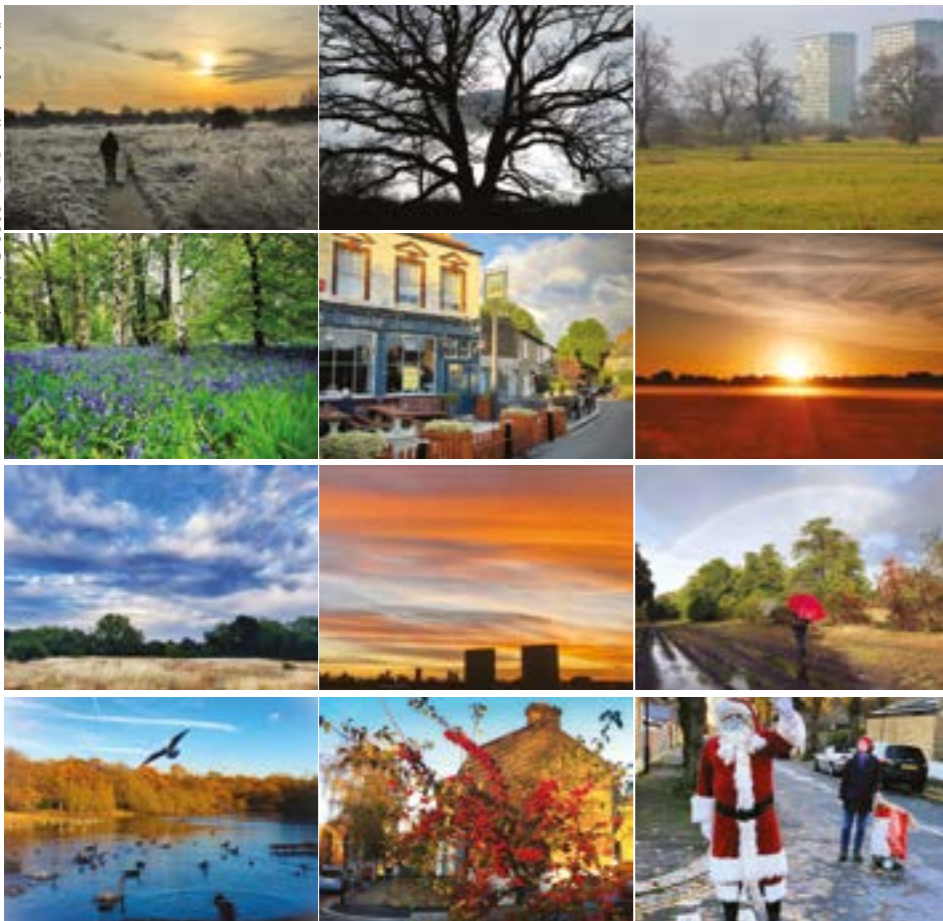
Quiz master Paul



Preya and Finlay served up the food

Gareth picks the booze much to Doug's horror!

Some say the real winners are those that get Doug's lemon drizzle cakes



PICTURE PERFECT

For the last year BARA's Kate Duffy, has been busy organising and collating images for the first BARA calendar competition. Here she tells us how it all came together.

This year saw the launch of the first-ever BARA calendar competition. The spec was to submit a photograph of Bushwood or the surrounding local area representing Spring, Summer, Autumn or Winter. We were overwhelmed by the response to the competition and also the caliber of our local photographers. In total some 22 BARA members submitted over 60 fabulous photographs!

It was only right that such amazing photographs should be judged by artistic and creative eyes so we asked Bushwood members Hilary and Helen to be the judges. You will know Hilary from organising our annual Leytonstone Arts Trail and you will be very familiar with Helen's wonderful stylised paintings of Bushwood and of course the iconic Chalet Wood bluebells. Hilary and Helen were sent a file of all the photographs with the photographer's details removed so they could be judged without bias. From these photographs they selected their favourites and then spent a Wednesday morning at The Wild Goose to select the final 13. It was interesting

to learn that they both had differing artistic opinions on the winning photographs and had judged them from different viewpoints.

It was a lovely task to notify all the winners to tell them that their photograph had made it into the 2023 BARA Calendar and that they had won a calendar. Some of the winners were asked for a few words about their composition and a few are printed below.

Ollie Callaghan

"I don't think I ever really saw where I was until the pandemic when one of the only things you could do was go out and walk. Thankfully it's a good habit I've continued to a certain extent. I'm no photographer really, but we live in such a photogenic area that there's just so much to shoot and eventually who can help but take a decent picture."

Anita McCullough

"The crab apple tree at the junction between Mornington and Barclay Road is lovely always, but especially in autumn when the crop takes on the most delicious red hue. I long to scrump and make crab apple jelly! I hope their owner may do so one day soon. The branches bend under the weight of its fruitfulness and I suspect it could do with a rest before its cycle starts all over again.

"I depend on my iPhone's camera to capture



images on the go like this one. And although I'd like to be out there with my Canon every day, I find the photographs from the phone have a quality of immediacy and great range. For a start, I don't have the lens on my 'proper' camera that would have allowed me to take in the wider Bushwood view which makes this more than just another shot of a splendid specimen of apple tree."

Jay Smith

"The fields are beautiful, it's difficult to take bad photos of them."

Congratulations to all our winners and everyone who submitted photographs. We hope lots of you take part in the 2023 competition which will launch in the new year. The theme for the 2024 calendar is being discussed and we will announce all the details via our Facebook and Instagram pages, our regular emails and of course in the Bush Telegraph.

The calendars are available to purchase from the BARA Shop on our website priced at £10. If you are unable to pay by PayPal, please select the pay-on-delivery option. As soon as the calendars are delivered committee members will distribute them and collect payment if applicable. If you have any questions about ordering a calendar, please email baracconnect@gmail.com.



At first glance the kitchen of Julia Jaro looks like any other. Then you notice an unusual machine in the corner. And then another under the window. And others too. That's because this is the hub of a very special business making delicious chocolate. Joyce Quarrie visited Julia to find out more.



Julia and her husband Jose come from southern Spain. They met and trained at cookery school in Seville before graduating and working round Spain in bakeries and Michelin-starred restaurants. They moved to London in 2014 since when they have always lived in Leytonstone moving around the area until they moved to Bushwood in 2020. They love it. "It has everything we need – open spaces, good transport links, local shops and amenities" says Julia. "I can find everything I want locally. I rarely go into town or even to Stratford. I find it all on my doorstep."

Chocolate was not uppermost in Julia's early working life. Having trained as a baker, on arriving in London she first worked in The Hummingbird Bakery in Spitalfields before moving to Mast Brothers in Shoreditch. It was here that her fascination with chocolate production began. "I loved everything about it" she explains. "There is something calm and steady about the whole process. You can't rush it. Each stage takes time".

Being made redundant in 2017 coincided with being pregnant and the next couple of years

were taken up with motherhood. And then the pandemic came along.

"Jose was still working but we were looking for something for me to do and chocolate came to mind" Julie explains. "We looked into it and saw that it was possible to do from home and start small-scale to see if it worked".

A lot of investment followed. Finding the right machinery, developing the recipes, honing the skills needed for this bean-to-bar process took time. It was May 2021 when full-scale production of Eonce Chocolate began. Eonce means E11 in Spanish.

The beans come from a single farm in Ecuador and a small-scale local production facility in Venezuela via a wholesaler in Amsterdam. By this stage the beans will have gone through the collection, fermentation and cleaning process before arriving with Julia who then starts the process in her kitchen by roasting the beans.

After roasting, the inner nib is removed and ground. Heat is applied and that, combined with the natural oil in the bean, means a smooth paste develops. This is the raw material from which the chocolate bar is developed.

Production varies depending on the weather. "In the summer and really hot weather chocolate isn't so popular" says Julia. "But this time of year is ideal. Sales are growing and we hope that will continue as we develop new products".

Julia is not a fan of large-scale mass production and she enjoys the process of not only hand production but hand-wrapping and labelling. All the packaging is recyclable.

Sometimes husband Jose lends a hand with the packaging and promoting the chocolate. But he's pretty busy these days working on the launch of a new hotel restaurant near the Battersea Power Station development where he will be head chef.

Eonce offers six flavours: Dark Single Origin,

“ The future looks exciting. Plans are afoot to move into the Good Shepherd building in Davies Lane once renovation work there is finished.

