

# The Bush Telegraph

June 2019 The Anniversary Issue

THE BUSHWOOD AREA RESIDENTS' ASSOCIATION  
 FORTY YEARS OF BUSHWOOD AREA RESIDENTS' ASSOCIATION

The quarterly newsletter of The Bushwood Area Residents' Association

**BARA AT 40**  
**THE ANNIVERSARY ISSUE**

23RD JUNE - HENRY REYNOLDS GARDENS

*Party In The Park*

SEE BACK PAGE FOR WHAT'S ON AND A MAP OF THE PARTY IN THE PARK



## BARA THEN AND NOW

How better to mark BARA's 40th birthday than bringing together two of the area's oldest residents and two of its newest? Lister Road neighbours Ron (aged 90) and Cherry Allen and Mike and Rose Kirkham (who have lived here less than two years) met to talk barriers, the Boys' Brigade and wartime bombs. Andrew Shields (who moved here in 1990) poured the beer and wine.

**Ron:** I was born in Queen Mary's Hospital in Stratford in 1929. My family lived in Woolwich at the time. Mum and dad brought me to live in Cowley Road, as it was known then, in 1934, on the recommendation of my maternal grandfather who was born in Leytonstone. We lived in a rented house, number 57. Dad commuted by motorcycle or bike to the Royal Docks. All my family have been associated with the River Thames, the docks and the sea. Eventually my wife Cherry and I bought our house for £2,250. I was earning £14 a week, our mortgage was £14 a month.

**Mike:** We moved to Leytonstone from Bow Road. We wanted to live somewhere with a high street and shops. We first thought about Leytonstone when we were watching 'Location Location Location' and two guys were looking for a two-bed flat, like us.

**Rose:** We came here on a lovely sunny day and had lunch at Le Petit Corner. We had a look in Upper Leytonstone but the tree-lined streets around Bushwood really sold the area to us.

**Ron:** I went to Davies Lane School, aged five. Over the years I graduated upwards by

floors, eventually leaving at 14 with no qualifications. I was factory fodder. My leaving certificate said: 'Ron has a good physique and should do well'. I wasn't expected to amount to much but I fooled them all. After a wide range of jobs I rose to the rank of Executive Officer in the Civil Service. I eventually retired in 1989 at the age of 60.

**Rose:** I've lived all over London and rarely spoke to neighbours where I lived before. Bushwood was instantly the place with the greatest sense of community, with the friendliest people. Someone from over the road offered us a cup of tea while we were unloading. A BARA membership form came through the letterbox within 48 hours!


**Ron:** The neighbourliness has increased over the years. When I was young there was a lot more deference. You never knew people's first names. It was all Mr Miller and Mr Allen - very formal.

**Mike:** We quickly learned about all the BARA community groups. In London you imagine people lead separate lives and don't meet in this way.

**Ron:** There was actually a film group and a

reading group before BARA. We'd gather at someone's house and choose from three films. Whoever was hosting would find out the background to the film and introduce it, and we'd go to see it then talk about it afterwards. We had beer and wine; the reading group just had tea and coffee! My wife also went to keep fit classes at Cathall Baths, while I've always played bowls at Aveling Park and indoors in Walthamstow and Leyton.

**Mike:** The sense that this is an established area is important to us. Also that it has a real history. Ron, tell us what life was like here during the wartime years...

**Ron:** It seems strange to say this, but the war to us was exciting. I was ten when it started, and it was a thrill to see all the planes overhead. We only had radio then so we would stay up to listen to 'Into Battle' to find out what had happened. We sat up all night to wait for news of our first naval victory, the sinking of the Graf Spee. I wasn't evacuated. Mum said: "If one goes, we all go". My wife Cherry went to Potton in Bedfordshire, even though she was officially too young to be evacuated - she was four, she should have been five. 

COME AND MEET THE CATS CENTRE PAGE PULLOUT

**The Cats of Bushwood**

# Note From The Chair



Summer's here at last! And with it comes our long-awaited 40th anniversary celebrations – more on that later.

Like many residents' associations, BARA was founded to address one particular local traffic issue, but over the last forty years has flourished and evolved into a thriving group that brings people together from right across the Bushwood area.

We're rightfully proud of making it to this landmark anniversary, which is why we wanted to share this special edition of the Bush Telegraph with every residence in the area. If you're already a member, we'd like to thank you for your continued support. Whether you've come to one of our quizzes, grabbed a bin-bag at a litter pick, or just used the BT to keep up-to-date with local activities, your participation is what makes BARA possible.

Alternatively, if you're reading this and would like to become a member, it's just £3 per household, and comes with a variety of member discounts and exclusive offers with a wide range of local businesses. Simply drop off your subscription in an envelope with your contact details, address, e.t.c. with your nearest Road Rep, and we'll take care of the rest.

The other option, is to come along to the fortieth birthday party I mentioned earlier. It's being held in Henry Reynolds' Gardens on Sunday June 23rd, from 12-5pm, and promises to be a great day. There's plenty of entertainment lined up, as well as a bouncy castle and face painting for the kids. The team at the North Star are doing a barbecue and Zara will be providing a variety of delicious dishes. Of course, you might want to bring along a picnic – just don't forget the blanket! Oh, and keep your fingers crossed for good weather.

Speaking of the party, I'd like to thank the committee for dedicating so much time and energy to making it happen – it's amazing how much planning goes into something that seems so simple. I'd also like to thank James for doing such a great job with the BT, and for getting this issue out in time for the party.

I look forward to seeing you all on the 23rd June.

Enjoy your summer.

**Doug Sheedy**

## The BARA Team

### BARA Committee

**Doug Sheedy**  
Chair and Membership  
11 Barclay Road

**Andy Irvine**  
Vice Chair & Membership  
37 Leybourne Road

**Anna Davies**  
Treasurer  
21 Browning Road

**RoseMary Warrington**  
Environmental & Planning  
88 Mornington Road

**Kate Duffy**  
Social & BARA Website  
29 St Augustines's Court

**Katy Smith**  
Safer Neighbourhoods Team  
37A Harvey Road

**Janet Lee**

**Robbyn Linden**

**Annette Loakes**  
Bushwood

**Eleanor Ross**  
BT Editorial  
Barfield Road

**Fiona Sinclair**  
BARA e-Mail Newsletter

**James Cowen**  
BT Editorial/Design  
Lister Road

### BARA Road Representatives

**Aylmer Road**  
Alice Haigh, 31 Barfield Road

**Barclay Road**  
Doug Sheedy, 11 Barclay Road

**Barfield Road**  
Alice Haigh, 31 Barfield Road

**Beacontree Road**  
Sally Davies, 25 Beacontree Road

**Browning Road**  
Anna Davies, 21 Browning Road

**Bushwood**  
Brian Hopson, 49 Bushwood

**Carlton Road**  
Alice Haigh, 31 Barfield Road

**Colt's Yard**  
Jan Osterley, 4 Colt's Yard

**Dacre Road**  
Alice Haigh, 31 Barfield Road

**Forest View**  
Liz Maloy Jollands, 5 Forest View

**Grove Road**  
Doug Sheedy, 11 Barclay Road

**Hartley Road**  
Andrew Shields, 9 Hartley Road

**Harvey Road**  
Katy Smith, 37A Harvey Road

**High Road**  
Doug Sheedy, 11 Barclay Road

**John Drinkwater**  
Anna Davies, 21 Browning Road

**Leybourne Road**  
Joyce Quarrie, 67 Leybourne Road

**Leyspring Road**  
Liz Hayman, 54 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 Ct**  
Kate Duffy, 29 St Augustine's Court

**St John's Court**  
Kate Duffy, 29 St Augustine's Court

**St Mary's Court**  
Kate Duffy, 29 St Augustine's Court

**Stanmore Road**  
Tony Pamphilon, 28 Stanmore Road

**Woodville Road**  
Kate Duffy, 29 St Augustine's Court

For membership, please visit your road rep to make the £3 payment and receive your discount card. 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](mailto:BARACONNECT@GMAIL.COM) or visit the BARA website.

Thanks to this issues contributors, for the cat pics and to Andrew Shields, for writing and sub editing some of the articles. We are always looking for Bushwood or Leytonstone articles, stories and ideas 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)

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**





We had a corrugated Anderson shelter in our back garden which we used during the Blitz...

**Rose:** We still have one! We found the overgrown end of our garden went on further than we thought and there it was, all rusty!

**Ron:** It was horrible. Very damp. So we started to go instead to the tube station and shelter in the tunnels between Leytonstone and Wanstead, while dad did his duties as deputy air raid warden for Cowley Road. You could hear big whooshing sounds like the crowd at Wembley. I thought it was people cheering because a plane had been shot down, but it was actually the sound of a bomb!

The tunnels were unhygienic too, so we decided to take our chances and stay in bed until a raid became heavy and close by, then we'd shelter under the stairs in the coal cellar. I remember a bomb landing at the top of Bushwood. Dad said "That plane sounds light" – it wasn't the usual low drone. The pilot must have just unloaded the bomb on his way home from a raid. I had my pyjama jacket halfway over my head when it landed. Didn't half make me jump!

I remember the V2 landing on the junction of Harvey Road and Mornington Road. That killed four people. And a parachute landmine took out houses where George Tomlinson School is now. That raid on Harrington Road also took out my grandmother's house. We came out of the underground tunnels the next morning and the house was rubble. Another V2 killed eight people in Lemna Road and two died when one landed in Leyspring Road.

We used to walk over the flats to the prisoner of war camp on Aldersbrook, where the fair-ground site is now, and look through the wire. There was an anti-aircraft gun, searchlights, range finders and barrage balloons all round there. Before D-Day, the flats were used for troop vehicles to assemble.

**Mike:** Was your life very restricted?

**Ron:** No, I was out every night with the Boys' Brigade, right until I joined the Army in 1948. Monday: gym and PT. Tuesday: band practice. Wednesday: first aid. Thursday: band practice. Friday: drill. Saturday: sport – athletics, football, cricket. Sunday: Bible class. There were about 100 boys in the company, we had a big silver band. I played double bass. We were based at the church on the corner of Lister Road, where the Methodist church is now.

After the war, Leytonstone had several cinemas. The Rialto, next to St John's, that was converted from a roller skating rink. I used to go on Saturday mornings and watch about four hours of cartoons, Pathe newsreels and movies, all the kids jumping over the seats. The Rialto had an organ, my aunt's boyfriend used to play it. They had amateur talent shows there, too. I had quite a good voice but I was too shy!

There was an art deco-style cinema where the Banqueting Rooms on the High Road are now – it was called the State, previously the Premier. That closed in 1961, after which it became a bingo then a snooker hall. The Academy at Harrow Green, that was a bit of a fleapit. It became the Century and then a bingo hall before closing in 1983. And the Rex, opposite the Elms on the corner of Davies Lane, that was art deco too. It closed in 1961 and became a bowling alley which lasted till 1972. That was a huge cinema with more than a thousand seats in the stalls and more than seven hundred in the circle.

