

The Bush Telegraph

June 2022 - The Jubilee Issue



The quarterly newsletter of The Bushwood Area Residents' Association



Note From The Chair



Now, I don't want to get ahead of myself, or tempt fate, but it does seem as though summer has finally arrived, after presumably getting caught up in train strikes last year! Consequently, the air is filled with the smell of barbecues, kids are counting down the days until school is finally out, and we're all tentatively booking holidays, hoping that the current spate of travel chaos will sort itself out fairly sharpish.

All this great weather has seen gardens all over Bushwood bursting into full bloom – testament to the hard work and creativity of our residents. It really makes walking round the neighbourhood a joy, so thanks to everyone who puts in the effort. This seems like the perfect time to mention that the committee will soon be taking to the streets in order to judge our annual BARA front garden competition.

Looking back at the last couple of months, a clear highlight was the long Jubilee bank holiday weekend. Not only was it like getting a bonus Easter break, the weather even managed to stay on side for most of it. The street parties all seemed to be a huge success, with great turnouts for Leybourne, Stanmore and Lister – which are the ones I managed to see first-hand. We had a great time on Leybourne Road, and it was great to see so many neighbours (plus invited guests from nearby streets) all coming together in celebration. That's not all the partying planned for this year – there's also our Party In The Park coming up in September. As in previous years, we'll be holding it in Henry Reynolds Gardens, with more details to follow in the coming weeks. Keep an eye on your inbox, as well as the BARA page on Facebook to stay up-to-date with our plans.

It's always encouraging to see new businesses opening in the area, and it's even better to see familiar faces back where they belong. In that spirit, we welcome Mammoth Tap Rooms to the arches next to Leytonstone High Road station, in the location formerly known as To Be Consumed. We're also happy to welcome back the Star of India, after a short hiatus. Happily, Shah and the team have managed to secure the premises just across the road from the Welsh Church, only a stone's throw from their former location. Finally, we'd also like to give a shout-out to Bushwood Framed, which has just opened up next door to the North Star pub, courtesy of local craftsman Simon Jones.

Before I sign off, I want to mention that we plan to hold more 'member exclusive events' at local venues in the future - similar in vein to The Spice-box cookery class featured in the last edition. So keep a watch out in BARA email updates and the Facebook page for interesting and fun ways to hang out with over 500 of your fellow BARA members.

That's all for now, enjoy the rest of the summer and don't forget the sunscreen.

Andy Irvine
BARA Chair

The BARA Team

BARA Committee

Andy Irvine
Chair
Leybourne Road

Doug Sheedy
Vice Chair & Membership
Barclay Road

Anna Davies
Treasurer & Social
Browning Road

RoseMary Warrington
Environmental & Planning
Mornington Road

Kate Duffy
Social & Facebook
St Augustines's Court

Katy Smith
SNT & Social
Harvey Road

Will Higham
Town Team &
High Street Liaison
Leybourne Road

Nadia Higham
Secretary & Social
Leybourne Road

Robbyn Linden
Social
Aylmer Road

Joyce Quarrie
Bush Telegraph
Leybourne Road

Fiona Sinclair
Membership
BARA e-Mail Newsletter
Leybourne Road

James Cowen
BT Editor
Library of Things
Website
Lister Road

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
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
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
Kate Duffy, 29 St Augustine's Court

For membership, please visit your road rep to make the £3 payment and receive your discount card or subscribe online at our website. 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 Joyce Quarrie for subbing & editing and to all of this issue's contributors, 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

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](https://www.facebook.com/BushwoodAreaResidentsAssociation)



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



Leybourne Road



Aylmer Road



Leybourne Road Pics: Adnan Roshka

A Bushwood Jubilee



Stanmore Road



Lister Road

A SWEET AND SAVOURY SLICE OF HONG KONG

Aquila has brought authentic Hong Kong cuisine to Church Street. Cynthia Dea speaks with one of the owners about how the establishment is a restaurant with intentions that go beyond just feeding people.

On the morning of Sunday 27 February, the bang of drums and clash of cymbals and gongs resonated along Church Street. The colourful spectacle was all part of a Chinese lion dance for the grand opening celebration of the restaurant Aquila. The ritual, performed by two dancers in an ornate lion costume, is used to bring blessings of prosperity and good luck when a new Chinese business opens. Not that Aquila is counting on luck to win over local diners, because since the opening, it is the restaurant's authentic Hong Kong-style cuisine that's winning them a devoted following.

Vivien Edwards and her brother Lukas want their restaurant to both introduce locals to authentic Hong Kong cuisine while being a haven for expat Hong Kongers. A close cousin, or sibling even, to Cantonese cooking, the dishes on the menu might look familiar to those who have only been exposed to the generic UK Chinese takeaway, but Hong Kong cuisine is much more sophisticated than that. It's a mix of flavours and cooking techniques influenced by its Cantonese neighbours in Guangzhou along with primarily Haka, Shanghainese and western cooking.