Dark Gin, Dark Olive Oil, Dark Sea Salt, Dark Chilli and Milk Single Origin in two sizes, 65g and mini bars. All bars except the Milk Single Origin are vegan with a variety of collections available including the Bushwood collection that consists of four different flavours. At the moment the chocolate strength varies from 60-70% but work is already in progress for a new collection that will feature 50-85% bars.

The future is exciting. Plans are afoot to move into the Good Shepherd building in Davies Lane once renovation work there is finished. "It has been good working and developing the product in my kitchen" says Julia, "but it will be nice to separate home and work. I feel very lucky to have this facility on the doorstep."

You will find Eonce Chocolate in local shops including the Stone Mini Market, the Wild Goose Bakery and the Theatre of Wine as well as selected stores around the UK. Online ordering couldn't be easier.

How lucky we are to have a quality chocolate factory on our doorstep. Charlie Bucket would be very jealous.

www.eoncechocolate.co.uk. 07477 107239.



THE ARCH TRAIL

BARA resident Sue Birdsall explores the railway arches in the area and lifts the lid on the Arch Company that owns them.

Keith Martin

My ideal place for a drink is somewhere that feels like a secret, off the beaten track but easy to get to. Somewhere that is a one-off, where you can get a tasty snack and where you feel that you and your dog are welcome. Railway arches offer all of this so follow this trail to find out more.

The Wanstead Tap

First stop is a personal favourite, the Wanstead Tap on Winchelsea Road opened by Dan and Jane Clapton in 2012. Dan was ahead of his time in spotting the potential of the arches and the craft beer craze that was just about to explode. He started out selling craft beer on Wanstead High Street at the weekly market when Beavertown, now selling in UK supermarkets, sold him 24 cans at a time. The craft beer did so well he opened the Tap and quickly diversified into events focusing on book launches, poetry reading, comedy and music creating a unique venue. There is a focus on local talent and Dan works closely with Newham bookshop. He puts on events he wants to see himself, evident in his enthusiasm and knowledge when he introduces acts. He loves football and as well as supporting Clapton FC, he shows the England games – you will have to be quick off the mark to get a ticket for the World Cup this December. The adjoining parklet is also a huge success.

“When I opened, the rent was about half the price of a high-street venue which meant the arches have always been somewhere people can try new ideas; places of innovation and experimentation. Rents are rising now and that will have a huge impact on what is possible.”

Once you have been to the Tap, you always go back. If you haven't been, you are missing out on something special.

Burgess and Hall

Next stop is right next door, an independent wine bar and shop, run by Ros and Paul. Step into the cosy space and see the beautiful copper bar before being given a choice of wines to taste. I popped in recently for one glass of prosecco and was given three tasters, what a struggle it was not to have all three! The most perfect customer service you will ever experience. Sadly, the wine bar will be closing at Christmas although will still be operating as an on-line shop and some pop-up activities. Get down there before it closes!

Neither of these venues do their own food, but



An event night at The Wanstead Tap

“When I opened, the rent was about half the price of a high street venue which meant the arches have always been somewhere people can try new ideas, places of innovation and experimentation. Rents are rising now and that will have a huge impact on what is possible.”

just across the road is the Wanstead Kitchen and you can order from there and eat in. I highly recommend the chicken tandoori wrap, at £7.50 its a bargain. Yard Sale also deliver.

The Tap changed Winchelsea Road forever. The mighty and delicious Arch Rivals were there for a while (you can still find them as a monthly pop up at the @stoneminimarket) with the second branch of the Wild Goose Bakery a bit further up the road. There will be more new and exciting ventures along here, I am sure.

Not an arch but if you haven't visited Stone Mini Market and its wonderful tap room at the back add it to your list of must-do places to visit. They also serve homemade Brazilian food including filled pastelles and feijoada.

Pretty Decent

Turn back onto Dames Road, past the Holly Tree (a very nice pub but you haven't got time with all these arches to visit) and turn left down Sheridan Road to find Pretty Decent. This started as a brewery and diversified into a tap room next door. They offer private and public tours of the brewery. Every single pint they sell includes a donation to charity. This isn't one of my regular haunts and I'm not sure about their food options, but they do feature various local pop-ups. If you like your beer and love a quirky can, this is the place for you.

Dam Tasty

Moving on, we leave Sheridan Road, turn left then right, and left again on to Cann Hall and right down Woodhouse Road, past the



Dam Tasty Inset: Chicken Katsu served at Dam Tasty



Michaela outside her Arch Deli



Bar manager Lizzie at Mammoth Tap

Leytonstone Tavern, the best pub in the area in my humble opinion. Then down Beachcroft past B&M before turning right onto the High Road and left on to Joseph Ray Road.

Opposite the sorting office, you will find one of the newer bars. Founded in 2022 as a beer distribution service by Ney, he has recently opened a tap room. It is a lovely space with booths, heaters and a bar set up in a container unit. Prices are reasonable with Japanese food available from Kotora. I can't stop thinking about the cabbage spring rolls and breaded prawns I had the last time I was there. Follow @damtastybeer for opening hours.

Mammoth Tap

Head back down the high road to Leytonstone overground station and you will find Mammoth, which recently took over the space that was the To Be Consumed wine bar. Plenty of seating and lots of choice of wine and beer, also known for their vinyl-only DJ sets. Good choice for an indoor or outdoor drink. You can get Yard Sale pizza here and there are food pop-ups such as the legendary Mexican fried

chicken by ex-local Dave Sapparton. Follow @mammothtaproom for the latest.

Arch Deli and Solvay Society

For the last two stops, go past the overground, down Woodlands Road and over the bridge across the motorway. Follow the path next to the motorway past Madeira Road, under the bridge and immediately left to find Solvay Society, another brewery with a tap room attached. Described as Belgian born, London brewed, this tiny space with a few tables outside is a beer lover's dream.

You can see the final stop from here, the relatively new Arch Deli. Run by Michaela, this wine and beer bar is also a delicatessen. It is a lovely space, full of interesting treats to buy and a choice of drinks. On my to-do list is to spend an evening sampling the excellent cheese on offer. Follow @archdeli_e11.

You can head out to Grove Green Road from Arch Deli and it is a short walk past the Filly Brook (not an arch but still a great bar) to Leytonstone tube station.

Further afield there is Gravity Well by

THE ARCH COMPANY

Network Rail sold all the Network Rail arches in London to the Arch Company in 2019 for £1.5 billion. Companies House tells us this company consists of hedge fund investors who borrowed all the money to buy the arches.

Accounts posted for the year ending March 2021 show that the net profit was £135 million. No tax was paid.

Arch Company instructed Gerard Eve, chartered surveyor, to advise on the estate and they recommended an increase in rents.

The Arch Company website states that they have committed £200 million as part of their Project 1000 plan to bring unloved space back into use and industry and employment back into local communities.

Arch Company are making enough profit from the current rental income and should be doing more to support existing tenants and get the 1,500 empty arches into use. There are dozens of empty arches around E11 alone, how can we get some of the Project 1000 money into Waltham Forest?

Jenny Leighton, Leytonstone Town Centre Manager, had this to say:

“Council officers meet with Arch Company regularly regarding empty arches, public realm improvements and other issues and opportunities linked to their properties. Our key focus in Leytonstone town centre is trying to activate empty arches on Joseph Ray Road and the Hitchcock Business Centre, and improve the area around High Road Leytonstone station's entrance, also working with Network Rail. Arch Company's Project 1000 plan is an opportunity for vacant arches in Waltham Forest and we will engage with Arch Company on this over the next few months.”

Whatever happens with Arch Company, one thing we can all do is support our local independent railway arches where your hard-earned money is both valued and needed. See you there.



Leyton Midland Overground and there is a good set of railway arches in Forest Gate, entrances on both Cranmer and Avenue Road. I can personally recommend Fiore for pasta @fioretruck and Ramble @ramblecafe7 for the most incredible toasties and cakes.

Check Instagram or websites to find the latest events and opening times. Most of the arches don't open until later in the week on a Wednesday or Thursday.

The Beer Mile

The independent bars in the area have collaborated on the development of a beer trail. Specially produced pint glasses and a map with the recommended route have been produced. This will start or finish at Gravity Well or the Wanstead Tap and take in Filly Brook, Arch Deli, Solvay Society, Mammoth, Stone Mini Market and Pretty Decent. If you get to all eight in one day you get to keep the glass. This launched on 27 November and is available to do any weekend. Check out their Instagram @leytonstone_beer_mile. See page 18 for the map.