**Mike:** What about sport? I moved to London in 2012, Olympic year. It was only when we moved to Bushwood that we realised the roofs of Fred Wigg and John Walsh Towers were the sites for the surface-to-air missiles! If I was living there then, I'd consider it a pretty safe place to be!

**Rose:** It feels safe now. One of my criteria about where I lived was that I could walk home from the tube on my own. There's the odd has-



Rose, Michael and Ron



**I remember the V2 landing on the junction of Harvey Road and Mornington Road. That killed four people. And a parachute landmine took out houses where George Tomlinson School is now**

le, that's London! I know this isn't everyone's perception, but it's mine. Even outside the Red Lion on a Friday night, it's a friendly rather than a threatening vibe.

**Ron:** Back to sport. We played football and cricket on the Flats. It was rough, there were no proper pitches then. Later we'd go and watch the great Leytonstone FC on Granleigh Road. They were officially amateurs but anyone who needed one got a good job from the chairman and there was a fiver in the boot on a Saturday. Leon Joseph ran a menswear shop on the High Road. He was the wizard of the wing and refused to give up his business to turn pro as the money wasn't good enough – Tottenham only offered him £20 a week in 1950. When the Walnut Tree opened they had a big plaque on the wall featuring him. Sadly it's gone, I don't know where.

And of course there was the lido...

**Rose:** What!! Leytonstone had a lido??

**Ron:** Whipps Cross Lido. Everyone talks about it now but my memory is that during hot summers it was full of flies! I wasn't one for swimming.

**Mike:** Oh, how we'd love a lido now! But what we do love is the craft beer section at the Stone Mini-Market. When our parents come to visit they love strolling down there. And of course the Red Lion.

**Ron:** Just after coming out of the army, the Red Lion was where I'd go drinking with my mates. It was a traditional old-fashioned boozier. And the Elms, on the corner of Davies Lane. There wasn't a lot of heavy drinking because the beer was so weak! There was also an off-licence on the corner of Stanmore Road and Barclay Road. You can see the ghost sign on the first floor wall. That was a bit odd given the High Road was so close! It used to sell everything, from sweets to paraffin. The floorboards were heavily stained and the place smelt of fuel. Must have been very flammable!

**Rose:** Leytonstone has great transport links, it's easy to get into London and easy to get away. Our parents like the fact that they don't have to drive through congested areas to see us now. But we also sense that everything you might need is here on your doorstep. Ron, is that what has kept you here?

**Ron:** We did think about moving to the country when we retired, but why? We have such a big circle of friends here. I still like the general ambience of the place. The Flats are always lovely. There are more transport options now. It's always been a good place to live.

**Mike:** I believe it was a threat to the area that caused BARA to be formed...

**Ron:** The Stanmore Road barrier was erected for a one-year trial period to stop traffic, especially heavy lorries, using Bushwood and the smaller streets as a cut-through to the High Road. It really helped. We objected when it was going to be removed, and local residents got together for a meeting. We were told a petition was no good, everyone must write individually to the old Greater London Council. On the day of the decision, we all went up to London. There were so many of us we had to be accommodated in an ante-room to listen to the goings-on. We won!

That's how BARA began. We started a magazine – I was the editor and my wife Cherry typed the stories. We used to organise events like children's Christmas parties. Alan Rawlings was a wonderful local policeman, he used to dress up as Santa Claus. He knew everyone and everything; he would put a note through every door asking residents to speak to him if they had any concerns. Unfortunately he had an affair with someone in the area and they moved him!

Bushwood was under threat again when the M11 link road was being planned. One of the three possible routes would have gone over Wanstead golf course, across the edge of the Flats and on a flyover across part of the Bushwood area. The golf club saw off that proposal, we were lucky to have them on our side. Since then the area has really prospered. It's great seeing more professional people moving in and making their home here. The area had a dip in the 1970s but since then the population has become far less transient.

**Mike:** If I had a magic wand, I'd love to see an old-school butcher back in Leytonstone.

**Rose:** I so wish Eat17 had been able to move in...

**Ron:** I wish people wouldn't ride their bikes on the pavement!

**Rose:** We've sat and talked for an hour and a half and it's great how all of us, representing different generations, feel contented with where we live. Thanks to Ron, we now have so much more history and heritage to explore!





# COACH TRIP



Unfortunately the coach trip envisaged for May has been postponed due to lack of interesting places to visit at the week-end at this time of the year.

Now the good news - there will be a trip to Leeds Castle in Kent on Sunday 23 September. Details and booking form in the next Newsletter.

Is this Arthur's place?

# DAY TRIPS

## DAY TRIP BY RED DOUBLE-DECKER TO WALTON-ON-THE-NAZE

On Sunday 12th July

Last summer's day trip to Walton-on-the-Naze was so successful that we decided to repeat it, by popular request.

The 73-seater red double-decker will leave The Green Man at 9.45am and will be home again by about 8pm.

Walton-on-the-Naze is a lovely seaside town, with safe bathing and lots for everyone of all ages to do!

**BOOK EARLY!** Some places have already been filled. The cost this year is £5 (adults) and £1.25 (children) and places are limited to BARA members only.

Fill in the booking form below and return it, with your payment, **NO LATER THAN 12 JUNE** to Louise Buchanan, 54, Bushwood.

"Our family joined a Bushwood trip to Walton on the Naze on July 11th 1993. The coach set off from outside the ex-seviceman's club in Harvey road. I do remember the coach was full. We were left to amuse ourselves when we got there and I think we were dropped off in Frinton and walked to the beach. Our children were small and I remember we took them to the funfair and sat on the beach where we had something to eat. I didn't know many of the people on the coach except I think the Turfiss family from Beacontree Road. Then on the way home we got talking to a lady called Margaret who lived across the road from us and she was very friendly. There was a stop on the way home at a pub."

Fiona Day

"I was there with the four children. One of mine fell in the sea and had to go home in swimming trunks. Another child got lost and the coach was half an hour late setting off for home. Then it broke down on the way and we didn't get back until about 11pm"

Sheila Dowsett

## PRINTEMPS

Polish up your French and reserve Saturday 30th April for our day-trip to Boulogne. We have booked 25 coach seats with Galleon Tours at a cost of £17 per adult, £12 for children under 14 - no charge for children under 3 years of age.

### WHEELIE BINS

Our Area of Bushwood has seen an invasion ---- tall grey containers ---- left in our front gardens ---- in a word --- the Wheelie Bins! Do they need to be so big and tall? I can hardly see over it. They are not a pretty sight lined up in front gardens of row upon row of houses, like a lot of brooding vultures

### ABOUT THE CATTLE...

There's blossom on the trees and cattle back on the streets! Last year, 170 cattle were released onto forest land for their summer tenure. They all came from four farms in the Waltham Abbey area. (How is it they all seem to come so far south? ...it's definitely the Vanstead Flats air that they enjoy best!) The Conservators of Epping Forest remind us that the cattle do love to chew on a nice flower. Roses are very popular, despite the thorns. And it is the responsibility of householders to secure their property against grazing cattle. (When, oh when, will our paperboys or our dustmen ever get the message about shutting gates?)

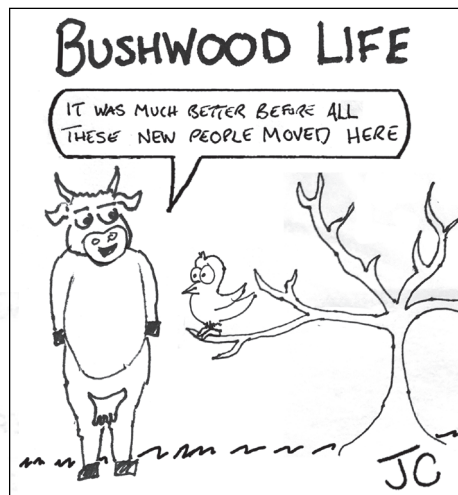
# COWS

"When living in Harrington Road in the 1980s and early 1990s, we regularly saw the cattle which were allowed to roam freely. From time to time, when leaving the house, I had to negotiate several large cow pats on the pavement.

On another occasion, I was heading towards the tube station when I saw a cow cantering towards the underpass which was in place at the tube station end of Church Lane. A few seconds later a policeman appeared, desperately sprinting after it...I'm not sure if he managed to catch up with it, or - indeed - how he managed to detain it...Must have been an interesting incident report...

And I often had to explain when driving mystified visitors to the area, and rumbling over the cattle grids, that they were there "because of the cattle". After a few seconds of confused silence, there would inevitably come the question "WHAT cattle????".

Clare Losty



"People who have lived in Bushwood for a while remember the cows that had freedom of the Forest and were often seen on Wanstead flats or roaming the area. They would sometimes accompany commuters to work in the mornings ambling up Mornington Road to the High Street often mooing at the same time. Walking in Bushwood one day I passed a house and witnessed something interesting. Two cows had got through the front garden gate. Beyond them I saw a resident with his back to the window watching TV, oblivious to the fact that the cows were munching away at the flowers in his front garden."

Michael Golding





"There was a lady named Joan Dearth who lived in Bushwood, rather tall and elegant, beautifully spoken and quite theatrical, and I believe who worked doing voiceovers for the BBC when she was younger, and later in life became one of these old woman that used to think she had found stray dogs, when in fact they had homes. People left their dogs to roam freely in those days. That aside, her husband was an actor and great "drinking partner" with Richard Burton, he had already died as a result in the early 80s. However Joan's claim to fame was that the Burtons still sent their Rolls Royce to take her to the airport for a stay with them in Switzerland. One Sunday morning, being aware Joan was off, we saw it turn into Bushwood, in the days when there were very few cars on the road early on Sundays."

Valerie Saunders

THE  
BARA  
AREA



Thanks to Yolande Termouth for suggesting we replace our rather sparse tree on the Bush Telegraph with a more seasonal image during the summer months. We are also grateful for the new BARA map she has drawn which shows a more leafy neighbourhood!

## ♂ Little People

The babysitting circle is still flourishing - with many new members joining during the summer. Remember if you have children and are a member of BARA then that is all the qualification you need to join. Interested? Then contact Val Clarke, 9 Leybourne Road who is currently holding the "cards" and she will give you further details.

# COMMUNITY

"Wanting to put your mark on a new property is fairly normal, and we were no different when moving to Bushwood 15 years ago.

The garden was an obvious place to start given our backgrounds as florist and graphic designer come gardener. To transform it into a beautiful as well as useful space, but without breaking the bank, we decided my newly-inherited German, 1960's, egg-shaped caravan would become a stylish garden shed.

After picking it up in Germany, the day came to have it craned over the house. The whole street was out and there was a party atmosphere reminding my partner of the Silver Jubilee street parties in '77.

It all went fine - the 'Egg' dangled at one point 40 meters in the air - and the crane driver was just packing up when an elderly neighbour approached him, congratulating him on a job well done, by saying: "I've lived in this street all my life. This has been the most exciting thing that has happened here since the V2 rocket slammed into the houses at the end of the road in 1944, knocking me off my feet." And everyone was thinking what he hadn't said... "It's the Germans. Again!"