To get the food just right, Vivien recruited four chefs and two bakers from Hong Kong through the British National Overseas (BNO) visa programme. So what are some of the most popular dishes at Aquila? Vivien says it's the classic dishes that keep people coming: the beef brisket in curry sauce, wontons, stir fry clams and sweet and sour pork. She's keen to point out that the sweet and sour dish is not anything found at your average Chinese restaurant, but a complex sauce of eight ingredients that delivers the perfect combination of savoury tang and sweetness.

The bakery display case features a range of desserts influenced by Japanese-style baking



Above: Aquila during opening celebration
Left: Classic dish Stir Fried Clams



Aquila is one of the only authentic Hong Kong restaurants in London, and because of that, Vivien and Lukas want the restaurant to feel like a welcoming hub for the Hong Kong immigrant community

familiar to a Hong Kong bakery. Vivien says the chestnut tart and strawberry shortcake are two of the most popular desserts and customised cakes can be made as well. The custard tarts, unlike those with a puff pastry base found at dim sum restaurants in Chinatown, are made with a shortbread crust base, as a nod to Hong Kong's Tai Cheong Bakery, made famous by the regular patronage of Chris Patten, the last British governor of the region.

The drinks menu is also straight out of a Hong Kong cafe. Milk tea and lemon tea are made with tea leaves imported from Hong Kong. The 7 Up with preserved salted lime, a sweet and salty drink that's also consumed as a tonic for sore throats, is so refreshing on a hot summer's day.

Aquila is one of the only authentic Hong Kong restaurants in London, and because of that, Vivien and Lukas want the restaurant to feel like a welcoming hub for the Hong Kong immigrant community.

More than 100,000 people from Hong Kong have applied for the BNO visa since it was launched in January 2021, and homesick Hong Kongers have discovered Aquila through expat groups on Facebook.

While Vivien says 80 per cent of trade is made up of local customers, Hong Kong families and friends all around London and beyond also flock to the restaurant especially on weekends, where customers come from as far as Cambridge, Reading and Cardiff to get a taste of home.



Custom baked cakes and custard tarts



Indeed, Vivien said opening this restaurant is a way to maintain her culture, which she says is slowly disappearing and being erased. She wants to share with Londoners the story and history of her people by way of the food.

Take a closer look and there is indeed a political bent to the restaurant as evidenced by the messaging on their social media pages and blackboards at the restaurant. Recently, the restaurant was offering a 10% discount on the bill for anyone who went to see 'May You Stay Forever Young', a film banned in Hong Kong for its story about a group of young protestors.

There was also a display of solidarity for Ukraine with a blackboard saying they stood with Ukrainians. Vivien explains, 'Our people went to the streets to fight for their freedom and demonstrated in a peaceful way and were arrested. We stand with all people who fight for their freedom and independence.'

To really share with locals Hong Kong culture, they plan to serve traditional festive foods and dishes throughout the year. In late May, sticky rice dumplings were available to celebrate the Dragon Boat Festival, a traditional Chinese holiday and there are plans to celebrate the Mid-Autumn festival in September with poon choi, a decadent one-pot festive meal, and mooncakes.

At the same time Vivien hopes that Aquila will give Hong Kongers 'the same taste as it is in Hong Kong' and a sense of the place they've left. What a treat for the neighbourhood to be able to welcome this tasty slice of Hong Kong in Leytonstone.



Aysen in her relaunched Dogs Dinner

Having lived in the area for over 40 years, Joyce Quarrie has seen significant changes to Leytonstone and its High Road. But there has been one constant, a pet shop on Kirkdale Road. Here she chats with the owner of Dog's Dinner, Aysen Hakki.

If you had left Leytonstone fifty years ago and had never returned until this year what familiar shops would you find on the High Road? Some pubs, yes, but would you find a butchers? Bakers? Grocers? Supermarket? Any shops from half a century ago? You are probably thinking No. Well think again. There is one shop that has remained in the same business for over 50 years and you will find it at 23 Kirkdale Road where there has been a pet shop since 1967.

The current owner, Aysen Hakki, has owned Dog's Dinner since the end of 2004. Born and brought up in Leyton, she was working in Scotland as a chef and wanted to move back to her roots. She bought the shop because she wanted a job where she could take her dog to work. "I had no experience of retail or the pet industry but I didn't want to leave my dog at home all day. I used to come here regularly as a customer and when I saw it was for sale it provided the perfect solution" she says.

It wasn't an easy beginning as the shop was in a poor state of repair. There were holes in the roof, the back area was little more than a wooden lean-to and the whole place was very damp. But the last 18 years has been a labour of love where Aysen has constantly improved and expanded not just the premises but everything the shop sells. Now it has a wide-ranging stock for all sorts of pets selling foodstuffs and accessories for animals large and small as well as a great selection of plants. And what it doesn't stock can likely be ordered for customers. "It isn't easy for the small retailer" says Aysen. "I can't begin to compete with Amazon and the big pet supermarkets so I don't try. But I can offer personal service and if an order is big enough we have a free delivery service. And if

two or three people want to get together with a bulk order that can help us both. I can keep the price down and it can be more cost-effective for the customer".