COMMUNITY FOOD SHARE

Bushwood residents play a key role in The Community Food Share at Holy Trinity Church by donating food for this much-needed facility. Polly Kersys-Hull talks about the multitude of issues facing some of the people using the programme.

Thanks to the generosity of Leytonstoners, the excellent Felix Project, the Community Fridge and Tin in a Bin (Wanstead) the Community Food Share is supporting between 60-80 households a week.

It's a season of great challenge. Every week as we gather with our neighbours and friends, we hear new stories of stretched incomes and fears over the rise in energy bills and the weekly shop.

Each Tuesday as we open our doors we are reminded as to why it's our favourite day of the week, gathering with our community and listening and learning from one another. But as much as we love a Tuesday, we wish we didn't need to do it.

Stories we are now hearing include choosing between charging electric scooters to leave the home or drying clothes and putting the heating on. People are having to choose between freedom and heat. Some are battling

mould trying to dry clothes in small properties, reluctant to open windows aware of the cost of heating. We are also learning of some unable to budget to the end of the month for food or electric cards because the cost of basics has increased dramatically. People are scared of what the next few weeks, months and winter will bring.

But every Tuesday at 11am when we open the doors we are greeted by our friends and neighbours who don't underestimate how much of a difference this is making and how much they are thankful for the ways that groups of people are pulling together to make life a little easier.

We will be partnering with the Adult Learning Centre over the next few months offering access to free classes on a variety of topics beginning with health and nutrition alongside the Community Food Share. There will also be health clinics and housing sessions. For us this is more than just food it's about building relationships and strengthening community.

So thank you for being part of the Community Food Share in Cathall, Leytonstone and please keep supporting it if you can. It's bringing light in what feels like a dark season.

Please see the back page for locations of food drop-off points within the BARA area.



PLANNING AND DEVELOPMENT

PLANNING

There are no new planning applications or decisions of significance since the last issue of the Bush Telegraph. Our planning team regularly check the council planning portal and attend relevant planning meetings in order to report on any projects that might affect Bushwood residents.

The council planning portal can be found at: <https://planning.walthamforest.gov.uk>

DEVELOPMENT

Residents who have lived in the area for some years will have noticed an increase in air traffic in the immediate vicinity. This was largely due to a change in flight paths for London City Airport (LCA) and Heathrow. In December 2020 LCA undertook a major consultation for expansion of the airport resulting in the City Airport Development Plan (CADP).

The Covid pandemic delayed action on this plan that was revised and resubmitted in September with the LCA looking for:

An increase in annual passenger limits from 6.5 million to nine million.
A change to the current flight curfews (12.30pm Saturday-12.30pm Sunday) to

allow flying on a Saturday afternoon and evening.

An increase in the number of flights permitted between 6.30am and 6.59am, from six to 12.
More flexibility for delayed departures and arrivals in the last half hour of operations each day (10-10.30pm) – currently limited to 400 per year.

The report by the Mayor of London and Transport for London (TfL) on this revised plan was critical of most parts of the revised proposal. The report opened with the statement that "Given the nature and scale of the changes proposed, the provisional nature of the findings of the Initial Environmental Report is not adequate to understand the impacts of the scheme and the assessment lacks sufficient detail".

The report recognised the importance of all London's airports with regard to direct and indirect employment but felt that LCA had been less affected than other parts of the aviation industry.

The report went on to suggest that the LCA might be better advised to focus on securing a green recovery – underpinned by newer, lower emission aircraft already being introduced – rather than seeking

to expand to substantially above pre-pandemic levels.

The response asked that the airport look more closely at environmental issues contained in the report. It was critical of the assumption of possible re-fleeting calling it 'at best speculative and at worst highly misleading'.

Major areas highlighted by the Mayor of London and TfL were:

Carbon: The net-zero carbon goal of 2030 by London. Many parts of the LCA document were deemed contradictory to this goal.

Noise: The methods used to measure the noise impact for local communities were challenged.

Surface access: Criticism was made of the likely impact of increased passenger levels on the transport network as well as an increase in car parking facilities at the airport.

Air quality: It was deemed unacceptable that an air quality assessment had not been undertaken.

To read the full report from the Mayor of London and TfL go to <https://content.tfl.gov.uk/detailed-response-london-city-growth-consultation.pdf>.

In 2018 Jahdina Stewart opened her clothes shop, Brand Uou, on the High Road next door to Matalan. Here she tells BARA about her background and life as a retailer pre- and post-Covid.

My early years were spent in Hackney but since the age of 10 I've lived in Leytonstone. I grew up in a retail environment as my parents have always had shops. They had an off-licence in Hackney to start with and then they moved into clothing with shops in Hackney and Brixton. Clothes are in my blood.

On leaving school I did a fashion course at the London College of Fashion then changed tack and went to Thames Valley university in Ealing to study photography and video. But once I graduated I went back to the world of fashion working for my parents as well as other stores including Top Shop in Oxford Street. It's where I feel at home.

I opened my shop, Brand Uou, on Leytonstone High Road in 2018. Despite a lifetime in fashion I hadn't really been planning it, particularly as I had seen the industry change quite a lot through my parents experience. But when I saw this shop up for rent I thought it was a good location. I followed through and I've been here ever since.

My original idea was a boutique for younger women selling weekend and party clothing. But the client base has dictated what I stock. Younger women tend to shop more online these days whereas older women still prefer going to shops and seeing the garments and trying them on. So I've developed a smart, casual-wear range to suit all age groups. I believe strongly that fashion and style is determined by how you feel not what age you are. I sell dresses, coats, jackets, tops, track suits, shoes, boots and bags. I also stock a small range of jewellery – earrings, necklaces and bracelets – and some toiletry sets.

Lockdown was a real shock. Not just for me but for everyone. Who could have predicted that everything could close so suddenly almost overnight? I did think of setting up an online shop but I have two sons and I found I was pretty busy with them and home schooling and generally keeping them occupied. There was an upside to lockdown though as we spent a lot of real quality time together and time with my parents. The outside world was scary but being with family was peaceful and calm. And the lovely weather that first year meant we could get outside a lot and enjoy walks together.

Post-Covid things have changed. The footfall on the High Road has dropped which affects the number of customers in the shop. I've still

SNT REPORT

Our new Safer Neighbourhood Team panel Co-Chairs William Higham and Robbyn Linden keep you up to date with the latest information on crime and enforcement in the area.

First of all, a big thank you to Katy Smith who has been such a great chair of the Leytonstone Safer Neighbourhood Team panel for many years. We are proud to follow her as the new Co-Chairs.

We recently oversaw our first SNT panel meeting as chairs. It included some valuable debates on crime levels in the area: and various ways the police and residents can help each other. It was agreed that in the short to medium term, the police's key local priorities should be fourfold. Anti-social behaviour, es-



Jahdina in her shop
829 Leytonstone High Road

HAVE YOU BEEN TO BRAND UOU?

“ My original idea was a boutique for younger women selling weekend and party clothing. But the client base has dictated what I stock.

got the same customer base, people who like the physical experience of shopping and who don't like online shopping. Not everyone is comfortable buying online. Buying from the big brand names is okay but for smaller brands some people don't want to take the risk. And if you buy from a local shop you can see and feel the quality and try it on straight away.

People come into my shop who like browsing. I'm lucky having such a large window on to the street but I have a much wider range of stock in store. I encourage everyone to come in and have a browse. My prices are very competitive which will become more and more important as the recession takes hold.

East London has always had a very strong rag trade and I source my clothes through local wholesalers. It just happens that a lot

of my clothes come from Italy and I like to think there is something different and unusual about my garments. There was a time when you would know what you were going to be selling and what would sell well but not any more. Sometimes people are shopping for a particular event but most of my customers come in, see something they like and buy it. I'll be getting in a bit more evening wear and party dresses for Christmas soon. And I always have a post-Christmas sale.

I can't predict the shopping week anymore. Each day is different and I'm just as likely to have a busy Wednesday as a busy Saturday. And being next door to Matalan doesn't affect me at all except that people come in to ask where the entrance is!