Benedikt Humm



### AWFULLY GALLING!

Round here the forest may have looked like a bomb site after the October storm, but one Bushwood resident and nature-expert comments that most of the oaks that fell were ones that had been blighted with gall. She has also, by the way, observed a number of albino blackbirds in the area - and yes, she was quite sober!



Have you heard our true shaggy dog story? After receiving complaints that someone was regularly leaving a bag of rubbish beside a certain tree, we set out to catch the offending person. And catch him we did. He was a dog, who trotted carefully up with a fresh bag in his mouth, set it down by the tree and went off again. (Residents of Barclay Rd please note: we think he comes from there!)

The Conservators of Epping Forest, who supplied us with the skip, wrote soon afterwards, to express their thanks for our efforts and to sympathise with our concern about the type and quantity of rubbish that was found.

## BEWARE GATE-NABBERS!

There's been a spate of (wait for it...) gate-switching or stealing in the area. One household woke to find their gate had changed shape and colour overnight, while another had lost theirs altogether.

Can't think of many ways of foiling that sort of thief - just keep your eyes and ears wide open!

## A D S . . . . .

### F O R S A L E

COPY FOR THESE ADS WAS RECEIVED BEFORE CHRISTMAS, IN SOME CASES. Sorry for the delay!

**FOUR PRETTY KITTENS (2 male, 2 female) free to good homes. Phone 530 4971.**

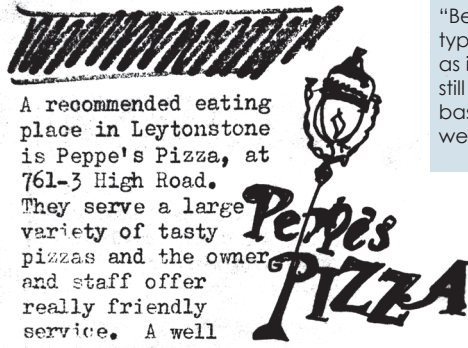
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Those who have frequented Wanstead Park remember people such as Bill who cycled there and for whom the Park was a second home. He with others could be seen playing chess in the Park and enjoying a good conversation. Bill was self learned. He had worked in transport and had taught himself seven languages and he could play four instruments. At 85 although not well he was an inspiration always saying there was so much more he had to learn and develop

Michael Golding





A recommended eating place in Leytonstone is Peppi's Pizza, at 761-3 High Road. They serve a large variety of tasty pizzas and the owner and staff offer really friendly service. A well stocked bar ensures liquid refreshment. An additional bonus is that you can telephone an order, and thirty minutes later, pick up a hot pizza take-away. Bookings are also taken for parties

"Bearman's, a lovely Are-You-Being-Served type store. I didn't appreciate it at the time as it seemed sad and tired but I wish it was still there today! It then became a rather basic Co-op before turning into the Matalan we have today." **Joyce Quarrie**

**Eating places ...**  
The first in an occasional series from BARA's eating commentator

**THE CENTRAL RESTAURANT & CAFÉ** in Church Lane across from the station offers a varied selection from light snacks to a full meal. My favourite is roast beef. A large dinner plate with thin slices of beef but plenty of them, crisp roast potatoes, Yorkshire pudding that sometimes isn't as good as mother used to make and at least two other vegetables, all covered in a thick and rich gravy. This is not the most expensive item on the menu so add a mug of coffee and a tip for the friendly staff and you've spent £5. It is not haute cuisine but it is value for money.

# SHOPS

## WOOLWORTHS RESPONDS TO BARA'S COMMENTS

THE NEW manager for Woolworths, Ian Brown, has been in touch after we delivered a copy of our earlier letter to him. He has been at the store since August, but had not seen our previous letter. He said he feels a number of points we raised were simply questions of good shop management, and he feels a number of local complaints have already been addressed. They are trying to keep stock levels up and have everything clearly priced. Staff levels are up, too. Many of you will have seen that the central doors on the High Street are now automatic which should be a good help to people with buggies and to those with disabilities, as well as those just carrying lots of shopping. And all the High Street doors are now in action again. They hope to open the side door for the Christmas period, but in the long term have not yet decided what to do about it, as they do find this exit to be a serious security risk.



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021-539 1733

"I remember thinking the shops were quite unusual when we first moved to the area in 2004. A hat shop, a shop that sold religious artifacts, the faded comic shop opposite McDonalds and all the model shops. I'm sure there were three on the High Street at that time and I assumed it was some kind of hub of model making. The comic shop had some faded wedding photos in the window which must have been from the seventies. It was a treat having a Woolworths within walking distance though, coming from the burbs you were at least an hour away from the pick 'n' mix."

**James Cowen**

Please think about it and give your decision at the AGM. **"Baby Bounce"** please.

Waltham Forest Council are planning to start a 'Baby Bounce' at the Pastures Youth Centre (opposite Davies Lane School in Davies Lane). If any of you have been to the 'Baby Bounce' at the Kelmescott Sports Centre, it will be along those lines - lots of soft play equipment, low benches and ladders, etc. There will be a trial period from Easter to September and if enough interest is shown, it will become a permanent feature. No definite times or dates have been fixed yet but as soon as these are decided, posters will be displayed in local Playgroups, etc. Let's all do our best to support the 'Baby Bounce' to ensure that it becomes a regular activity for Leytonstone's toddlers!

STOP PRESS  
Discount Scheme

**Sounds & Vision Record Shop**  
as advertised but also 5% off everything except computer games/consoles

## CHRISTMAS PARTIES

The children's party on the 11 December really went with a swing. With 60 lively youngsters there it could hardly fail to. They had plenty of games, a good table of food, a wonderful magician who, by some of the parents faces observed, enthralled them more than the children. To round things off Santa made his annual appearance and every child went away with a good present.

The adults party however was something of a disappointment. Only half the normal number of people turned up, and again there wasn't the right mix of music for young and old. If any of you have any bright ideas for improving our parties, please let a committee member know. Maybe a party based on a theme (one of the best we had was the 40's one) or a professional disco (cries of Ugh! from certain quarters). A live band? Chinese evening? Indian evening? or Fancy Dress? Please let us know.

# EVENTS

### CHRISTMAS PARTIES

We are holding separate Christmas parties for children and adults in December:  
**Childrens party** : Sunday December 5th from 2.30pm - 5.00pm  
Cost: 50p per child for children over 2 years old (Under 2 years - free)  
Please be prompt for this party as we plan a full programme of entertainment for the children beginning at 2.45pm.  
**Adults party** : Saturday December 11th from 7.45-10.30pm  
Cost £2.00 (this includes a buffet meal and wine).



COME AND HAVE FUN  
at the  
BARA  
**MASQUERADE PARTY**  
(over 18's only)  
**SATURDAY 7th NOVEMBER**  
8-11pm  
AT THE 700 CLUB  
(Royal British Legion)  
700 High Rd, Leytonstone  
BAR... FOOD...  
RAFFLE... DISCO...  
TICKETS £2  
For tickets, contact any committee member.  
NO LATER THAN 5th OCTOBER.

### COCKNEY EVENING!!

BARA's next big Social Evening!! Don't miss it!! An evening of Cockney Variety acts, Sing-Songs, Party Games and Dancing! At the British Legion Hall. Cockney Dress optional (Prize for the best Costermonger outfit of the night!). Shellfish buffet: *Pie & mash*. Space limited so order your tickets **now!** (send off the slip at the bottom of the page).

### QUIZ NIGHT

These BARA versus Royal British Legion quiz evenings are proving very popular and well-attended. Our thanks to Bob Cheek for being MC, and also all the many intrepid quiz aces who showed their not inconsiderable knowledge of Trivial Pursuit questions.

Sad to say, the Legion won by a single point to take the Kevin Mackle Shield for the first time. We shall challenge them to another match very shortly.

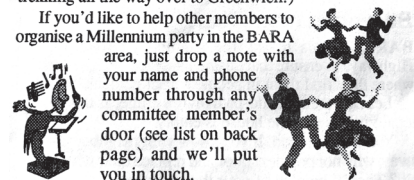
### BACKBREAKING WORK!

It is quite unbelievable what people discard on the flats...we'll lightly gloves over the blue panties hung on a holly bush and the Y-fronts in a ditch and report that on our sponsored litter-collection day (22 March) we filled a 5 cubic yard skip, topping it neatly with a carpet and an old bike. An old fridge was retrieved from deep in the bushes and, at a conservative estimate, we must have gathered over 50 glass bottles, many of them jagged and broken. As many as 30 people took part in this backbreaking task and things were not made any easier by whoever controls the skies. Several huge downpours had us running for cover. It was exhausting work, but very rewarding to see the "Plats" looking so clean and smart afterwards. We must have raised about £150, and if we haven't been to collect your money yet, we'll catch up with you as soon as time allows.

### Party! Party! Party! Party! Party! Party! Party!

### The time to get ready is NOW!

NO PLANS yet for celebrating the Millennium? Would you prefer to attend a local get-together? (It's easier than trekking all the way over to Greenwich!) If you'd like to help other members to organise a Millennium party in the BARA area, just drop a note with your name and phone number through any committee member's door (see list on back page) and we'll put you in touch.



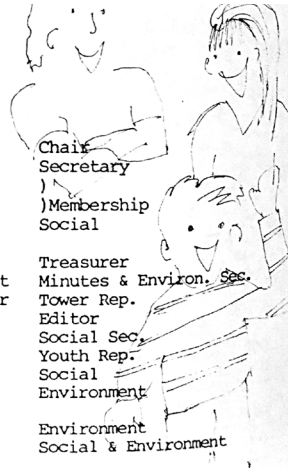


"Having moved in over the August bank holiday, we had no mail for the first week. In fact, the only thing that came through our letterbox (aside from the pizza delivery flyers) was a copy of the BT, advertising the forthcoming AGM. I decided it would be a great way to get a sense of the local area, and we decided to attend. Unfortunately, Gareth was ill on the day, so I went alone. His parting words were "Just don't volunteer for anything." When I got home a couple of hours later, I'd made a host of new friends and been appointed the new Treasurer on the committee. Fourteen years later, I'm still here, although I'd never planned on becoming the Chair. In that time we've seen lots of people come and go, but there are also a number of people who've been on the committee almost as long as me - and in the case of Katy, even longer! More than anything though, it's been a constant source of fun as we've made countless friends throughout the area. There's something magic in the air here, and we're genuinely lucky to be a part of it."