For the last 14 years Aysen has had the aquatics expertise of her manager, Bob Auger, alongside to help. Bob was a delivery driver to the shop and when Aysen decided to expand more into aquatics, he offered the perfect solution and they have been working together ever since.

"My shop is about pet care not pet exploitation" says Aysen. "Up until the 1970s you would find all sorts of animals in pet shops. I had a customer who ran a pet shop in Walthamstow and he would get tiger cubs and monkeys for customers. When I first owned this shop I would find kittens in boxes on the doorstep. Other customers would come in with chinchillas and parakeets saying they were leaving the country and could I find a new home for their pets. It was so irresponsible but I always helped and found new homes for them because of the amazing customers I had who would help out. Fortunately that doesn't happen anymore".

Dog's Dinner is constantly looking to improve its ethical credentials. The latest project is to become more sustainable and reduce the amount of single-use plastic. The shop is now using returnable, reusable containers. Customers pay a deposit for the first container and can then bring them back to be refilled with dried foods and other products. It's a win all round. The shop can buy product in larger quantities at more attractive prices and pass the savings on to customers. Aysen is looking more and more at packaging and how she can make it more sustainable or reduce it. "If I had my way I would get rid of plastic completely. With a bit of foresight and investment we could be using materials such as hemp and bamboo for packaging. They are readily available and biodegradable".

Another progression is towards natural products. The Doggie Treat Shop is proving to be very popular. Dogs are very welcome in the shop and they can come and sniff around and

choose their own treats from the selection available.

A few years ago the shop started selling plants which have proved extremely popular and there is a wide range of garden plants in the spring and summer and houseplants all year round. This is another area where bulk buying can help the shop and the customers. "If a few friends or neighbours want to get together and order plants in bulk for the garden or home we are happy to help" says Aysen. And it brings the price down too. "And if it's a reasonable-sized order I can offer free delivery to one address". Dried flowers and displays are available all year round and can be ordered for parties, weddings and special events. Having done a two-year course at Capel Manor, Aysen is a trained florist and can provide stunning displays and table decorations. To complement the plants the shop sells ceramic and ornamental pots and is looking to expand the gift item area – not just for animals. So if you are looking for a present it's worth checking out the shelves.

"It hasn't always been easy but I count myself as very fortunate. I was diagnosed with leukaemia in 2011 that affected my ability to work and a few years ago I did wonder about selling up. But word got round and the local community was so supportive that it gave me the strength and incentive to carry on" comments Aysen. After a three-month spell in hospital in 2019 and a new drug regime she has now been confirmed as cancer free. "I've been really lucky and still see it as a miracle" she says.

Aysen is pet-free at home for the first time in her life. "My cat, Peanut, died a few weeks ago aged 17. I'm still grieving" she said. "I've had dogs and cats all my life".

But she has a large wildlife menagerie at her home in Chingford. "I made sure to put holes in my fences for hedgehogs and other small creatures and I leave kibble out for them at night. And I have a special friendship with a fox. If I don't get a visit from him at night I worry."

From its dilapidated beginnings the shop has had regular refits, the most recent being this year. But that doesn't affect the original 1920s shopfront. It is quite simple but there are beau-



Dogs Dinner in 2005 when Aysen took over



When I first owned this shop I would find kittens in boxes on the doorstep. Other customers would come in with chinchillas and parakeets saying they were leaving the country and could I find a new home for their pets.

tiful glass panels on the upper part of the bay window. "I think it may be the only original frontage in this row" says Aysen who has seen quite a few changes in her time in Leytonstone. "When I first arrived the last shop in the row was a sex shop and a lot of the others have changed hands".

And she has seen the area change considerably. "There are a lot more families here now and much more of a community. It has changed for the better" she says.

With high roads changing so much particularly after the difficult times of Covid we are very fortunate in Leytonstone to have an independent retailer with such a long history. And we are delighted in BARA to have Dog's Dinner join our discount scheme. BARA members can obtain a 10% discount on all non-food items and accessories in the shop.

Wouldn't it be great to think that in another fifty years people would still be shopping at the local pet shop in Leytonstone? It's in our hands to see that happens by supporting this great local enterprise.

Dog's Dinner, 23 Kirkdale Road E11 020 8556 3045

SNT REPORT

BARA's Katy Smith attends the regular Safer Neighbourhood's Team for Leytonstone Ward Panel.