I would like the town centre to be better publicised. We have good local parking with three car parks – Matalan, Tesco and the station. Leytonstone is a lovely place to live with lots to offer. Open spaces, good transport links, a variety of restaurants, and some big names like Argos, Tesco, Matalan, Boots, Iceland. All the components are here. Even though difficult times ahead are forecast I think independent shops like mine will become more important to the local community and I plan on being here for some time to come.

Opening hours 11am-6pm Mon-Sat.

pecially in and around Church Lane; harassment of women and girls; car crime; and drug use and dealing near local schools. We also had the opportunity to meet Andrzej Kamienccki, Leytonstone's new PCSO: the police officer entrusted with liaising between the police and local residents.

The week before the meeting, we had a coffee with the new inspector, Robert Sewell. He was brought up in the area and is a keen advocate of close liaison between police and residents, and has strong experience of local Youth centres. We think he's a great addition to the team.

We have two main aims for the SNT panel moving forward: and would really value your help. First, we want to encourage more people to attend the meetings. We're keen to have as wide a range of ages and different backgrounds and experience attending as possible – and more retailers and venue owners. Second, we would love to make the panels more of a hub for information flow, both to and from the police. In the age we live in, we feel it's

especially important to provide safe sources of information.

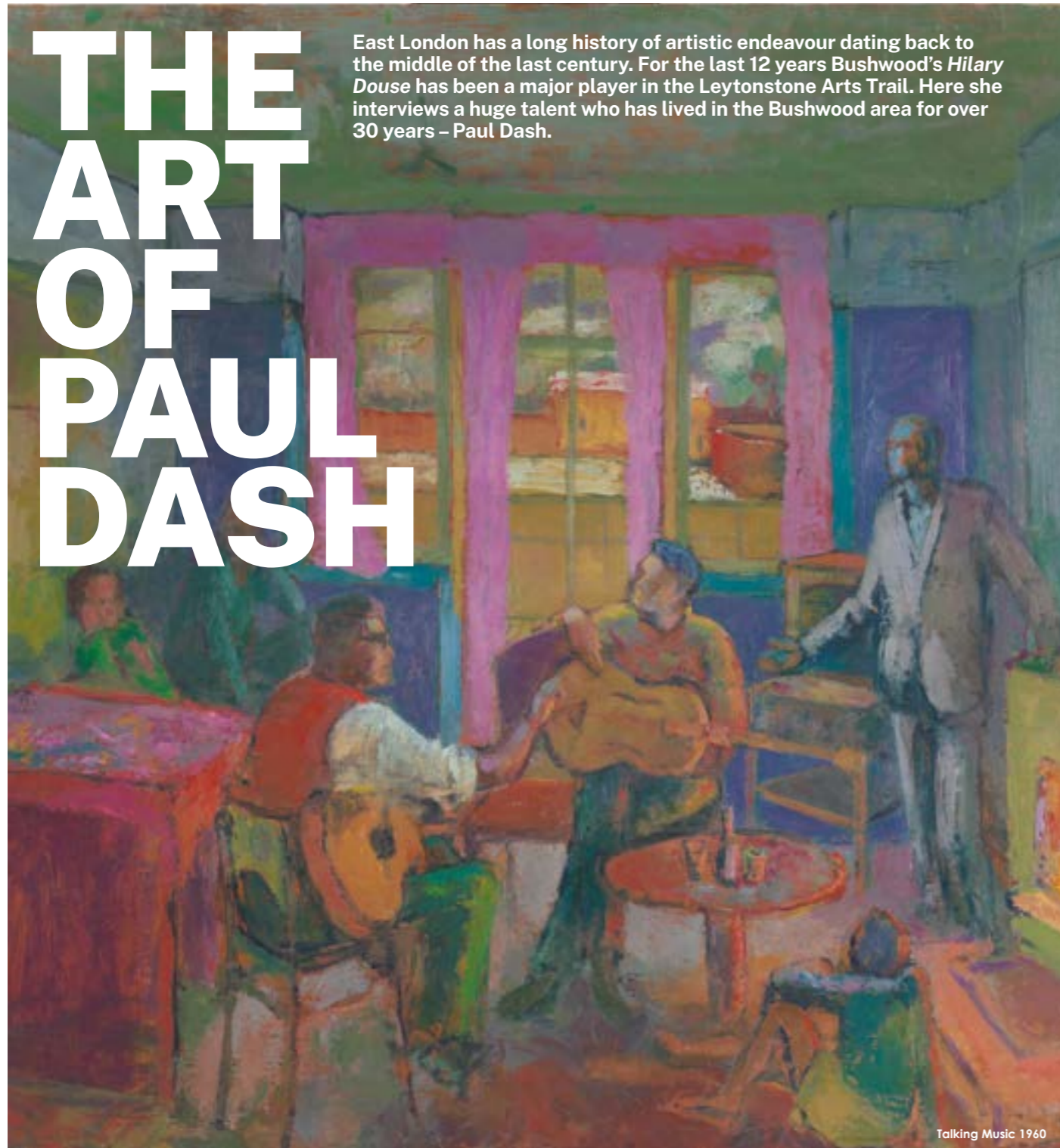
The next panel meeting will be in January. If you'd like to attend or be involved in the SNT in any capacity, helping or attending, do email william@nextbigthingconsulting.com. At the moment we are running meetings online, as it seems to be easier for more people to attend that way. But we are open to other suggestions. And we are always happy to help assist those who find it hard to go online. Do try to come along. It's a great opportunity to ask questions of – and debate issues with – the police.

SNT Contacts Details

Email: NEMailbox.SNTLeytonstone@met.police.uk
Phone: 07884114160
Twitter: @MPSLeytonstone
Police Area: <https://www.met.police.uk/a/your-area/met/waltham-forest/leytonstone/>

THE ART OF PAUL DASH

East London has a long history of artistic endeavour dating back to the middle of the last century. For the last 12 years Bushwood's Hilary Douse has been a major player in the Leytonstone Arts Trail. Here she interviews a huge talent who has lived in the Bushwood area for over 30 years – Paul Dash.



Talking Music 1960

Sat with a coffee in a local Leytonstone café, I gazed at some new paintings on the wall. “Wow – these make an impact!” I thought. This was 2018 and the exhibition was by Paul Dash, a Bushwood resident for over 30 years. I was told it was his first solo exhibition. The powerful images were of refugees crammed into tiny boats taking perilous journeys across the seas; people risking their lives, risking everything! They were thought-provoking, beautifully executed and very much of these times.

Since retirement, Paul has made the most of the gift of time. Bringing up three children and working in education put his art on the back burner. It is with good reason that he says “Now, is the best time of my life” qualifying this with telling me about his marriage to Jean and the birth of their three children. As I write a copy of *The Guardian* is open beside me, with news of his latest exhibition, a group show *Paint Like The Swallow Sings Calypso*



His paintings are important as he was one of just a few Caribbean artists producing work of note during the '60s and '70s, well before many of the others that are well known today.

at Kettle's Yard, Cambridge. Paul is genuinely amazed that his work will be hung next to a Bruegel and a Duerer!

Paul's rise to artistic fame appears rapid and momentous. His second solo show was at Gallery 198 in Brixton. This led on to his inclusion in an exhibition at the Mall Gallery and then in a Royal Academy Summer Show. Important people began to notice his work and visit his studio, resulting in him being part of the enthralling *Life Between Islands* exhibition at Tate Britain this year. He is astonished that he now has two of his early works in their permanent collection. His paintings are important as he was one of just a few Caribbean artists producing work of note during the '60s and '70s, well before many of the others that are well known today. Paul was featured in a BBC programme this summer, which celebrated the contribution of black artists to the British cultural scene.

In reality, Paul's whole life has led to this point



Paul in his studio

Portrait by Jake Green



Detail from Pick O' The Crop (2019-21)



Hunt on the Beach

but it has not been an easy road. His primary school years were spent in Barbados where he felt he had an exceptional education. His parents were part of the Windrush generation. They left him with relatives for some years before they were able to buy his passage to the UK. When he arrived in Oxford at the age of 11, he says he was put in the local secondary school and after his brother Gerald left nine months later, he was the only black child in the school.