Doug Sheedy

#### BUSHWOOD AREA RESIDENTS ASSOCIATION Committee members for 1986/87

Pam Andrews	716A High Road
Pat Bowler	13 Browning
Louise Buchanan	54 Bushwood
Ada Buckhurst	52 Michael
Bob Cheek	29 Woodville
Nicola Cheek	29 Woodville
Paul Daintry	45 Beacontree
Ken Davidson	49 Leyspring
Don Fletcher	50 Lister
Lee Harwood	5 St. Augustine's Ct
Renee Hosken	151 John Drinkwater
Tony Jones	15 Browning
Charlie King	42 Bushwood
Robert King	42 Bushwood
Dave Mercer	24 Hartley
John Michael	9 Barfield
Eileen Townsend-Jones	64 Bushwood
Frank Turfus	45 Beacontree
Angela Vale	44 Barclay



Chair  
Secretary  
Membership  
Social

Treasurer  
Minutes & Environ. Sec.  
Tower Rep.  
Editor  
Social Sec.  
Youth Rep.  
Social  
Environment

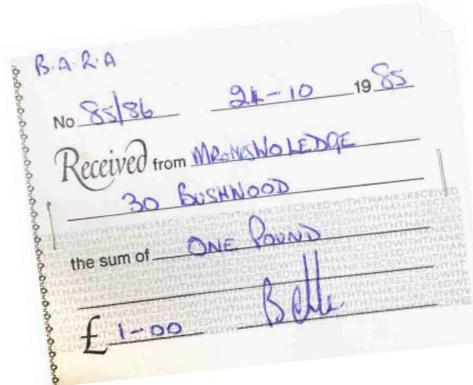
Environment  
Social & Environment



#### PHONE CALLS

If you do need to call by on, or telephone, a Committee Member, please do it at a reasonable time during the day or early evening only! No dragging people from their beds!!

# BARA



#### The BARA Committee 1998/99

Alf Addison	179 Mornington Road
Treasurer	
Judith Aldridge	35 Leyspring Road
David Dowsett	74 Mornington Road
Robert Gay	137 Mornington Road
Ruth Greene	30 St. Augustine's Court
Parvez Hussain	4A Bushwood
Chairman	
Jo Pilc	57 Leybourne Road
Membership Secretary	
Marion Roper	35 Michael Road
Bush Telegraph Production	
Dwight Wood	Carlton House, Aylmer Road
Social Secretary	Vacant
Vice-chair	Vacant

## Stratford City development to rival Bluewater

A NUMBER of committee members went along to the presentation held at the Epicentre by the developers in February. The proposal is for a massive development on the Stratford Rail land. The proposals are for about 4,500 new homes, five million square feet of office space, 1.5 million square feet of retail, and 200 hotel rooms and conference facilities, plus a wealth of leisure and entertainment facilities.

The landmark building will be a tower, and the hopping facilities hope to rival those at Bluewater. The development will take place whether or not the Olympic bid for London is won, but if the Olympics do go ahead here then part of the land will provide Olympic village housing as a temporary measure. There will clearly be implications for local shopping centres and for traffic.

## YES & NO

It has been suggested many times in the past that Davies Lane be admitted to the Association. The committee have discussed the subject and have decided to put it to the members, first through the Bush Telegraph and then at the AGM in September.

The arguments for admitting Davies Lane are that the school is the one that serves the area and the Pastures Youth Centre has facilities that we can use and have used on occasion in the past, the staff there being very helpful and co-operative.

The argument against is that Davies Lane was not in the original area affected by the GLC traffic exclusion order and therefore did not participate in the petitioning and the representations to County Hall in order to keep the area free from through traffic.

Please think about it and give your decision at the AGM.

#### FATHER CHRISTMAS

Just to remind you, through your own efforts, BARA now has its very own Father Christmas outfit. This is available for hire by members on payment of a small donation. First come, first served. Please contact our Treasurer if you would like more details.

#### FORUM 2000 UPDATE

LEYTONSTONE'S Forum 2000 was set up in October 1997. Its members are representatives of our local businesses and community groups, including BARA.

Some of the the Forum's successes to date include:

- ◆The Council's forthcoming refurbishment of Leytonstone Underground subway.
- ◆The Council's agreement to fund the upgrade to St John's Church floodlighting. We understand that the Council has altered its proposed lighting arrangements in response to the Civic Society's concern about lights directed upwards into the sky.

The Forum is still pressing the Council for :

- ◆Extended opening hours for the Pioneer car-park toilets. These are supposed to serve passengers at the bus station, but they close about 7pm whereas the station's buses run nearly all night - which means "no place to go ..."
- ◆Coverings to the bridges over the M11 Link Road. Left unenclosed they are an open invitation to vandalism.
- ◆Free short-term parking for shoppers, particularly at the Church Lane end of the Town Centre; this will attract shoppers and help save the High Road's shops.



#### TARGET BONDS

We are still collecting Target Bonds from the local newspapers. Just cut out the two bonds from your local paper each week and pass them on to the treasurer at 179 Mornington Road or to any committee member

## You lucky people...

What a pity so few people come to our regular socials. The one held on Saturday 16 October was one of the best yet. About 60 people enjoyed an evening of nostalgic dance music, mixed and dispensed by Shankra Angadi with his 2 turntables and tape deck. The choice of food was as varied and as delicious as ever. Well done ladies. The wine lubricated the tonsils ready for the late evening sing-song led by Pam Heymes at the piano. A really great evening. All for £1.50.



# The Bush Telegraph

At the heart of every great community is a great newsletter and The Bush Telegraph has been around since the very beginning of BARA. Starting out as simple typed sheet in 1979 it quickly evolved into a four page newspaper typed up by Lister Road's Cherry Allen. There have been many editors over the forty years who have put the late night hours in to get it where it is today and their efforts were much appreciated. It was a very special to receive a community newsletter through the door just days after we first moved here back in 2006. I'd been waiting for 12 years for someone to ask me if I wanted to put it together and I wanted to make some changes to stamp my mark on it. I wanted to involve as many diverse contributors as possible to try and represent the community the best I can. It's been a lot of fun tweaking the design each issue and trying different ideas to see how much engagement they get. This anniversary issue has been a lot of fun putting together, going through the old BTs has been great. The Cats of Bushwood, has had the most engagement we've ever had. Hopefully, when my time comes to hand over there will be someone else to pick it up and move it forward again.

James Cowen

**BUSH TELEGRAPH**  
 FETE, FUNDAY AND FESTIVAL OF FLOWERS  
 (2nd) by the biggest family of flowers...  
 AND... LINE UP...  
 SUBS!  
 NEW MEMBERS 1980  
 1979

**BUSH TELEGRAPH**  
 MAY-JUNE 1987  
 THE BUSH TELEGRAPH  
 Newsletter of the BUSHWOOD AREA RESIDENTS ASSOCIATION  
 YOUR COMMITTEE  
 IN COMMITTEE  
 SUBS!  
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 1987

**Bush Telegraph**  
 May 1994  
 The Committee  
 Letter from the acting Chair  
 Henry Reynolds Gardens  
 Suggestions  
 Damage by cars and lorries  
 Cassettes  
 1994

**The Bush Telegraph**  
 A word from the Editor  
 2006

**THE BUSH TELEGRAPH**  
 A Word from the Editor  
 2014

**THE BUSH TELEGRAPH**  
 A Word from the Editor  
 2015

**THE BUSH TELEGRAPH**  
 A Word from the Editor  
 2017

**The Bush Telegraph**  
 A Word from the Editor  
 2019

# THE BUSH TELEGRAPH

"I arrived in my prime when BARA was just two years old. I got involved pretty quickly. My first role was as editor of the Bush Telegraph. I thought with a background in publishing this would be easy. But we are talking of the days of cut-and-paste and Amstrad computers. I never got to grips with printing from an Amstrad... As editor I was also on the BARA committee and that post went on for some years. Like today BARA was very busy - socials, children's parties, walks, talks, clubs. You name it we did (do) it."

Joyce Quarrie

**LETTERS TO THE EDITOR.....**

**LETTER FROM PREVIOUS CHAIRMAN**

Dear Mrs. Buchanan,

Thank you so much for sending me the Bush Telegraph and keeping me in touch with Leytonstone and the Bushwood Area. Having lived in the area for 42 years, 35 of them in Bushwood, I am, of course, very interested.

I was appalled to hear of another Amusement Arcade. That, surely, does not attract new residents.

I am so pleased my initial work on BARA has now become a body with which to be reckoned. More power to your elbows and may you continue from strength to strength over the coming years.

Joan M. Cooper. Spain.

**LETTER FROM: P E GRIFFIN**  
 Leybourne Rd.

Dear Sir,

May I write and ask you if you could mention in the Bush Telegraph of the feeding of the birds by the trees in Sandy Lane, Bushwood, that this is fast becoming a homing ground for the rats and not the birds.

As I use this path daily I find a vast number of rats feeding on this bread, and fear that it is too near the houses to be any benefit for the birds, or the walkers.

Thanking you,  
 Yours, etc.

and to Joyce Wood and family for supplying the tent and running the refreshment stall.

**Cheerio!**

This is my last edition as editor of the Bush Telegraph. I have enjoyed my tenure in office and the fulfilment of seeing each edition come "off the press". I couldn't have done the job without help though. Cherry did all the typing and layout and Mick Orton the artwork and finished presentation. Thanks go to both of them. Thanks go also to those who provided articles and copy from time to time. After all, an editor can't edit unless he has the basic material.

We are now looking for a new Editor and a typist for the Bush Telegraph and also for somebody to do the art work on it. Should you be interested please let your committee member know or say so at the A.G.M. If the standard of the Telegraph is not to decline, we do need assistance with the presentation, which also means access to a good quality electric or other typewriter.