The Safer Neighbourhood Ward Panel met in May. Sadly the Leytonstone Ward representative has left. Simon Crick has been appointed as the new Borough Commander, Alex Kayes has been appointed as the Safer Neighbourhood Superintendent and Rory Reihill is the Ward Sergeant replacing Jabs Jallal. PC Reece Smith has left our team and PC Botezapu has joined the team for two months from the St James Street Ward. There are also three new probationers joining Leytonstone, Cathall and Cann Hall Ward. I and two other Ward Chairs met with the Ward Inspector recently where we reiterated that the ongoing changes in Ward Officers does not encourage confidence as we never see the same faces on patrol. He said he would take this forward with the new Superintendent and the Borough Commander. I am also waiting so see if the Safer Neighbourhood Leytonstone Boundaries have changed and am waiting for a copy of the new map.

In the preceding five months there had been 27 vehicle crimes. We have had reports of two stolen vehicles from Bushwood in addition to

this figure. Not good news. Eleven burglaries and one robbery were reported.

Detailed statistics can be found online at www.met.police.UK. Enter your area, click onto stats and preventions advice and/or crime data dashboard for further information.

The three ward teams continue to work together resulting in seven arrests, five stop and searches, one warrant issued for a cannabis factory and one vehicle seized due to no road tax or insurance. There were 13 arrests for various offences including knife-point robberies, breaches of tags, possession of Class A and B drugs and breach of court orders. Also for burglary, firearms offences and domestic violence.

We have had two reports of a flasher in Bushwood. Please report any incidents to the police by dialing 999. I have reported both incidents to our Neighbourhood Team.

The next meeting of the Ward Panel is on 19 July 2022 at 7pm in Leytonstone Library alongside the Councillors Ward meeting. You should be able to join the meeting online but it would be lovely to see you all face to face after all this time. If you haven't attended a meeting before or can't attend in person please email me at currantbun52@yahoo.co.uk and I will forward the link to the meeting nearer the time.

Bushwood Framed

The vacant shop next door to Bushwood's favourite pub has now been filled. Hello Bushwood Framed.

Browning Road has welcomed a new business addition with BARA member Simon Jones bringing us Bushwood Framed. Simon, a familiar local friendly face in the area, opened his doors in early June after getting the keys only 3 weeks earlier. His previous line of work included horticultural wholesale as well as spending a number of years as a chef at the Lainsborough before training to become a framer. It's fair to say he certainly has an eye for detail and a penchant for perfection. Pop along with your prints and support this very welcome addition to the area. We wish him the very best in his new venture!



The Cats of Bushwood



THE RETURN

Those Bushwood cats are back for The Cats of Bushwood 2022. Once again we asked you for your cat pictures and this time the response was even bigger. Get ready for three pages of feline goodness and eighty four Bushwood cats.

In 2019 we thought it would be fun to collect as many images of local cats as we could, hoping to make a card game or a poster. Despite the card game never materialising the first Cats of Bushwood had such a good response and the poster sold seventy copies each including a £2 donation to Celia Hammond. After many member requests and lots of new cats arriving we thought it was time to update it.

Bushwooders are still as keen as ever on their cats and pictures started to flood in through various emails and social media. Due to the volume of cats we have to apologise if we've made any mistakes and your cat has been incorrectly named or is missing. However we can sort it for the poster that will arrive next month. The new poster will have any corrections and can be purchased on our website and picked up from the Dogs Dinner pet shop in Kirkdale Road.



Forever In Our Hearts

In the three years since the first Cats of Bushwood we have sadly lost some of our cats. Although these cats are no longer on the streets of Bushwood rolling in the road or demonstrating their yoga moves on a wheelie bin they will be forever in our hearts. Let's take the time to remember some of the cats that are no longer with us.







Exciting developments are underway at the Pastures centre in Davies Lane, creating a facility that will be a fantastic asset for the local area. Andrew Shields steps through the gate to find out more.

If you've taken a stroll down Davies Lane recently, you may have noticed the new noticeboard by the Pastures centre front gate advertising sport, culture and community activities for all ages. If you've peered over the brick wall, you might also have spotted a number of raised beds being cultivated by local growers.

These are among the visible signs that this long-neglected but never unloved site is beginning a revitalised new existence. Much also has been going on behind the scenes to develop Pastures as a vibrant resource for local people and groups.

First, a little history. In 2020, the Pastures site, comprising a full-size sports hall, multi-purpose room and kitchen, the Good Shepherd building and extensive grounds, were identified for potential development by Waltham Forest Council. The 'Save Our Pastures' action group was quickly set up by concerned residents and a campaign to protect the site as a community asset saw the Council agree to work collaboratively to bring Pastures back into full use.

The 'Save Our Pastures' campaign has now become the 'Pastures Action Group', with a remit to maximise usage and support the individuals and organisations looking to realise the full potential of the site. So far this has been focused on the sports hall, multi-purpose room and grounds. From walking netball to bike maintenance to a gardening group, you can find out what's available at saveourpastures.org, where there is a link to the Council's Playfinder site should you want to make a booking yourself.