He is grateful for the influence and encouragement of those teachers throughout his education that did encourage his talent. Paul's mother had no knowledge of art but she scrimped to buy him brushes and paint so that he could pursue his interest. He was enabled to attend an art class in a local further education college as a guest before he was allowed to fully participate the following year as student. He then worked hard to get the qualifications he needed to go to art college. This enabled him to apply to Chelsea School of Art simply because it was close to Paddington station, he had no idea it was a prestigious institution. At this time, he was in a band the “Carib Six” and his priority was to get home to perform with them. A now famous painting depicting their rehearsals, *Talking Music* is one of the works now owned by the Tate.

During the time that Paul was in art school

the approach to art was in flux and traditional figurative painting was somewhat undervalued. The support he got from teachers in his early years withered once at art college and it was not the experience he hoped for. However, inspired by the teachers that had made an impact on his life he found his vocation in teaching and went on to train teachers at Goldsmiths college and achieve his PhD. He met his wife Jean when teaching at Haggerston school and he is quick to credit her for the support she has given him “We are a team”, he tells me. Their three children were brought up first in Forest Gate before they moved to Bushwood. They all went on to attend Leytonstone School and are now pursuing careers of their own.

Paul also acknowledges the support his children give him and Jean now they are getting older. Both of them are facing hospital admissions shortly but it is obvious that Paul's creativity is undimmed. For those of us who are approaching our third age and wondering how to deal with retirement and all that it brings, Paul and Jean are a real inspiration. Life may send us physical challenges but they illustrate a certain attitude that helps us to be undaunted and work with them.

Paint Like The Swallow Sings Calypso is on at Kettle's Yard, Cambridge from 12 November 2022 until 19 February 2023 11am-5pm.



Baachandi 2022



Dancers Masquerade at the Sambadrome 2014

A YEAR OF BARA: WHAT DO WE DO?

The BARA Stats

1500
BARA e-mails received

12
e-mail newsletters

9
Full committee meetings

1360
e-mails sent by BARA

50
Food bank deliveries

749
Facebook members

571
Member households

12
Litter picks

970
Instagram followers

4
Feature packed issues of the BT printed and delivered

17
Gazebo/table hires

78
Items in the Library of Things

It's that time of year again where we ask you to brave our online membership system, or commence the desperate search for £3 of that rare stuff called 'cash' to put in that little brown envelope. In addition to our emails, discount cards, Facebook and Insta groups, tradesperson list, Library of Things, little libraries and food bank boxes... here's our yearly overview of BARA activities.

- January** BARA AGM online, Local Plan consultation response submitted, litter pick.
- February** Kids Bingo, litter pick.
- March** BIG BARA quiz, BARA Spice Box cookery course, Cats of Bushwood poster released, litter pick.
- April** BARA Kids Easter egg hunt, litter pick, Bush Telegraph.
- May** Litter pick.
- June** Litter pick, Bush Telegraph.
- July** Litter pick.
- August** BARA Front Garden competition, litter pick.
- September** BARA Party in the Park, litter pick, BARA Yard Sale hub.
- October** Litter pick, Bush Telegraph.
- November** Distribution of Council Bulb Bonanza bulbs, litter pick, BARA Calendar published, BARA Houses of Parliament tour, BIG BARA quiz.
- December** Santa's Walkabout, Bush Telegraph delivered to 1500 households, Christmas letter box, Deck the Halls Christmas competition, BARA cocktail party.

BARA represents residents on three panels:
Epping Forest Consultative Committee
Safer Neighbourhood Team Leytonstone Ward panel (BARA's Robbyn and Will are co-chairs)
Leytonstone Town Team Steering Group

Other meetings attended: Local Plan meetings with council officers; Council Ward Forum meetings; BLEN Green Links meetings and walks; Bee Friendly meetings.

New Road Reps for Grove Road and Woodville

After many years of not being represented by a resident on the street, we welcome two new reps for Woodville Road and Grove Road.

Janet Taylor is the new Woodville Road Rep. Thirty-three years ago, unable to afford to buy in North London where she then lived, she looked on an A-Z for an area which was near a station, near shops and near green open spaces and came across the Bushwood area and Leytonstone. The rest is history. She's still here and her daughter (and granddaughter) live in Mornington Road.

Not many of the shops, restaurants or banks from that time still remain she says, but most of the pubs have endured. She is retired now but the things which attracted her then still remain, plus Tesco, many coffee shops and of course BARA.

We also welcome Hanisha Vasiliou representing Grove Road. Hanisha moved to the area in 2013. She first lived in one of Browning Road's cottages but after moving has been a Grover Roder for a few years



MONDAY 30TH JANUARY VENUE TO BE CONFIRMED

BARA AGM & MEMBERS PARTY

ALL MEMBERS WELCOME ENJOY A FREE DRINK AND FOOD

MEMBERSHIP RENEWAL FOR 2023

Active for over 40 years, BARA is a residents association open to all residents of the Bushwood area of Leytonstone. We represent nearly 600 households in the area and continue to grow year on year. If you are new to the area or haven't engaged with the association in the past, here are some reasons why you might consider joining!

As soon as you join you'll receive a new membership card for 2023 which will entitle you to discounts with many local shops, restaurants, services and tradespeople. You could save the cost of your annual membership over one meal out! You will get quarterly copies of this fantastic publication full of local news and stories. BARA also sends out a regular email newsletter to keep members fully updated on what's going on in the Bushwood area throughout the year. BARA is run by a dedicated committee of local volunteers that live in the area and understand the concerns and challenges of all residents. We are actively involved with the local authority on issues such as planning and parking to ensure that the resident view is heard. We attend local consultation and ward forum meetings and then feedback to you and have strong links with the local Safer Neighbourhood Team. Members receive invites to exclusive social events, parties, quizzes, guided tours, kids' events and more. For those that are new to the area, these events offer a great way of meeting your neighbours and making some local connections. Once you are a member, you can join our Facebook group which keeps you linked in and connected with your closest neighbours in real time. You get all of the above and more for only £3 per year.

How to Join for the first time

By Hand: Pop £3 into the envelope provided with this magazine and drop it through the door of your Road Rep (see page 2). Please make sure that we have your address, name(s) and any email addresses that you want added to our distribution list very clearly written on the front of the envelope.

Online: Go to www.bara.london and click on the 'Join Now' button. This will take you to our online membership system where you can register and pay for your subs by Paypal (please note the email address you register with must be the same one that is linked to your Paypal account).

Renewal for current members

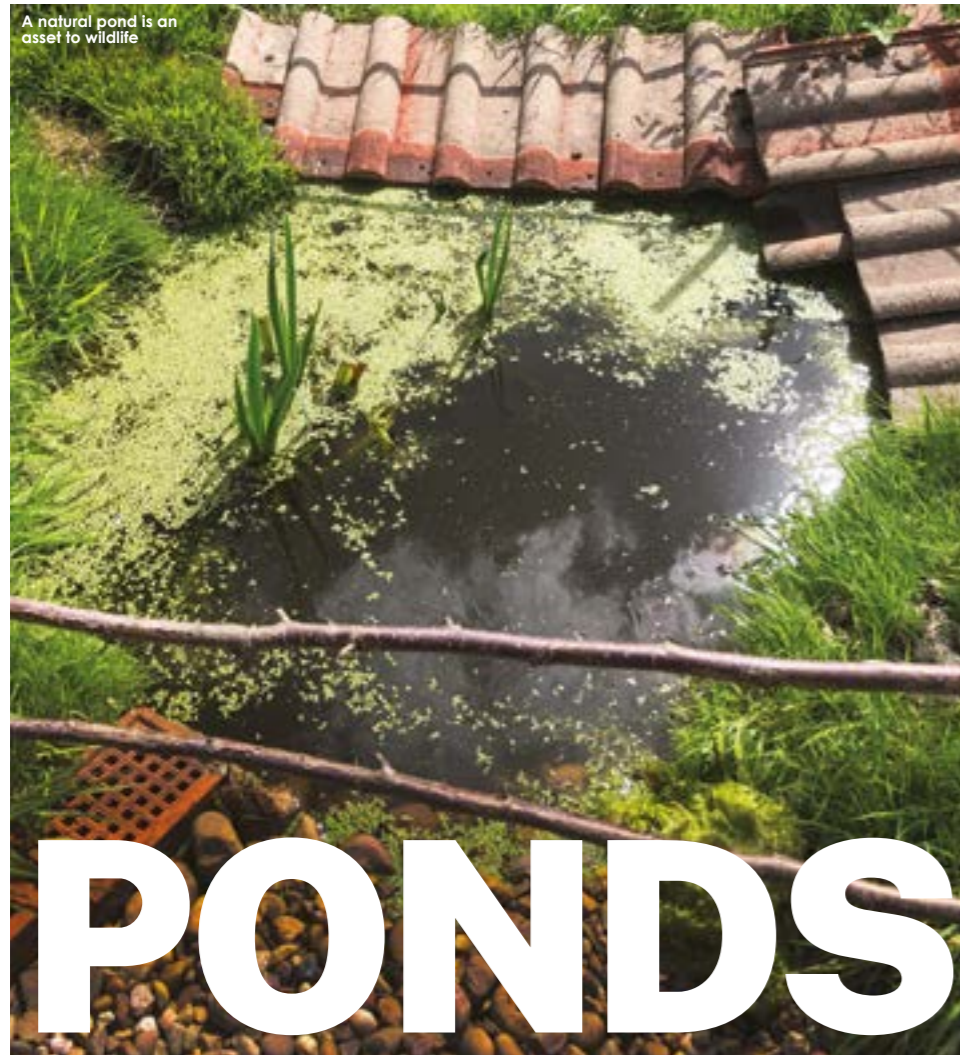
Online: Members for whom we have email addresses will receive an automatic renewal reminder from our membership system (the current membership year ends on 31.12. 2022). If you have a Paypal account associated with the email address that the renewal has come to, then you can use this link to pay your subscription online.