**and thanks to**  
**Committee Members**  
 Trevor Jones, 42 Woodville Road.  
 Joyce Wood, 34 Bushwood.

*(is that slight Ron?)*

**RON**



The Cats of Bushwood



Betty  
Mornington Road

The Cats of Bushwood



Tabby  
Mornington Road

The Cats of Bushwood



Lollipop Tinkerbelle  
Mornington Road

The Cats of Bushwood



Pebbles  
Mornington Road

The Cats of Bushwood



Mya  
Mornington Road

The Cats of Bushwood



B  
Mornington Road

The Cats of Bushwood



Winston  
Leybourne Road

The Cats of Bushwood



Frank  
Leybourne Road

The Cats of Bushwood



Charlie  
Leybourne Road

The Cats of Bushwood



Midnight  
Leybourne Road

The Cats of Bushwood



Lily  
Leybourne Road

The Cats of Bushwood



T  
Leybourne Road

The Cats of Bushwood



Coco  
Leyspring Road

The Cats of Bushwood



Treacle  
Leyspring Road

The Cats of Bushwood



Dandelion  
Leyspring Road

The Cats of Bushwood



Sharpay  
Michael Road

The Cats of Bushwood



Dash  
Michael Road

The Cats of Bushwood



Fu  
Michael Road

The Cats of Bushwood



Lex  
Hartley Road

The Cats of Bushwood



Dusty  
Hartley Road

The Cats of Bushwood



Riv  
Hartley Road

The Cats of Bushwood



Lulu  
Harvey Road

The Cats of Bushwood



Joey  
Harvey Road

The Cats of Bushwood



Ne  
Harvey Road

The Cats of Bushwood



George  
Lister Road

The Cats of Bushwood



Dodger  
Lister Road

The Cats of Bushwood



Minnie  
Lister Road

The Cats of Bushwood



Squeaker  
Lister Road

The Cats of Bushwood



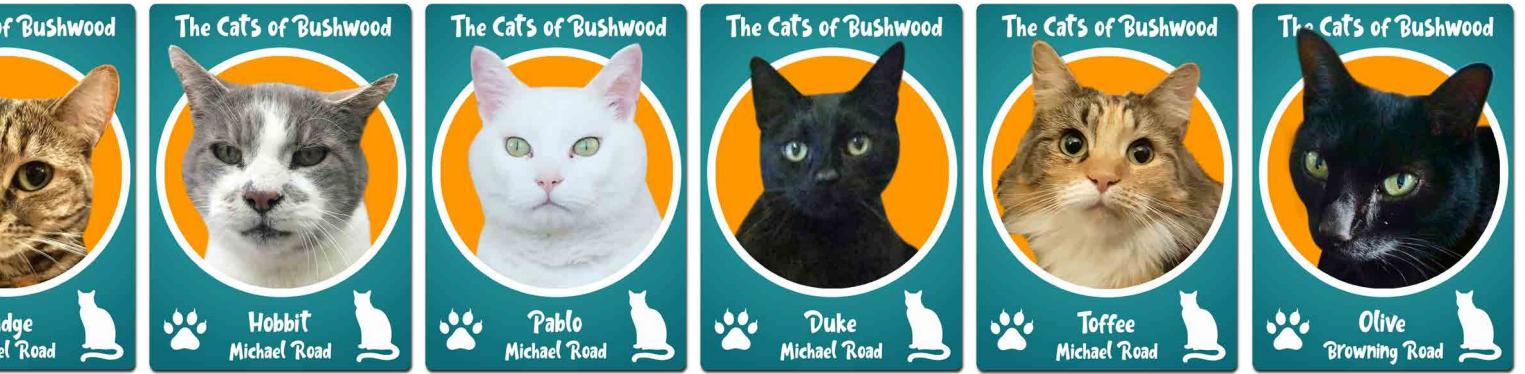
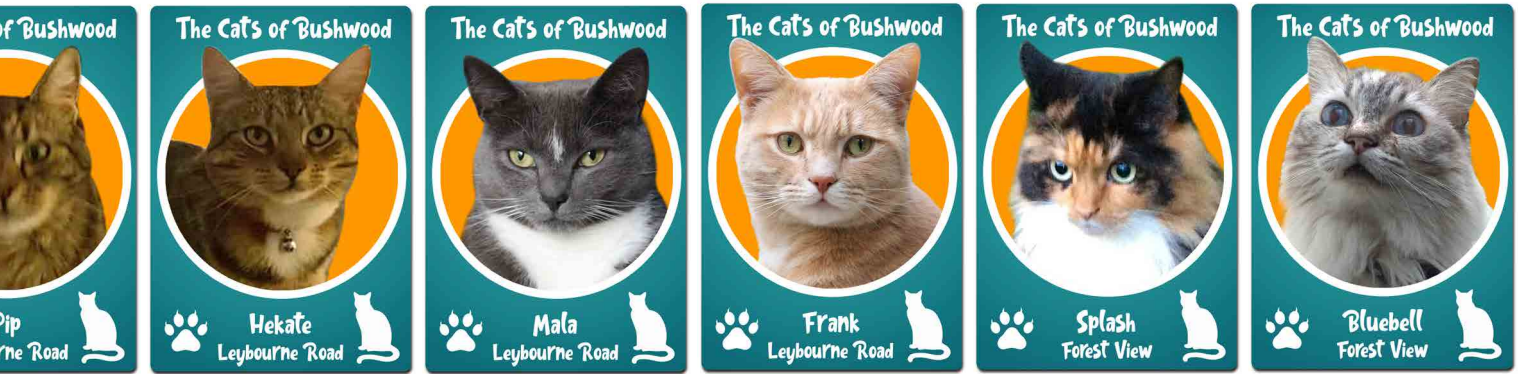
Marley  
Lister Road

The Cats of Bushwood



Ja  
Lister Road







# A Safer Neighbourhood

**Concerned about local crime? Take part in the regular Ward Panel and make a difference. Panel Chair, Katy Smith, explains how, when and where**

The Ward Panel is made up of local residents and open to everyone and we want to encourage more residents to get involved. The purpose of the Ward Panel is to give residents the opportunity to meet up with the local Safer Neighbourhood Team (SNT) for about ninety minutes every other month. The meeting allows residents to raise concerns or issues they have regarding crime in their area and the SNT share the latest crime statistics and Borough Priorities. It is important for residents to share their concerns with the SNT so that priorities can be changed to fit what is going on in our area.

The Policing Priorities for the Borough are:

- Counter Terrorism
- Serious Youth Violence
- Safeguarding
- Serious Acquisitive Crime
- Anti-Social Behaviour

The Chair of each Ward Panel attends a quarterly Ward Panel Chairs' meeting with the Safer Neighbourhood Inspector for the Borough to discuss problems and solutions. There is also a Safer Neighbourhood Board which meets once a quarter.

The Team is made up of one Sergeant, Designated Ward Officers (DWOs) and one PCSO. The Sergeant looks after 3 wards, Leytonstone, Cathall and Cann Hall. Each Team has the same number of DWOs and PCSOs and they all work the same shifts.

As there is no funding for these meetings we

## Leytonstone Ward Crime Statistics March 2019

Crimes per 1000 residents

Top reported crimes	
Miscellaneous theft	14
Harassment	14
Drugs	13

### Crime rate comparison



Source: Metropolitan Police

meet at the Fire Station which has a community meeting room which it volunteers to community groups.

Last October, Waltham Forest and Newham came together as one police team and started to share resources which can be moved around the two boroughs depending on what is happening. They can also be deployed into other boroughs to assist e.g. for President Trump's visit. The SNT cannot be deployed away from their Wards and will continue their normal



The SNT Team

work no matter what is happening elsewhere. The Borough Commander put together a pledge for the SNTs when Waltham Forest and Newham merged. The pledges will be published on the BARA website along with the crime figures when they become available.

The crime statistics for Bushwood have been high beginning in December especially around burglary and vehicle crime. I am hoping that recent arrests will result in a fall in the statistics when revealed at the next SNT Ward Panel meeting to be held on 24th June 2019 at the Library. The meeting will be first on the agenda for the Council Ward Forum that evening.

I would like to emphasise how important it is that residents report incidents to the police by calling 101 or using the Met Police website. You can also report concerns you may have about criminal activity in your area e.g. drug dealing, which I know is a current concern for residents on Bushwood. The SNT are working hard to catch the perpetrators and have had some success over the last few months. It is an ongoing problem that they address on a daily basis.

[www.met.police.uk](http://www.met.police.uk)

## Bushwood Planning Report

### 185 Mornington Road

#### Application 181545

Valid From 14/08/2018

Demolition of existing house and construction of 2 x 3 storey 4 bedroom houses (amended plans)

Decision - Withdrawn By Applicant

### 10 Harvey Road

#### Application 182845

Valid From 31/08/2018

Construction of a three storey single dwelling house at rear garden.

Decision - No decision yet

### Garages Adjacent to, 78 Leybourne

#### Application 182740

Demolition of four garages and construction of two, two storey three bedroom houses. This has planning permission subject to a list of requirements. There is now a new application with details of how the requirements will be met which on a first reading appear to be satisfactory.

### 80 Leybourne Road

#### Application 191650

Valid From 20/05/2019

Details pursuant to conditions

3 (Schedule of materials), 4 (Boundary treatment), 5 (Soft and hard landscaping), 6 (Water efficiency calculation), 7 (SUDs Statement), 8 (Construction method statement), 11

(Carbon emission reduction report), 12 (cycle and refuse storage details), 13 (Site investigation report) of planning permission ref: 182740, dated 29/3/19.

### 69 Browning Road

#### Application 191016

Valid From 08/04/2019

Construction of 2 x 4 bedroom houses consisting of two storeys with basement level on the land at the rear of 69 Browning Road. Associated refuse storage and landscaping together with the installation of access gate from street. Yet another application to build behind 69 Browning Road with access through what is now the garage of the existing house. We are objecting again on the same grounds, access for emergency services, over development, over looking surrounding properties.

### Harvey House 1a Harvey Road

#### Application 190991

Valid From 04/04/2019

Change of Use from use class D1 (Mental Health Day Centre) to use class D1 (Day Nursery). Reconfiguration of the front car park to include widening of pedestrian/cycling access, provision of cycle parking, car parking and part resurfacing with outdoor safety surface to create children's play area.

Objecting for the same reasons as last time – adding to the congestion in

Harvey Rd at drop off and pick up, the play area is a little bigger this time but is still directly under the outlets for the aircon from KFC and will have poor air quality.

### 89 Leyspring Road

#### Application 191267

Valid From 15/05/2019

Alterations to fenestration including replacement of all timber framed windows and rear door with PVC-u.

A query from a BARA member for this application means we will be keeping an eye on it, the planning application includes photos of all the existing windows and this statement:

*"Appearance 3.5.1 It is proposed that the fenestration of the new windows will be as close to like-for-like replacement to match the existing style and colour of the previous windows and be in keeping with the area."*

We will write to the planning department to ask that this proposal is a condition of approval and will download the documents.

All planning meetings have been attended by BARA Committee member Rosemary Warrington

<https://planning.walthamforest.gov.uk>





# Culture Watch



WALTHAM FOREST  
LONDON BOROUGH  
OF CULTURE 2019

## Africa Express: The Circus

Dobet Gnahore  
and Blur on stage

The Borough of Culture's flagship event was a huge success as Blur blew up Bushwood. James Cowen reports on this eclectic treat

Not many people were sure what they were actually going to see on that warm Friday evening in March. Damon Albarn's Africa Express project doesn't have the kind of a profile that would make your average Leytonstoner pay attention. The blue and yellow circus tent looming over Bushwood for most of the week had people asking questions rather than building up anticipation and excitement.

On the evening of the performance, though, the pubs and restaurants were full, the neighbourhood was buzzing and hundreds of people were streaming through town to get to the event area. I had to be reminded to wrap up before leaving the house as I had forgotten it was only March and was ready to go out in a t-shirt and shorts.

It was a nice feeling to be walking to the end of your road to go to a big gig and it was lovely to discover the queue full of faces I knew. It was like having your own private festival where the audience are your friends and neighbours.

Once inside we immediately joined the growing queue for the beer tent but despite two efficient well-staffed bars it still didn't have the capacity to quench a Leytonstone thirst.

"I heard Paul McCartney is playing, he's backstage right now!" someone in the queue whispered. "Blur are here," said another excitedly. "They're definitely going to do a set."