More recently attention has switched to the Good Shepherd building. This was originally a 19th century girls' orphanage and some of its rooms have been used by local creative en-



DRINK MY SWEAT

Jake Green is the photographer behind the series of ten visually striking images in prominent locations on Leytonstone High Road. The exhibition is entitled 'Drink My Sweat', which is translated from the Swahili expression *Kunywa Jasho Langu* and can be interpreted as an invitation to enjoy produce that is the result of hard work. The photos document coffee production in Kenya, Colombia and Honduras and will remain in situ from the Overground station to Matalan until 9 September. As a self-described 'obsessive coffee drinker', Jake set out on a personal mission to trace the journey of coffee. In the project he humanises the processes and highlights the amount of work that goes into growing, harvesting and exporting coffee. "We hope that considering these images will inspire you to savour the privilege of drinking high quality, ethically sourced and sustainably produced coffee," he says, "and consider where our food comes from in general. "Having grown up in Leytonstone, it is an absolute honour to have this opportunity to share the project with our community." The installation was supported by Waltham Forest Council, Network Rail and local businesses. To find out more about the ten images, visit leytonoflondon.com/drinkmysweat.



terprises. Now, a three-person partnership has taken on the lease of the building with exciting plans.

The successful bidders, Zak Crafer, Danielle Gilbert and BARA resident and photographer Jake Green, plan to transform the building into a multi-purpose centre with creative arts at its core. With co-working, community and café spaces, the site will benefit from a renewed sense of purpose in the heart of the town centre. The trio's bid identified gaps in provision and responded to needs – such as co-working facilities – while adding to the local community, creative and economic footprint.

"Our mission is to improve the lives and prospects of our community through collaborative experiences," says Danielle. "As residents of Leytonstone, we relish the opportunity to make this contribution for our neighbours."

The opportunity presented by the multitude of spaces within the Good Shepherd building is encouraging Danielle to consider how people want to co-work: "We need to move away from the idea that this is just about desks and laptops," she says. "It may be an occasional or regular meeting place that's needed. Or a maker requiring a bit more space to spread out than they have available at home. Flexibility will be our watchword."

The aim is for the partnership to present their initial offering by late summer or early autumn. If you want to get involved or find out more, visit goodshepherdstudios.com where you can register your interest.



LEYTONSTONE ARTS TRAIL 2022

The Leytonstone Arts trail returns for 2022. Hilary Douse fills us in on what to see and where you can see our own talented Bushwood artists.

It really has been a very good year for Bushwood artists: Paul Dash was featured in the excellent "Life Between Islands" exhibition at Tate Britain; Russell Frost of Hooksmith Press has work in the Royal Academy Summer Show; and Jake Green has put up his impressive #DrinkMySweat photographs up and down our High Road.

Let's not forget that our own little festival of art is about to happen. The Leytonstone Arts Trail will take place from 2-10 July with venues all over town. To help you find your way around, the listings and map will again be online this year go to: www.leytonstoneartstrail.org

In addition to the cafes and businesses hosting exhibitions, there will be a couple of open studios in our own streets: Shirley Turrell will be opening her doors on Bushwood; and Sarah Longworth-West will have an open studio on Mornington Road. Browning Road will have their open garden - so do go and visit, say hello and give fellow Bushwooders your support! (Do check the website for opening days and times).

A short walk away from us will be a show at the Quaker Meeting House on Bush Road where you can enjoy their garden too! The Stone Space will be well worth a visit and the Fill the Gap Gallery by the station will be re-opened especially for the Trail. On the first Saturday of the trail, L&S Designers will be

setting up their "Makers Market" in St John's churchyard. This will be the last market of the summer, so don't miss out on that.

For those of you who like a walk, head across Wanstead Flats to displays at the Rookwood Village pub, and Patch Café. If you carry on down Cann Hall Road to the High Road there is a group show at the "House of Dan" (check opening times). Further along at the lovely Gray café, two other Bushwood artists will be displaying their work: Kasia Howlett, ceramics and Clare Davidson paintings and prints. Heading back toward the Town Centre there will be a show at the Plough & Harrow pub and the historical Pie & Mash photos by Jake Green are on the walls of the Noted Pie and Eel House.

A venue new to the Trail is the Mammoth Tap in the arches by the overground station where Seb Edge of Lister Road will have his photos on display. Finish up at the award-winning Stone Mini Market for more Bushwood talent where Helen Westerby and Stuart Cameron will grace their walls.

The art continues on the other side of the tracks too, down Grove Green Road and the streets of Leyton, so look up the dots on the online map and see where you want to explore!

As ever, we also invite anyone who feels inspired to join in with the "Let's Fill Leytonstone with Art" project. This is a chance to put up your own work or your children's work in your windows or gardens. Go to www.letsfill.co.uk to see what people have done in the past!

Follow and share on our Instagram; Facebook and Twitter accounts – help spread the word!

[@Leytonstone_art](https://twitter.com/Leytonstone_art) [@Leytonstonearts](https://www.facebook.com/Leytonstonearts)
[Leytonstone Arts Trail](https://www.facebook.com/LeytonstoneArtsTrail)

HAVE YOUR SAY

The place where BARA members can comment on local issues. The views and opinions expressed are the contributors' own and are not necessarily endorsed by BARA or the Bush Telegraph.