By Hand: You are also welcome to continue to pay by putting your £3 in the envelope provided (with full details, including email address, filled in) and dropping it to your nearest Road Rep (see page 2 for details).

N.B. BARA membership is by household. One membership covers all members of that household. Any members who haven't renewed by 31 January 2023 will be removed from our email and Bush Telegraph distribution lists and from our Facebook site.

BARA At Christmas

The BARA Team has got something for everyone this Christmas with three festive things to get involved with: Deck the Halls, letters to Santa and a visit from the big man himself! Even more reasons to join the Bushwood Area Residents Association at only three pounds for the year.



A natural pond is an asset to wildlife



A hover fly lagoon is a child friendly project



An old plate makes a home made bird bath



A traditional bird bath

In this second of a two-part series garden designer **Mark Cummings** discusses how water shapes our garden. This week Mark looks at how water can be used to benefit wildlife on our outdoor spaces.

As autumn fades into winter, now is a good time to take stock of your garden. As plants senesce and gaps open you might like to consider some changes. I always use this time of year to persuade clients to make brave decisions when the framework of the garden emerges from the frippery. We move paths, create borders and overgrown thugs relinquish their rights. Winter is a great time to take back control of your borders without any political irony. One such change that I have instigated in several gardens is digging a pond.

Ponds are one of the best ways to encourage a wider variety of life into your garden. They attract all manner of predators that hunt out your worst pests. The increase in biodiversity means that your garden is a more interesting place to observe and is great for the wider environment. Safety concerns are easily addressed. Ponds can be covered with a strong mesh to stop children falling into them. But it is generally accepted among wildlife groups that the benefits of ponds to a child's education and well-being far outweigh the risks.

Ponds can be dug to fit any size or shape of garden. There is a set of simple principles to follow to create a successful pond and The Wildlife Trust has a simple, no-nonsense guide to creating a pond which can be found here: <https://www.wildlifetrusts.org/actions/how-build-pond>. And more indepth information about the benefits of ponds can be found here: <https://freshwaterhabitats.org.uk/wp->

[content/uploads/2013/09/Creating-Garden-Ponds-for-Wildlife-1.pdf](https://www.wildlifetrusts.org/uploads/2013/09/Creating-Garden-Ponds-for-Wildlife-1.pdf).

If space is an issue, you could create a mini pond with a large, old water bath or water tank. Just make sure it is big enough not to freeze in the winter. But if you feel a pond is a step too far how about creating a hoverfly lagoon? Hoverflies are hugely important pollinators that are on a par with bees and should be encouraged into your garden. Many lay eggs near colonies of aphids and the larvae gobble them up before they can do too much harm to your ornamentals. But many also lay eggs in stagnant water that is rich in organic matter. All you need is a small container or bucket. Put a load of leaf litter into the base of it, let it fill with rainwater and leave somewhere out of the way and shady. Just be sure to leave a few sticks or canes sticking up out of the water so that the hoverflies can lay their eggs.

All our garden visitors need to drink, and if a pond isn't on the cards a large ceramic saucer such as a pot base will make the perfect location for libation. Put a few stones, that sit above the surface of the water to create platforms for insects to rest on. And a deeper bird bath means that our feathered friends will be able to keep themselves pristine. Just remember to keep the water topped up in summer and thawed in winter. Ideally collect rainwater for your water baths as our tap water is chlorinated. But you can leave watering cans filled with tap water for a few days to allow the chlorine to evaporate.

Water in the garden can open an entirely new habitat, rich in wildlife, brimming with interest. Keep an open mind. At first one of my clients was a little hesitant to make space for a pond. But now her garden is visited by dragonflies daily. To her, this makes the pond totally worthwhile.

“All our garden visitors need to drink, and if a pond isn't on the cards a large ceramic saucer such as a pot base will make the perfect location for libation.”

The Forest Flora Podcast



Podcast host Jimmy Flynn

Forest Flora has launched a podcast. Residents of Waltham Forest discuss a plant or a garden that was important to them in the past, one that is relevant to them now and one that they feel will be important to them in the future. Each one is an easy eight or nine minutes of fascinating insight into how plants and gardens shape our lives. They can be accessed via Spotify: 'Forest Flora Meets...' or via the Forest Flora website: <https://forestflora.co.uk/podcasts>

What is reiki?

A professional reiki practitioner, **Bushwooder Helen Hanlon** tells of how she became involved in the practice and what she believes this form of energy healing can offer.

Having been a science teacher in the '80s and '90s I first became aware of and subsequently interested in energy 'medicine' or energy healing after my daughter was born. I was looking for an alternative approach to help with the normal aches and pains, sleep problems and anxiety common in new parents. Having trained and practiced for many years as a massage therapist I eventually came across the concept of Reiki. I experienced it first hand (from a nun no less!) and I was amazed. It felt like being wrapped up in a warm blanket and being given permission to completely let go of the outside world. There was a deep sense



of relaxation and a calming of the mind that lasted for weeks afterwards.

That first experience led me to train as a reiki practitioner and reiki teacher. My desire now is to spread the word about this incredible healing modality so that more and more people are able to access and benefit from its effects.

Here are some basic things to know about reiki. The name reiki come from rei – meaning sacred or spiritual or high frequency – and ki – meaning energy or life-force energy.

It was 'discovered' in the early part of the 20th century, but we now understand that it has been around much longer.

For anyone who needs evidence of its existence, it is there! Reiki energy has been scientifically measured and quantified. We know the body is a natural conductor and electrical impulses are constantly flowing around it. This current or bioenergetic field creates a series of bio-magnetic fields around the body known as the biofield or aura.

Each cell in your body vibrates at a specific frequency. There is an 'ideal' frequency for each cell, tissue and organ to vibrate at that means they stay functional and healthy. Sometimes damage can occur or stress can build up and this frequency may change.

Another thing to consider is that if one or more of your organs has been operating less than optimally due to illness or injury, other organs must compensate for them. When the sick or weak organs heal however, so too do the ones compensating for them.

The reiki practitioner is a conduit of this wonderful healing energy. The essential ingredient in energy healing however will always be the active involvement of the person themselves.

Rather than Reiki being 'done' to you, it can initiate a whole new emotional, mental and spiritual awakening that you can tap into and use to enhance your health and wellbeing. Maybe most importantly, you can perform



Your Auric fields show up as different colours on a photo spectrum depending on where they fit on the electromagnetic spectrum.

reiki on yourself with some simple training. I hope this introduction has been of some interest to you and of course there are countless articles and websites to find out more if you are interested. Stay well.

BROWNING ROAD PLANTER

Volunteers got to work on turning an old tired planter in Browning Road into something beautiful. **Anna Davies** tells what went in to the makeover.

The Browning Road planter underwent a much needed makeover in October thanks to local residents Martina and John taking on the project from planning to planting.

With donations from the North Star, Theydons and BARA and time given by local residents, the planter was transformed from a tired-looking plot to a revived flower bed that, come spring, will be bursting with blooms.