The perfectly sized 'big top' which housed the stage didn't feel cramped and even at the back you felt pretty close to the action. The music was diverse and the acts came thick

and fast, including The Good The Bad and the Queen, Django Django, Paul Simonon, Ellie Rowsell of Wolf Alice, Tuareg rock band Imarhan, a flamboyant rapper called KOG leading the vibrant Afro-futurism of Onipa, Warren Ellis of the Bad Seeds playing haunting violin for the remarkable Lebanese singer Yasmine Hamdan, and even an appearance from the Mayor of London.

The sheer number of acts and the inevitable delays between them definitely stalled the atmosphere a bit and by the end the big bald roadie had spent so much time on stage he should have had his name on the line-up. It didn't matter, though, as everyone was having a brilliant time.

We didn't get McCartney or Madness but the beer queue chatter wasn't all just cloud talk. As the evening drew to a close the excitement was palpable: were Blur actually here? Were they going to play? In a slightly surreal moment Blur emerged from stage left and started playing the low-key 'Clover Over Dover' from 'Parklife' and then... they set E11 on fire with 'Song 2'. Beer was thrown, the crowd all bounced as one and it was a brilliant moment. They finished their three-song set with 'Tender' which included a full gospel choir.

Afterwards, as we headed home, it really felt like we'd shared a special Leytonstone moment. Something residents will talk about for years. The organisers should be proud for executing such a smooth running event. Walking home we dreamed: what if, what if, it could become a regular summer event in E11...

### What's on next?

#### Duckie Loves Fanny

Art hawkers, Duckie, bring art and performance together to celebrate the legacy of Leytonstone's feisty home gal Fanny Craddock. Adults Only. Summer 2019 - Secret Location

#### Rebel Brass Band

Bringing together young people aged 11-18 of all backgrounds to create a New York style street band. Summer in Leytonstone

#### Polish Jazz London Series

Lively, expressive, distinctive and diverse just like the people of the borough. Some of the best comes from Poland and has a unique sound. Aug 16th - St Johns Music Hall

#### Leytonstone Loves Film

A weekend spectacular as film pops up in unexpected places. 27-29 September

#### Walthamstow Garden Party

Free outdoor summer festival with a unique line-up of international artists. 13th & 14th July Lloyd Park

<https://wfculture19.co.uk/> for more info

## Atomic 50: Time Travels in Tin

Deep in Leyton, hidden behind some building works and the Leyton Cricket Ground something unusual was happening. Pitched somewhere between retro future art installation, theatre and a children's activity, *Atomic 50 Time Travels in Tin* was leading people through a richly themed interactive educational activity.

Greeted by actors playing tin workers we were given a brief orientation video before being split into groups and 'clocked in' to the factory. We were then led through a series of rooms with activities, the first being what appeared to be a wooden shack in the woods where we were asked to construct a metal badge with real tin making tools.

Our energetic guides swiftly moved us along to more activities as we raced round the facility like contestants in the Crystal Maze. There was a performance demonstration about how tin is better than plastic, we designed our own environmentally friendly product, riveted a trumpet



Making badges

and then recorded our thoughts for a strange finale that involved our voices being uploaded to the universe... or something.

It all moved very quickly, the things that didn't quite work didn't outstay their welcome and the things that did were a lot of fun. Aimed squarely at 8-10 year olds it felt a bit like a school trip and I couldn't work out if I'd actually had a good time. My ten year old, however, thoroughly enjoyed it and was clutching her hand-made tin badge with pride.



Cutting aluminium sheets





Andrew Shields talks bands, buffets and Barratt's with the owner of Church Lane's destination music venue

Three *Time Out* Love London awards adorn the wall above the bar where Suja Luna Khaled and his partner Erika Kutanovaite are pouring a pint of Hop House 13 and a glass of white wine. It's early Friday evening and Luna is starting to fill up: workers on their way home stopping off for a quick drink, others settling in for the night's musical entertainment.

The acts on the bill straddle enough genres to justify owner Suja's claim that Luna is, indeed, "the most diverse music venue in London". Tonight's mix ranges from acoustic blues to Klezmer to Dixieland dance; at other times in the week it could be Jazz Up Thursday or a singer-songwriter session or the anything-goes Open Mic. What's indisputable is that since 2004, Luna has played a key role in Leytonstone's musical renaissance, hosting more than 2,000 performers last year in a friendly, relaxed and quirky environment. Boosted by a strong social media presence and the unmissable mural on its security shutters to tempt anyone driving through, Luna's regulars hail from many more postcodes than just E11.

“

**For the last seven years it's been constant live music - it's been brilliant**

Born in Tottenham, Suja moved to Norman Road at the age of three, then went to school and college in Walthamstow. At 16 he was working in Sainsbury's and listening to lots of music at home, at 21 he was drumming in a band ("I was terrible. We were terrible. But it was fun..."). All the records fixed to the basement wall in Luna are in fact from his family's collection.

It was a trip to Dublin that first exposed him to the power of live music in a small venue: "We were sitting in a bar having a beer, then a guy stood up and started playing the guitar. Then someone else walked in with a violin - he'd heard the music from outside and just joined in. It's a bit of a cliché but it's true. I said to my mates: are you feeling this? Imagine creating something like this back home."

A visit to Bangladesh to see his father helped



shape Suja's perspective on life. My dad said: "I named you Luna because if you look at any problem as if it were the moon, you'll realise how small the problem is." After a successful spell as a painter and decorator, he was installing a security alarm system in Luna's predecessor on the site, a restaurant called Café Larosh (before that, it had been a Barratt's shoe shop). The basement was barely used but Suja immediately loved the space and recognised its potential: "Could I realise my dream of having a place like I saw in Dublin? I went upstairs and asked the owner if he was interested in selling."

His initial plan was to continue the restaurant on the ground floor and start a club downstairs: "We called it Luna Lounge because it had loungey furniture. I've spent the last few years trying to ditch the 'Lounge' bit so we're just 'Luna - the home of live music!'"

The restaurant then became a buffet with Suja doing the cooking to reduce overheads, but the recession hit, custom dried up and DJ nights only temporarily plugged the gap. Suja reflected on his father's guidance and decided to close the restaurant, redecorate the ground floor space and in 2012 reopened as a music venue. It proved to be an inspired decision.

"For the last seven years it's been constant live music - and it's been brilliant. Erika took over the admin, graphic design, website and social media, while I'm the face of the business and double up as the handyman reclaiming timber and building furniture."

His culinary skills haven't deserted him: "We pride ourselves on treating the musicians well, and we always offer them home-cooked food. So I'm still able to indulge my passion for cooking. It's my way of expressing gratitude for them playing here."

"I often think of the image my dad painted for me, because it is at the heart of my beliefs

about the business I run. When you look at photos of earth from the moon, you don't see boundaries or divisions. Instead, we are all linked by the universal language of music. My purpose is to spread joy through live music."

Suja intends to continue his Northern Soul nights "as they have a loyal following and our polished concrete floor downstairs is perfect for the dance style", and was delighted to be asked to organise the music for last year's Leytonstone car-free day on a stage outside the venue. As well as organising the music for the 2019 festival he also has more ambitious plans: "A dream is to have someone who would really attract an audience come and do an evening. Maybe 50 premium tickets with all proceeds going to charity. Someone like Jonathan Ross - he's a local lad."

So, Wossy, if you're ever back on a sentimental visit to your childhood stomping ground, pop into Luna. Suja is expecting you...

**lunalounge.info**

#### **Favourite music genres:**

"Growing up, if I liked it I liked it. Simple as that. Now, any chance I get to listen to music away from the venue, maybe in the car, it's classical. I'm so exposed to music at Luna that I want to listen to something totally different."

#### **Favourite Luna band:**

"Not a specific favourite, I appreciate all the bands that have performed in the past, especially those with original and unique sounds."

#### **If only they'd walk through the door...**

"Jools Holland. He chooses to work with very diverse musicians and he's touched so many different styles."

#### **If I had a magic wand...**

"All the estate agents around here have large premises which they don't need. No offence at all, but I would pack them all into one office and take over their spaces for independent bars, restaurants and music venues. Can you imagine how great Church Lane would be then?"



# Ramadan in Bushwood

Ramadan 2019 is now over and the month long fasting is done for another year. James Cowen breaks the fast at Leytonstone mosque

I'd never been to a mosque before 2019 and since having a quick look around during Leytonstone mosque's open day I wanted to learn more about the day to day life of a community mosque and of my Bushwood neighbours.

The mosque sits right in the heart of Bushwood and Ramadan is its busiest time, it sees a huge increase in its daily use, particularly towards the end and during Eid.

I was invited to the mosque to share in the fast breaking and evening prayer and was welcomed by local Bushwooders Asif and Umar. Asif is a committee member and Umar organises co-ordinating youth projects. Both have grown up in Leytonstone and have been going to the Mosque since they were children.

When entering a mosque you must remove your shoes and the first thing I had to do was apologise as I had an embarrassingly large hole in my sock.

Asif and Umar were brilliant and gave me a tour of the mosque and answered any questions I had. They explained how during Ramadan muslims fast from dawn, which is 3am at this time of year to sundown at 9pm. When the fast is broken the first meal is called Iftar and at the mosque there were children preparing trays of snacks in preparation for sundown. People can eat something the mosque has provided or they can bring their own food.

The small snacks eaten at the mosque consisted mainly of pieces of fruit and dates. It's only a small snack to tide you over before the evening prayer at 9.05. Once the evening prayer is complete then most people go home for a proper meal with their families.

The last ten days of Ramadan are particularly special and praying during this time gives extra spiritual reward. During the last 10 days muslims may choose to register a space at the mosque to take part in Itikaf. This would involve staying overnight and spending all ten days praying without any distractions. A curtailed area on one side of the mosque has been set aside for this private praying.

When it was time to break the fast everyone went upstairs and sat down on the carpet together to eat from the prepared trays. Young and old were all sat together. I asked one young boy if he likes eating at night. He told me he was proud of himself for staying up until 3am



3:04 <sup>PM</sup>		
Sat 16 Mar 2019		
9 Rajab 1440		
Start Time	Jama'ah Time	
4:31	FAJR	5:40
12:18	Dhuhr	1:30
4:09	ASR	4:50
6:06	MAGHRIB	6:09
7:30	ISHA	7:45
SUHR ENDS	SUNRISE	ZAWAAL
4:31	6:11	12:08
Time To Asr: 01:04:28		

### Salah Times

The prayer (salat) clock sits prominently at the front of the mosque with the times of the five daily prayers. The five prayers are Fajr (dawn), Dhuhr (midday), Asr (afternoon), Maghrib (sunset) and Isha (night). Friday is the holy day and the Dhuhr is replaced with an obligatory congregational prayer.

Prayer times are defined by the sun rather than the moon as in Easter and therefore change dramatically throughout the year. Ramadan is the ninth month of the lunar Islamic calendar and moves back ten days every year. It will be moving to a winter Ramadam soon and will make fasting easier as sunset will be earlier and the days will be shorter.

received since the New Zealand attacks has been overwhelming. It really brings tears to my eyes. My post on Leytonstone Life's Facebook page has nearly reached 1000 likes! "

Thanks to Asif and Umar for being such gracious hosts and I thoroughly enjoyed my look around the mosque and the Iftar pack I received a couple of days later. If you're interested in taking a look around they'd be more than happy to welcome you.