The council's Local Plan will fix Waltham Forest's planning rules, locations and scope for the next 15 years. BARA member and Civic Society supporter, Robert Gay, writes on his investigations, the issues he has found and how he is challenging Part One of the Local Plan.

Panorama Shot Location

FIGHTING WALTHAM FOREST COUNCIL'S DRAFT LOCAL PLAN

The Planning Inspectorate has refused to approve Waltham Forest Council's draft of Part 1 of the Local Plan, saying that if the council did not make changes "It is likely that we would conclude that the plan is not legally compliant and unsound".

By way of background, when the Inspectorate finally approves a Local Plan for Waltham Forest, the policies in Part 1 will fix the rules for granting planning permission in the borough, including the extent of development and the places where it will be allowed, for the next 15 years.

In March I spent five and a half days attending the hearings into the draft Part 1 on behalf of Waltham Forest Civic Society (and the evenings before reading as much as I could of the documentation for the next day). This experience rubbed into me three points about the way the planning system now works.

LIMITED FREEDOM

First, the council of a London borough like Waltham Forest has very limited freedom to make its own policies. The Planning Inspectors were testing whether the Local Plan agreed with the National Planning Policy Framework (NPPF), which is set by the government, and whether it was in 'general conformity' with the London Plan, which is made by the Mayor of London. The result is that a borough can only move a little way away from what the Mayor has said. (For instance, within Waltham Forest the Mayor has defined Walthamstow, and Walthamstow only, as a 'major centre' and the Local Plan has to follow that.)

Secondly, in practice there is an enormous difference between planning rules (and principles in the NPPF) which are in absolute terms, or close to absolute such as "unless in wholly exceptional circumstances", and principles which are a matter of giving weight to a consideration and striking a balance. With "wholly exceptional circumstances" there is a chance of persuading a judge that the council's decision was not lawful. When it is a matter of striking a balance, in effect the council can do what it wants.

One example of this is the contrast between

not building on metropolitan open land (the equivalent within London of Green Belt, which includes large parts of the Lea Valley as well as Epping Forest land) and protecting the value of metropolitan open land by restricting building next door to the open land. Building on Green Belt is 'very special circumstances' and so Waltham Forest Council's policies will not allow that. Building next door so as to destroy views and spoil the character of the open land is a matter of 'giving substantial weight' and so the Council has allowed 20-storey tower blocks next to the open land of the Lea Valley.

This difference also affects the way impacts on Epping Forest land are treated. The original purpose of the Epping Forest Act was both to preserve the natural character of the land and to make it available for public recreation. The position now is that many parts of Epping Forest land are specially protected for nature conservation by absolute rules, while the use of forest land by the public is only a matter of giving weight in the balance. As a result, the Conservators of the Forest are expected to protect the special natural habitats by reducing use of the land by the public. And the first reason the inspectors gave for rejecting the Council's draft was the impacts of the Council's target for new dwellings on the Epping Forest Special Area of Conservation.

Thirdly, the way the planning system is



My main aim was to persuade the Inspectors to reject the Council's figure for the number of extra dwellings (which would almost all be flats in tower blocks) to be built in the next 15 years.

organised means that individual residents stand no chance of fighting proposals for large-scale development. An application for a particular development will be backed by policies in a Local Plan, and even when elected councillors have some good will, it is very difficult for a council to depart from its Local Plan. If you want to fight the policies in the Local Plan, it is no good commenting in the 'consultations'; I have read the Council's reports on its consultations, and I do not think that a single one of the objections from residents produced a change in the draft of the Local Plan. To resist, you need to be able to go to the hearings and argue in terms of the NPPF, and each policy comes supported by several hundred pages of expensive consultants' reports. (I am qualified as a barrister and am used to working through large amounts of paper, but I could not master it all.)

CORRECTING THE FACTS

In the six days of hearings I was able to point out plenty of details for the Inspectors to correct – for instance, the draft plan was saying that developments for town centre activities in Leytonstone had to be 'complementary' to Walthamstow, and I was able to point out, and it was accepted, that Leytonstone is connected to Stratford rather than Walthamstow, and so someone applying to open (say) a cinema in Leytonstone should be asked how this would fit in with what is available in Stratford, not with what there is in Walthamstow.

I also argued that the Council's whole approach has been not plan-driven but site-driven. What a local authority is supposed to do is to decide where in its area it would be best to put development (which might mean only building new tower blocks in the centre of Walthamstow). What Waltham Forest Council did was to hold a canvass for sites which landowners wanted to put forward for development, and those are the 'strategic locations' where large-scale development is to be encouraged. (Because big sites which landowners want to put forward – like former gas-holders and railway marshalling yards, and the

View from Hackney Marshes of the Spitalfields Market site with four storeys of flats on the west side (nearer the Marshes) and six storeys on the east side. Behind, eight storeys on the site of Leyton Mills retail park with the two bottom storeys higher to accommodate Asda and B&Q and their car parking space.