Martina took advice from neighbours and Forest Flora on what plants would be most suitable in the space. The first task was to clear the flower bed of weeds, rubbish and dead plants. The soil was then dug through with sand for good drainage and also as a top mulch to reduce weed establishment. The final weekend saw the bed filled with plants and grasses that were saved from the original planting along with the enhancement of new plants and grasses. These additions include:

Grasses: Calamagrostis x acutiflora 'Karl Foerster'; Stipa tenuissima.

Small shrubs: Lavandula angustifolia 'Hidcote'; Phlomis; Helichrysum italicum 'curry plant'; Stachys byzantina.

Tall flowering perennials: Oenothera lindheimeri; Achillea 'moonshine'; Verbena bonariensis.

Medium flowering perennials: Hylotelephium t. subsp. Ruprechtii; Salvia



The planter before



Martina working on the planter

memorosa 'Caradonna'; Ceratostigma plumbaginoides.

Flowering low ground cover: Origanum vulgare 'Compactum'; Thymus 'Doone Valley'.

Thanks to the generosity of the Waltham Forest Great Bulb Giveaway, a crocus mix and some narcissus 'jetfire' were also scattered in

the bed to give some colour in early spring. Martina tells us that the 'planting has been selected specifically for pollinators as well as to be drought tolerant given the changing climate. These plants work together in a naturalistic way to provide year-round interest, with structure as well as flowering through an extended period.'

LEYTONSTONE BEER MILE

Through a joint venture between some of the constantly-growing Leytonstone tap rooms, local residents have been given a fantastic trail incorporating some of the best of the beer available in the area. A big welcome to the Leytonstone Beer Mile. Nine great venues scattered across Leytonstone and Leyton from the Wanstead Tap to Gravity Well provide a great walk through and around the overground railway-line arches and areas local to the arches. Many of these venues only open at weekends. See the article on page 6 for more detail on these venues and check out the individual websites for opening hours and for what's on offer.



BARA MERCH

VISIT OUR ONLINE SHOP
WWW.BARA.LONDON/BARA-SHOP



BARA MUG

Ceramic mug with the BARA logo on one side and the Bushwood streets design on the reverse.

£6



BARA 2023 CALENDAR

Thirteen beautiful photos representing the four seasons taken around the Bushwood area by BARA members.

£10



2023 CAT POSTER

90 Glorious Bushwood cats all in one place on a 20x30 inch poster printed on 250 gsm silk paper. Every copy sold includes a £2 donation to Celia Hammond Animal Trust.

£8

LEYTONSTONE FOLK PRESENTS
WINTER SONGS

FRIDAY 9TH DECEMBER
DOORS 19:00
START 19:30

ST JOHN'S CHURCH
LEYTONSTONE
E11 1HH

Tickets
£6 in advance (+booking fee)
£7.50 on the door (subject to availability)
www.wegotickets.com
www.leytonstonefolk.co.uk

Drinks and snacks from local vendors will be available to purchase. All profits from the evening will go back into supporting and creating opportunities for local musicians. Community - Through - Music

BARA Social

Community Event Listings

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.

We are building and editing the BARA social listings every issue and here's what's happening over the next few months. 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

Day	Event	Venue	Time
Thu 1 Dec	BARA Christmas Post Box Arrives	Bushwood	All day
Sat 3 Dec	Daylight Music	St John's Church	12-14.00
Sat 3 Dec	Davies Lane School Christmas Fayre	Davies Lane Sch	11.00
Sun 4 Dec	Christmas Craft Activity	StJohn's ChurchHall	12-14.00
Tue 6 Dec	BARA Cocktails	Stone Mini Market	19.30
Thurs 8 Dec	Vintage tea with a Christmas Theme	StJohn's ChurchHall	15.00
Thur 8 Dec	Adrian Chiles: Talking About Latest Book	Wanstead Tap	19.30
Thur 8 Dec	The Grand Finale: Fine Wine & Exquisite Cheese	Theatre of Wine	19.30
Fri 9 Dec	Winter songs with Leytonstone Folk	St John's Church	19.30
Sat 10 Dec	George Tomlinson School Winter Fair	George Tom Sch	11.00-14.00
Sat 10 Dec	Lantern making/Churchyard Xmas Trail/carol	St John's Church	From 12.00
Sat 10 Dec	The Snowman film with live music soundtrack	St Gabriel's Church	15, 17, 19.00
Sat 10 Dec	Meet Michael Rosen - book signing	Wanstead Tap	11.00-13.00
Mon 12 Dec	Vivaldi's Gloria and the Quest for Arundo Donax	St John's Church	19.30
Thurs 15 Dec	Stephen Elcock: England on Fire	Wanstead Tap	19.30
Fri 16 Dec	Winter Craft Market	The Library	10.00-18.00
Sat 17 Dec	Winter Craft Market	The Library	10.00-18.00
Sat 17 Dec	A Concert for Christmas, Redbridge Brass	St Gabriel's Church	19.30
Sat 17 Dec	A Musical Christmas	Leytonstone Social	19.00
Sun 18 Dec	Leytonstone Menorah Lighting Street Party	Fillybrook Rd	19.00
Sun 18 Dec	Carol Service with mulled wine	St John's Church	16:00
Sun 18 Dec	Santa's BARA Walkabout	Bushwood	11:00
Mon 19 Dec	Deck The Halls Competition Judges Walk	Bushwood	20.00
Sat 24 Dec	Christingle in the churchyard with refreshments	St John's Church	16:00
Sat 24 Dec	Midnight Communion Service	St John's Church	23.30
Fri 31 Dec	New Years Eve with King Salami & Cumberland 3	Leytonstone Social	19.30
Fri 31 Dec	Into The Groove- House, Garage, RNB NYE	Heathcote&Starr	19.00
Sat 1 Jan	London Gala Orchestra: New Year in Leytonstone	St John's Church	19.30
Fri 13 Jan	Woodhouse Players Aladdin	Welsh Church Hall	20.00
Sat 14 Jan	Woodhouse Players Aladdin	Welsh Church Hall	14.30 & 19.30
Fri 20 Jan	Woodhouse Players Aladdin	Welsh Church Hall	20.00
Sat 21 Jan	Woodhouse Players Aladdin	Welsh Church Hall	14.30 & 19.30
Thur 26 Jan	Wine Tasting: Bottom Shelf Bangers	Theatre of Wine	19.30
Mon 30 Jan	BARA AGM & Members Party	TBA	19.00