<http://leytonstonemasjid.org.uk/>

## Bushwood Young Writers

Nine year old, Mohammed Amin, is this issue's young writer. He's attends Leytonstone Mosque and has written a piece about Ramadan which he and his family observed in May and June.

Mohammed has won £10 of Argos vouchers for his contribution. If your child would like to submit a piece of writing for a future issue of the Bush Telegraph then please get in touch the usual way. No more than 200 words, include a photo and your inspiration to [BARACONNECT@gmail.com](mailto:BARACONNECT@gmail.com). If your child's piece of writing gets printed they will win £10 of Argos vouchers.

### Ramadan 1440

You must be thinking why it says 1440 and not 2019? Well that's because it is only the year 1440. Ramadan is the ninth month of the Islamic calendar. During Ramadan muslims all over the world complete one of the five pillars of Islam (sawm) fasting. They fast every day for the whole month from sunrise to sunset.

In this holy month muslims worship and pray to their god (Allah). There is also an extra prayer added to the five daily prayers. This special extra prayer is only prayed in Ramadan. It is very long and its called 'Tarawih'. Ramadan is important to muslims because it is the month the holy

book the 'quran' was revealed to the prophet Muhammad. (Peace be upon him) The night the Quran was revealed to the prophet is called 'Laylat Al Qadr' and this night muslims are told to do lots and lots of good deeds and worship. Worship on this night is the equivalent to worshipping for months and months. Another reason why this amazing month of Ramadan is special is because the gates of hell are locked away with the devil and the gates of heaven are open.

I hope you learnt more about Ramadam

Mohammed Amin, 9  
Lister Road







# BARA Social

## Community Event Listings

### BARA Groups

#### Bara Football

When: 7-8pm every Thursday  
 Where: Leytonstone School  
 Contact: contact@jakegreen.co.uk  
 The Details: 5 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.

#### Board Gaming

When: 7.30 - 11pm Last Wednesday of the month  
 Where: The North Star Pub, Browning Road  
 Facebook - Leytonstone Tabletop Games  
 Twitter - @LeytonstoneGame  
 The Details: Leytonstone Tabletop Games is heading into its 4th year and has a strong community of regular gamers. As well as the regular monthly games night based around casual and fun games we also organise nights for more serious longer form games. No booking, no cost, just turn up at the North Star. No knowledge necessary just an enthusiasm for all types of games and meeting people.

#### Cycling

When: Every Saturday Morning 8.30am  
 Plus Social rides on 1st Sunday of month  
 Where: Meets mostly at McDonalds  
 Contact: NorthStarVelo.com  
 The Details: Long running East London cycling group catering for all types of rider

#### BARA Pets

When: All times  
 Contact: jo.pilc@hotmail.co.uk  
 Details: Providing help with locals pets from feeding when away or offering company when out on a particularly long day.

#### Photography

When: Every 4 or 5 weeks  
 Where: The Walnut Tree and beyond  
 Contact: Brian Hopson bushwooder@gmail.com  
 Details: The BARA Photogroup is a small but enthusiastic band of photographic enthusiasts which encompasses various levels of expertise. It's very informal and tries (often successfully!) to go on a photographic expedition every 4 or 5 weeks, visiting places such as Little Venice, Soho and sites in our own area (eg upstairs at the Red Lion) to take pictures. Between outings, we also take pictures independently on a chosen theme such as "winter" or "light" or "plants". About a week after an outing, we meet in the Walnut Tree with a MacBook on which we can display a selection of our pictures to discuss the photographs we've taken

### Are you receiving the BARA email?

All BARA members (who haven't opted out) should be receiving the BARA email newsletter which normally goes out once a month or so and updates members on BARA News, competitions, local events, crime, lost property, etc. If you haven't been receiving the newsletter but would like to, please drop an email to BARAconnect@gmail.com and we'll make sure you are added to the distribution list.

### Events Diary

Never be bored again, the BARA events diary is your guide to the Leytonstone social calendar for Summer. A huge selection of events from comedy and live music to markets and exhibitions. We've included the Red Imp comed club as well as it has some great acts warming up for Edinburgh. Easy to get to on the overground!

Sun 23rd June	<b>The BARA Party in the Park</b>	HenryReynoldsPark	12pm
Sun 23rd June	<b>Singsong Club</b>	Heathcote&Star	7.30pm
Tue 25th June	<b>Library Reading Group</b>	Leytonstone Library	5.45pm
Wed 26th June	<b>Board Game Night</b>	The North Star	7.30pm
Thur 27th June	<b>Wines of Moorish Europe</b>	Theatre of Wine	7.30pm
Thur 27th June	<b>Bad Manners</b>	The Red Lion	8pm
Fri 28th June	<b>Kids Bingo</b>	Leytonstone Library	11.30
Fri 28th June	<b>Forest Gayte Pride 2019 - 3 Days</b>	Forest Gate E7	All Day
Sat 29th June	<b>Culinary Walking Tours</b>	Leytonstone	11am
Sat 29th June	<b>Felix Le Freaks Drag Bingo Balls</b>	The Birds	11am
Sat 29th June	<b>Vivaldi Four Seasons - Summer Concert</b>	St.Johns Church	7.30pm
Sat 29th June	<b>Bryony Sier, Lickin Stick &amp; Mangoseed</b>	Luna Lounge	7pm
Sun 30th June	<b>Awake in Nature Mindfulness Liz Keates</b>	Wanstead Park	10am
Sun 30th June	<b>This Aint No Disco - Chilled DJs</b>	The Northcote	2pm
Mon 1st July	<b>Red Imp Comedy - Josie Long</b>	Rose&Crown E17	20.30
Tue 2n July	<b>Red Imp Comedy - Omid Djalili</b>	Rose&Crown E17	20.30
Wed 3rd July	<b>Meet the Author - Elaine Kasket</b>	Theatre of Wine	7.30pm
Thur 4th July	<b>Knit and Chat at the Stone</b>	Leytonstone Library	1pm
Thur 4th July	<b>Vintage Tea for Seniors</b>	St.Johns Church	3pm
Fri 5th July	<b>Afternoon Tea</b>	Heathcote&Star	12pm
Fri 5th July	<b>Red Imp Comedy - Simon Munnery</b>	Rose&Crown E17	20.30
Sat 6th July	<b>Leytonstone Arts Trail Begins</b>	Various Leytonstone	
Sat 6th July	<b>Stones Throw Market</b>	St.Johns Church	11am
Sat 6th July	<b>Pippa Davis Moon Conversation Game</b>	North Star	3pm
Sat 6th July	<b>Red Imp Comedy - Stephen K Amos</b>	Rose&Crown E17	20.30
Sat 6th July	<b>The Bad Day Blues Band</b>	Luna Lounge	8pm
Sun 7th July	<b>Wanstead Farmers Market</b>	Wanstead High St	10am
Sun 7th July	<b>Leytonstone Synagogue Artists</b>	2 Fillebrook Road	1pm
Mon 8th July	<b>Red Imp Comedy - Bridget Christie</b>	Rose&Crown E17	20.30
Wed 10th July	<b>BYO Baby Wine Tasting</b>	Theatre of Wine	2pm
Wed 10th July	<b>DJ Dave Haslam in Conversation</b>	The Wanstead Tap	2pm
Thur 11th July	<b>Ways of Seeing Tour - Themes in art</b>	Leytonstone Library	2pm
Fri 12th July	<b>Biercraft and Beatnikz Beer Tasting</b>	Theatre of Wine	2pm
Fri 12th July	<b>Red Imp Comedy - Reginald D Hunter</b>	Rose&Crown E17	20.30
Fri 12th July	<b>Pixie Presents LGBT Night</b>	Plough & Harrow	8pm
Fri 12th July	<b>Take Cover UK &amp; Unswung Heroes</b>	Luna Lounge	8pm
Fri 12th July	<b>Macbeth - Woodhouse Players</b>	Welsh Church	8pm
Sat 13th July	<b>Macbeth - Woodhouse Players</b>	Welsh Church	2.30pm
Sat 13th July	<b>Macbeth - Woodhouse Players</b>	Welsh Church	8pm
Sat 13th July	<b>Best James Bond Themes Live</b>	The Wanstead Tap	8pm
Fri 13th July	<b>Walthamstow Garden Party</b>	Lloyd Park	12pm
Sun 14th July	<b>Lloyd Park - Free Event</b>	Lloyd Park	12pm
Sun 14th July	<b>Leytonstone Synagogue Artists</b>	2 Fillebrook Road	1pm
Sun 14th July	<b>Limited Edition Art Fair</b>	The Red Lion	12pm
Sun 14th July	<b>Live Local - Cann Hall Event</b>	Cann Hall Park	10am
Sun 14th July	<b>Drawing Social plus refreshements</b>	Wanstead Flats	11am
Tue 16th July	<b>Red Imp Comedy - Paul Foot</b>	Rose&Crown E17	20.30
Wed 17th July	<b>Red Imp Comedy - Josh Widdicombe</b>	Rose&Crown E17	20.30
Wed 17th July	<b>Zippy and Me: Inside the costume</b>	The Wanstead Tap	7.30pm
Wed 17th July	<b>What's Cookin' Ash Gray &amp; The Burners</b>	Ex Servicemans	8.30pm
Fri 19th July	<b>Macbeth - Woodhouse Players</b>	Welsh Church	8pm
Sat 20th July	<b>Macbeth - Woodhouse Players</b>	Welsh Church	2.30pm
Sat 20th July	<b>Macbeth - Woodhouse Players</b>	Welsh Church	8pm
Sat 20th July	<b>Hip Hop On Wax: DJ Format</b>	The Red Lion	8pm
Sun 21st July	<b>Rain Summer Jam 2019 - Dance Battle</b>	The Red Lion	4.30pm
Thur 25th July	<b>Short Film Thursday</b>	The Birds	7.30pm
Thur 25th July	<b>Wilko Johnson EXTRA DATE</b>	The Wanstead Tap	7.30pm
Fri 27th July	<b>hip hop on wax</b>	The Red Lion	8pm
Sun 28th July	<b>This Aint No Disco - Chilled DJs</b>	The Northcote	2pm
Tue 30th July	<b>Library Reading Group</b>	Leytonstone Library	5.45pm
Wed 31st July	<b>Board Game Night</b>	The North Star	7.30pm
Sun 4th Aug	<b>Wanstead Farmers Market</b>	Wanstead High St	10am
Fri 16th Aug	<b>Marcin Masecki's Jazz Trio</b>	St.Johns Church	6.30pm
Sun 25th Aug	<b>This Aint No Disco - Chilled DJs</b>	The Northcote	2pm
Tue 27th Aug	<b>Library Reading Group</b>	Leytonstone Library	5.45pm
Wed 28th Aug	<b>Board Game Night</b>	The North Star	7.30pm
Sun 1st Sep	<b>Wanstead Farmers Market</b>	Wanstead High St	10am
Wed 4th Sep	<b>An Evening of Religion &amp; Rebellion</b>	Wanstead Tap	7.30pm
Wed 25th Sep	<b>Board Game Night</b>	The North Star	7.30pm

Borough of Culture Events
  BARA Recommends
  Leytonstone Arts Trail

Please see venue for further details, events may be subject to change



# Adboard

Free Member Classifieds

**ACCOUNTS & BOOKKEEPING** Efficient & painless accounting for your self-assessment, small business or tax return needs. One-off, occasional or ongoing jobs. Excel, Quickbooks, Sage. Qualified through experience. Reasonable rates. Ruth: ruthld@yahoo.com

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

**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** Pippa is a sensible, caring Sixth Form student with two younger sisters and lots of experience of babysitting (including young babies). Regularly looking after children in Bushwood, Pippa, lives locally and is available at short notice. Available for Fri, Sat and Sunday evenings and some week nights at a rate of £6 p/h. Please contact Pippa on 07487 670 970. References from other Bushwood parents can be provided.