View from Hackney Marshes of proposals for the same Spitalfields Market and Leyton Mills sites by Gort Scott, architects engaged by Waltham Forest Council to produce a "design brief" for the sites.



sites of Whipps Cross Hospital and the former Leytonstone House Hospital – are on the edge of the built-up areas, this means that the tower blocks go up next to the Lea Valley and to Epping Forest land.)

In particular, the Council did not follow the NPPF's procedure for flood risk assessment. The Inspectors have told the Council to carry out a survey of all possible sites for development in the borough (not only the ones put forward by landowners) to identify the sites at least risk from flooding. The Council's plan of work allows just one week for the first draft of this survey, and it remains to be seen whether they actually set about considering all possible sites.

The Inspectors refuse to accept the Council's target for new dwellings, and the Council refuses to accept a lower target.

However, my main aim was to persuade the Inspectors to reject the Council's figure for the number of extra dwellings (which would almost all be flats in tower blocks) to be built in the next 15 years. It is practically inevitable that the Local Plan will have to accept the number of extra dwellings allocated to the bor-

ough by the Mayor, which is 1,264 each year for the next 10 years. (A strong-willed Council which cared about the character of its area might shave this down to about 1,200 a year, but the system might not allow any figure lower than that.) Waltham Forest Council's own proposed figure is 1,800 a year for the next 10 years.

The Inspectors decided "Overall and based on the evidence before us, the Plan's housing requirement is not justified". They offered the Council options, including:

- To accept the London Plan target of 1,264 new dwellings per year;
- To produce a better justification for the Council's self-imposed 'requirement' of 1,800 new dwellings per year.

The Council has decided to stick with its proposed target of 1,800 a year, and spend more money on a different and better set of expensive reports to support their higher number of new dwellings. They intend to submit the draft Plan again in September.

NEED FOR A CAMPAIGN

The difference between 1,200 new dwell-

ings a year and 1,800 new dwellings a year, over 10 or 15 years, may matter enormously for what our area will be like. Twenty-seven thousand more dwellings will require tower blocks along the edges of the Lea Valley and Epping Forest land. Eighteen thousand more flats (1,200 a year, for 15 years) might mostly be accommodated in mansion blocks of six or eight storeys, which would not affect the character of our area in the same way, and would be more environmentally friendly.

What is needed now is a campaign to press elected councillors to think for themselves. We will need to detach them from the short-sighted thinking of the present administration of Waltham Forest, which favours more residents who will pay more council tax (and forgets that the extra residents will generate more of the issues that the council has to pay to deal with). We will need to persuade councillors to take on board the concerns of residents for the character of the places where we live.

I urge you to join the Civic Society and support the campaign which will have to be waged over the next few months.

Robert Gay wfcs.org.uk

Waltham Forest Civic Society

Waltham Forest Civic Society is one of hundreds of civic societies throughout the UK. They form a network of one of the largest social movements in the country. The first society was set up in 1846. The aim of civic societies is to provide a focus for voluntary and community action in order to improve the places where people live, work and relax. They often campaign to improve places and cover a wide range of topics from housing and high streets to climate change and community engagement. They aim to 'celebrate the best of what is inherited from the past and what is developed for the future'. For many years the overall governing body was the Civic Trust which closed in 2009.

This was replaced by Civic Voice, a charity to which over 300 civic societies belong. In a speech in 2009, HRH Prince of Wales said: "As civic societies you play an essential part in cherishing the much-loved roots and identities of our communities and campaigning for a better, more sustainable, future. Nowhere should be without a civic society and no-one should be without the voice you provide." Waltham Forest Civic Society (WFCS) is celebrating its 50th anniversary this year. Its aim is to 'preserve the best and improve the rest' in Waltham Forest by:

- * Keeping watch over streets, buildings and open spaces
- * monitoring and responding to planning applications
- * working with community and environmental groups, voluntary associations, council

representatives and schools. WFCS is a campaigning organisation whose scope includes the built environment, green spaces and other factors affecting the quality of life of people living and working in Waltham Forest. The society also engages with other local groups to support their campaigns where they are in line with the aims of the Civic Society. The aim of WFCS is to become a central point for the exchange of ideas and information on local community issues, the built environment, green environment and local campaigns. Various events have been held this year to celebrate the 50th anniversary and photographic exhibitions are planned in local libraries later this year. For more information contact **www.wfcs.org.uk**.

COMMUNITY THROUGH MUSIC



Danny Jones

Definitely not a musician or a singer, Sue House found herself drawn in to the atmosphere of Leytonstone's recently launched Folk Club at St John's Church Hall.

Everyone is welcome to join the Leytonstone Folk Club which meets in St John's Church Hall on the first Thursday of every month. Started over a year ago by four people with a shared interest in folk music, the club is now well established with monthly meetings, concerts and the occasional session at the North Star.