Regular Events in E11

Day	Event	Venue	Frequency	Time	Details
MONDAY	Bingo	Leytonstone Social Club	Fortnightly 2nd/4th Monday	14.00	leytonstonesocial.club
	Free Adult Fitness	Pastures Sports Hall	Weekly	14.00	ourpastures.org
	Let's Dance	Leytonstone Social Club	Monthly - Every 1st Monday	14.00	leytonstonesocial.club
	Table tennis, pool, tea and cake	Pastures Community Room	Weekly - entry fee	17.00	ourpastures.org
TUESDAY	Blues Nite	Leytonstone Social Club	Weekly	20.00	leytonstonesocial.club
	Free Pilates	Pastures Sports Hall	Weekly	12.30	ourpastures.org
	Over 50s Table Tennis	Pastures Sports Hall	Weekly	14.00	ourpastures.org
	Cycle maintenance	Pastures Sports Hall	Weekly	17.00	ourpastures.org
WEDNESDAY	Dirty Darts	Northcote Arms	Fortnightly	19.30	thenorthcotee11.com
	East Side Jazz Club	Leytonstone Social Club	Weekly	19:00	leytonstonesocial.club
	Quiz Night	The Red Lion	Weekly	19.30	theredlionleytonstone.com
	Creative Life Drawing	The Birds	Weekly	19.30	thebirds.pub
THURSDAY	Yarnivores	Stone Minimarket	Fortnightly	18.00	@stoneminimarket
	Golden Racquet 50+ Badminton	Pastures Sports Hall	Weekly	11.00	ourpastures.org
	Women's Badminton	Pastures Sports Hall	Weekly	14.00	ourpastures.org
	Free Girls Football 9-13 years old	Pastures Sports Hall	Weekly	16.00	ourpastures.org
FRIDAY	What's Cookin'	Leytonstone Social Club	Weekly	19:00	leytonstonesocial.club
	LTG Board Game Night	Stone Mini Market	Weekly	19:00	LeytonstoneTabletopGames
	Quiz Night	Rookwood Village	Weekly	19.30	therookwoodvillage.com
	Stone Rangers: Womens' Institute	Heathcote & Star	Monthly Second Wed	19.30	stonerangerswi.com
SATURDAY	Quiz Night	The Birds	Weekly	20:00	www.thebirds.pub
	Creative Life Drawing	The Birds	Weekly	19.30	thebirds.pub
	Leytonstone Historical Society	St Johns Church Hall	Monthly Third Wednesday	19.45	leytonhistorysociety.org.uk
	Leytonstone Film Club	Leytonstone Library	Monthly First Wednesday	19.45	leytonstonefilmclub.com
SUNDAY	Open Mic	The Luna Lounge	Weekly	20:00	lunalounge.info
	Leytonstone Royal British Legion	Leytonstone Social Club	Monthly Third Wednesday	20.00	branches.britishlegion.org.uk
	Yoga	Stone Mini Market	Weekly	12.30	jessicagreen.net/liveclasses
	Leytonstone Folk Club	St John's Church	Monthly Every First Thurs	19.30	leytonstonefolk.co.uk
SUNDAY	Music Bingo	Northcote Arms	Fortnightly	19.30	thenorthcotee11.com
	Queenie Karaoke	The Birds	Weekly	20.00	www.thebirds.pub
	2-4-1 Cocktails	Rookwood Village	Weekly	All day	therookwoodvillage.com
	Movers & Shakers Toddlers & Babies	The Birds	Weekly during term time	11.30	thebirds.pub
SUNDAY	Sing Song Club	Heathcote and Star	Last Friday in the month	20.00	heathcoteandstar.co.uk
	Bring Your Baby Pub Quiz	The Birds	Every Second Friday	12.00	thebirds.pub
	Farmers Market	Buxton School	Weekly	10-14.00	lfm.org.uk
	Vintage & Craft Market	Rookwood Village	2nd & 4th Sundays		therookwoodvillage.com
SUNDAY	Drag Out The Weekend	Northcote Arms	Weekly	18.30	thenorthcotee11.com
	This Ain't No Disco - DJs	Northcote Arms	Monthly Every 1st Sunday	14.00	thenorthcotee11.com
	BARA Litter Pick	Leyspring & Bushwood	2nd Sunday of Every Month	11-12.30	baraconnect@gmail.com

Adboard

Free Member Classifieds

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

BABYSITTING Milly, 19, and Hattie, 16, are sisters living locally who both regularly look after children, including babies. Either are available on Fri, Sat or Sun evenings and some week nights at a rate of £7 per hour. Please contact Milly on 07956 182 720 or Hattie on 07952 038 740 (references from other Bushwood parents can be provided).

BABYSITTER I'm a responsible, 16-year-old student and am available to babysit. Previously I have babysat children between the ages of four and 13. I also have experience caring for pets including, cats, guinea pigs, tortoises and chickens. I can supply references from previous parents and pet owners. Please contact Phoebe on 07948756306.

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 our. Tel:020 558 0651 or lynnpoulter@yahoo.co.uk

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 16-year old will feed and spend time with your cat twice a day. Very experienced with cats and other animals. £8 per day. Contact Martha 07534 430729.

COMPLEMENTARY ENERGY-HEALING/ STRESS MANAGEMENT THERAPIST Qualified & licensed therapist & teacher. 15 years experience. Gentle, yet powerful & effective non-invasive therapy, suitable for all ages. Also treats pets. For physical & emotional issues, pain/stress relief, resilience & peace of mind. Liz Maloy Jollands: 07855 549740 lizmaloy@hotmail.com
50% off first treatment for BARA members.

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

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

FACE PAINTING, Arty local teenager, experienced in face painting, available for children's parties and gatherings. Please phone 07986 123789.

HANDYMAN: A good, reliable and professional all-round handyman. Glenn Pamphilon 07975 521 238.

HANDYMAN Juan Carlos Martin is a reliable BARA resident handyman and painter with an extensive experience in painting houses and flats, as well as repairing wood,

assembling furniture, minor plumbing and electrical repairs. handymanjcm@gmail.com 07933 482308 **15% discount to BARA members.**

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@thehappinesandpositivitycoach.com -thehappinesandpositivitycoach.com

REIKI CRYSTAL HEALING PRACTITIONER AND TEACHER

I offer individual healing sessions in Leytonstone and online distance healing for people who may not be able to visit in person due to distance or health issues. If you would like more information or a free initial consultation, please contact me at helenghanlon@gmail.com or mobile 07368872741

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PERSONAL TRAINER

Mark Rahaman DIP PT, MRNT, IIHHT Fully qualified personal trainer & sports therapist: 07956 239690 Rates negotiable.

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.

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% discount** for BARA members.

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

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

TUTOR – MUSIC, ALL INSTRUMENTALISTS AND SINGERS

I teach beginners to advanced pros, ages 16+, in singing or playing any common

instrument in most western music genres, including jazz (a specialism), composing and music theory. For many references (re voice and most instruments) 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. Please email Suzanne Veitch contact.e11tutoring@gmail.com

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% discount for BARA members.** Phone 07828 134730 or email sajidajamila@gmail.com.

TUTOR IN ENGLISH AND HISTORY from 11+ common entrance, to GCSE and A Level (online at present). £30 per hour minus **10% for BARA members.** Qualified and experienced teacher. Phone Lorraine on 07775 700722.

WOOD BURNING STOVES Like Logs Ltd is 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.

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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 Quakers Meeting House www.helenyoga.co.uk 07956 807675.

MASSAGE THERAPY

Hello! I am a CThA licensed massage therapist who offers treatments at your home or my home studio. Whether you like deep or light pressure, together we'll find the best approach for your individual needs. Xmas gift vouchers available. BARA members receive 10% off first booking and then an ongoing 5% off single treatments. 07734703676 www.rosieravenmassagetherapy.com

GAZEBO BARA's dazzling fleet of gazebos can be hired by our members at the rates of £10 for the new pop-up model, £7 for the standard version or £15 if you need both. Other community organisations can hire them for either £10 individually or £15 together. BARAconnect@gmail.com.

Local Businesses Offering Member Discounts

TABLE BARA's 6ft fold-down available for hire. £5 for BARA members and £10 for other community organisations BARAconnect@gmail.com

CARPENTER -Specialising in cabinets, alcove units, kitchen and bathroom, refurb etc Robert Giles 07853 920598 10% Discount for BARA members

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% discount for BARA members

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SECOND ARCHIVE

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SIT COLLECTIVE UPHOLSTERY

A workshop shared by a group of independent upholsterers offering furniture upholstery, furniture repair and soft furnishings. Using recycled and natural fabrics where possible and zero emissions deliveries. Offer a free fabric consultation with samples for BARA members. 374 Grove Green Road facebook.com/sitcollective

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 2022 membership card or 2023 card from January. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email BARAconnect@gmail.com

BARA FOOD BANK COLLECTION LOCATIONS

BARA has drop-off points in front gardens within the Bushwood area (see map, right). All dried and tinned goods are welcome including tinned vegetables, fruit, fish and meat; pasta, flour, long-life milk, tea, coffee, cereals, pet food, cleaning products. Standard sizes are preferred.



CHANUKAH AT LEYTONSTONE 2022

On Sunday 18 December a bracing diet of free latkes (fried potato pancakes), doughnuts and hot chocolate will be served as Leytonstone rocks to foot-tapping live Klezmer music at The Leytonstone Menorah. This street party is to mark the first night of the Jewish festival of Chanukah (Festival of Lights) and will take place just opposite the Leytonstone Tube Station at the junction of Fillebrook Rd and Grove Green Rd. All are welcome, so join us at east London's premier public menorah lighting featuring great food and music and where the Mayor of Waltham Forest will light the first candle of the Leytonstone Menorah.

The Leytonstone Menorah was made using funds granted by Waltham Forest London Borough of Culture 2019 and with support from the Highways Agency; the street party is supported by the London Borough of Waltham Forest's Leaders Fund; and the overall event is organised by Leytonstone and Wanstead Synagogue—a small dynamic community based in Fillebrook Road, Leytonstone, east London.



Leytonstone Menorah 2019

Image by Bernard Stern



Merry Christmas & Happy New Year from all of us at Theydons.

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