#### BABYSITTER AND CHILDMINDER

Lynn Poulter of Harvey Road is a registered child-minder who has vacancies for drop off and collection at George Tomlinson and/or Davies Lane School, 7-9am and 3-6pm, hours negotiable also babysitting at £7 per hour. Tel: 020 8558 0651 or lynn.poulter@yahoo.co.uk

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

**BUILDER** carrying out full renovations, extensions and loft conversions. Design service available - full plans produced. Any renovation work undertaken, kitchen and bathroom refurbishments, decorating. 10% discount offered to members. Jacob Holbrook 07960114365

**CARPET CLEANING** Two-bed property £60, threebed £70. 020 8989 9728 or 07951 987806. RECOMMENDED

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

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

#### COTTAGE TO RENT

2 bed mid terrace cottage with courtyard in Browning Road available for Rent for a minimum period of 12 months, would ideally be suited for a professional couple, no smoking and no pets. Please call Martin Lambert for further information 07701036733

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

#### 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: 07855549740  
lizmaloy@hotmail.com  
20% discount for BARA Members

#### COMPUTER ADVICE

David: davidonem@aol.com 07801 276443  
**DECORATOR** Interior and exterior decorating, free estimates and advice. Michael: 07958 940558

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

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

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

**MASSAGE THERAPY** Alleviation of aches, pains, injuries and stress. Specialist therapist and lecturer in holistic, therapeutic, deep-tissue, sports injury, remedial and Indian head massage. Relief from existing problems or simply de-stressing and pampering.  
Helen 020 8989 3840

**MINDFULNESS MEDITATION** Retreat days, 8 week Mindfulness – Based Stress Reduction courses and FREE monthly mindful walks in Wanstead Park. For further details please contact elizabethkeates111@gmail.com or 07885519226

**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

**PAINTER AND DECORATOR** Rob Baker, qualified painter and decorator, handyman and BARA resident. Reliable, tidy and a perfectionist in his work. He can also repair wooden window frames, repair plasterwork, assemble furniture, erect drylining etc.  
07921809990.

**PC SOLUTIONS** Having trouble with PC? Has your Wi-Fi gone pear-shaped? Want to share a broadband Internet connection? PC specialist with over 15 years' experience. Roger: 020 8530 5656 or email: roger@gann.com

**PHOTO RETOUCHING, REPAIR & COMPOSITES** Do you have any precious photos that need restoring? Do you need an ex partner removed from your snaps? Do you need pro retouching and creative artworking?  
hello@marthasdarkroom.com  
Instagram @marthasdarkroom

**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

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

**SPARE COPPERS?** Why not donate any spare change to TOLFA, the UK charity that supports an animal hospital in India.  
Jo: 020 8530 3569

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

**TUTOR - ENGLISH** - experienced and qualified English teacher tutors all ages/exams. I also have experience working on Masters' essays and PhDs - I can provide references for all three. £20 p/hr. Email Laura on laurathorogood@gmail.com **NEW!**

**TUTOR – ALL INSTRUMENTALISTS AND SINGERS** Beginner to advanced, ages 6+; practical development, improvising (singers: vocalese and scatting), exam/audition prep; jazz specialist, DBS(CRB) certified, www.londonmusic tuition.co.uk  
Claude Alexander, jazz pianist

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

**TUTOR – PIANO** All levels of piano taught. See www.pianoheads.co.uk for piano sheet music. Liudmila: 07919 622293

**TUTOR - SCIENCE** 1to1 & group tutoring for GCSE Science, Biology, Chemistry & Physics and AS Level & A Level Biology. QTS qualified sec school teacher with 10+ years experience in both state and independent schools. All classes in Bushwood. Please email Suzanne Veitch on conat@e11tutoring.co.uk

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

#### YOGA

Mindfulness Yoga:  
Tuesday 8pm & Thursday 9.30am  
Pregnancy Yoga: Tuesday 6.45pm  
Postnatal: Thursday 10.45am  
All classes held at the Quaker Meeting House  
More info www.helenyoga.co.uk/07956 807675

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



## Local Businesses offering Member Discounts

## Shops &amp; Services

**KERASPICE**

715, High Road Leytonstone 020 8539 1700  
10% off food orders only  
(eat-in or collection)

**LA BELLA VITA**

Italian Mediterranean restaurant  
853 High Road Leytonstone  
10% discount

**LE PETIT CORNER**

734 High Road Leytonstone,  
5% discount on food and drinks

**LEYTONSTONE POP-UP CINEMA**

[www.leytonstonefilmclub.com](http://www.leytonstonefilmclub.com)  
£1 member discount

**LUNA LOUNGE**

7 Church Lane, [www.lunalounge.info](http://www.lunalounge.info)  
10% discount at the bar

**NORTH STAR PUB**

24 Browning Road  
10% discount on food orders

**O42 RESTAURANT**

885 High Road Leytonstone  
15% off food orders

**PANDA DIM SUM**

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

**PETCH SAYAM THAI RESTAURANT**

682 High Road Leytonstone 020 8556 6821  
10% discount

**SAN MARINO CAFÉ**

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

**STAR OF INDIA**

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

**SUNFLOWER CAFÉ**

777 High Road Leytonstone, 10% discount

**THE EX-SERVICEMEN'S CLUB**

Venue and bar 2 Harvey Road, 020 8539 2954  
10% discount on joining fee

**WOODHOUSE PLAYERS**

[www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk)  
Free programme and drink

**HEALTH, BEAUTY & SPORTS**

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

**ERSILIA ARJOCAN MA, MFHT**

[www.holistic-treats.blogspot.com](http://www.holistic-treats.blogspot.com)  
07791 879256 Free phone consultation and  
10% discount on any 60min or longer

**KAFI DESIR-LORDE**

Massage and Beauty Therapist  
07858 295 940 [lordesbeauty@hotmail.com](mailto:lordesbeauty@hotmail.com)  
20% discount

**LEYTONSTONE OSTEOPATHY**

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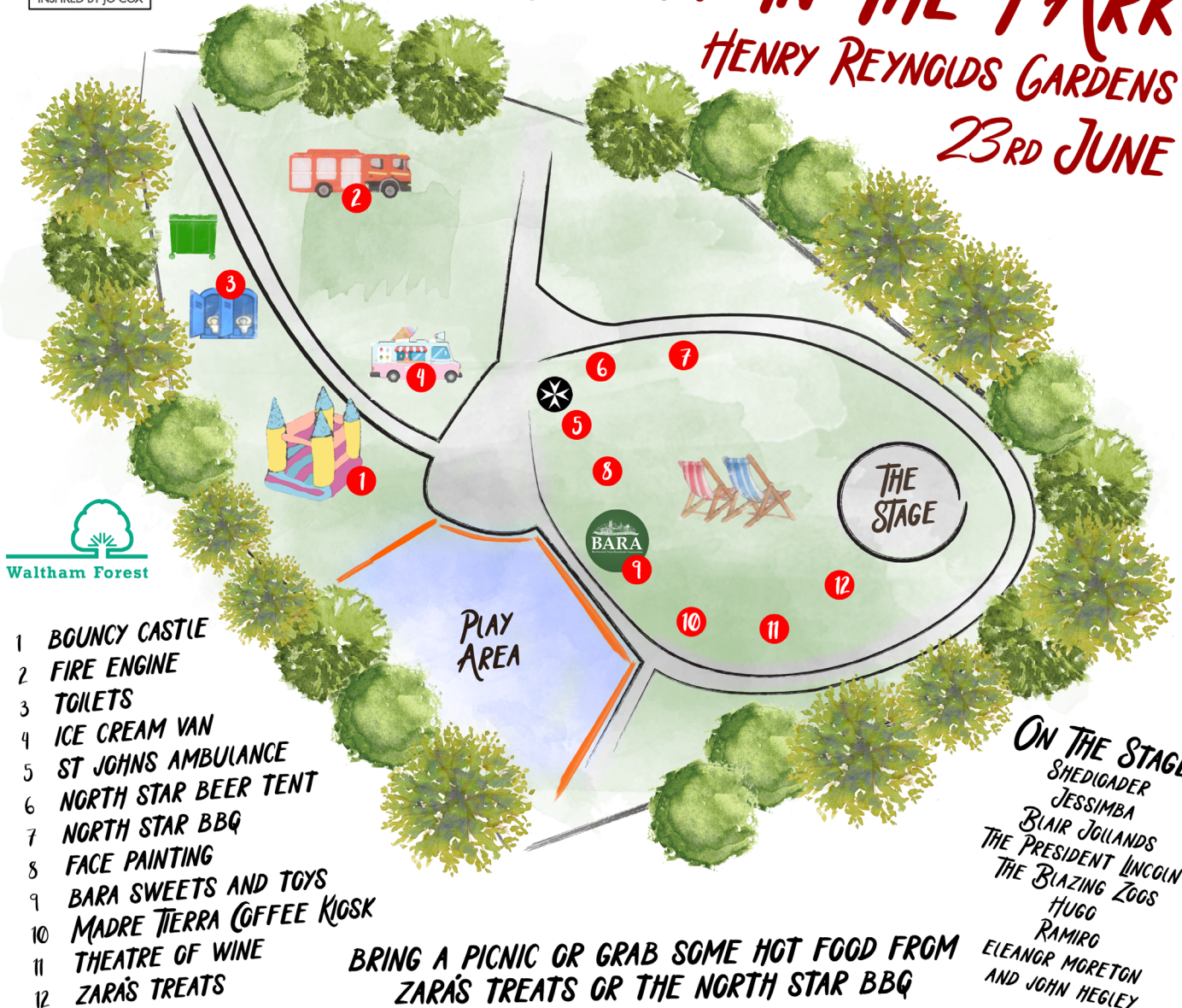
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