Monthly sessions are an incredible bargain at £3 which includes tea and cake. Everyone sits around in a circle and people can play, sing, or just listen. Everyone feels included and encouraged without any pressure. The Folk Club committee takes turns to host.

Meet the Folk Club hosts and committee members:

EMMA SCARR

A well-known local musician who performs solo and in the duo Black Scarr with Jonny Black, Emma has been performing in folk clubs and joining music sessions since she was a teenager. Self-taught on the guitar, fiddle, banjo and mouth organ, Emma can play and sing along to any tune. She also writes and performs her own material.

RHIANNON EGLIN

Rhiannon is a busy person who gets things done. She was the organiser behind E11 Unplugged, a series of local music sessions in people's front gardens which was a post-Covid highlight. She is also involved in setting up some open-air sessions for Leytonstone Festival. You will find her playing the hammered dulcimer (no, I had never heard of it either) in a band called Feorin and she is also the local Labour councillor for Leyton ward.



Emma Scarr and Black Scarr



Rhiannon Eglin(left) with band Feorin

Peter Fanning



Summer Concert at StJohns



Monthly meetup St Johns Church Hall

PETER FANNING

As part of planning for his retirement Peter decided to learn a musical instrument and chose the mandolin, a bit niche but he enjoys traditional music – folk and classical – and its easily portable. Leytonstone Folk has also helped him discover his voice, loud if not entirely under control. While a musical novice, he brings to the group his experience of administration from running a charity and working in the Civil Service.

DANNY JONES

Danny comes from a folky family: both his parents were in folk groups and they have been part of folk clubs ‘forever’. He describes himself as relatively new to performing having only done a bit of keyboady pop stuff in the ‘80s and ‘90s. Danny is entertaining and engaging when acting as host and you get banter for your £3 as well as music. He likes trad and modern often with a nod to his hometown of Liverpool. His guitar is a 1974 Martin D-28. His dad got it new and then took it on the road for 30 years with The Spinners. If that guitar could talk...

HOW DOES IT WORK

Each session kicks off with a welcome from the host who starts by singing or playing an instrument. They then move around the circle asking each person if they wish to perform that night. People are encouraged to join in if they know the song or tune. There is a piano in the hall for those who wish to use it. After a break for tea and cake the host leads the group in a sing-

along. Don’t worry about knowing the songs, the words and music are provided.

I can’t play an instrument. I never will be able to and I can’t sing. That doesn’t mean I don’t appreciate talent and creativity when I see it. At the Folk Club I have seen some exceptional musicians, witnessed moving moments as people perform for the first time, seen unique performers collaborating with each other and had the uplifting experience of being able to sing along. Some of the more unusual instruments played include the Latvian harp, giant recorder, a cajon, an accordion and a pan drum. All instruments I have never seen before much less heard.

The Folk Club has given rise to musical collaborations, such as the Francis Road Buskers – Peter Gettins and Atul Rana – welcoming singer Lilly to join them. You might have seen the Francis Road Buskers at the jubilee event. If you haven’t seen them around, you haven’t been going out much in Leytonstone.



I have seen some exceptional musicians, witnessed moving moments as people perform for the first time and seen unique performers collaborating.

A standout moment every month is Ploughman’s Lunch, a duo so unusual I don’t have words to describe them – they will make you think and laugh with their ditties.

The Club held its first summer concert on 18 June in the magical setting of St Johns Church. Members of the Folk Club performed or accompanied others. Local heroes Minimart supplied the drinks and legendary east London samosas were available – there was a scramble at the end to get the last one.

Hosted with a sparkle and a smile by Emma Scarr, there were so many standout moments. My personal highlights were Danny leading a singalong like a benevolent Night King, the spine-tingling performance of Wild Mountain Thyme which I hope to see again on video and finally, the moment my partner Paul (who had been a bit grumpy about coming along at all) turned to me and said “Wonderful!”

Many of the songs sung and tunes played are old. In the words of Pete Seeger: “I think folk music helps reinforce your sense of history. An old song makes you think of times gone by”. When someone strikes up a tune and people around the room join in, there is a sense of deep connection. An ancient way of communicating, that felt lost to me in the digital world, is still alive right here in our own town. Come and join in, there is music in the air, friendship in the room and a community being built.

“Do not cite the deep magic to me, witch, I was there when it was written.” CS Lewis.

Forthcoming dates: 4 August, 1 September, 6 October, 3 November, and 1 December.

www.leytonstonefolk.co.uk

Waltham Forest Council is planting thousands of trees across the borough. Local garden designer, Mark Cummings, explains how we can all do our bit for climate change by helping to keep the trees watered this summer.

Did you know that thanks to the sheer volume of trees within its boundary, London is technically a forest? The United Nations deems a forest as anywhere that has at least 20 per cent trees. London pips that at 21 per cent. And nowhere is it more evident than in our borough. Its literally the borough of Waltham Forest. Flanked by Hackney and Walthamstow Marshes, the Walthamstow Wetlands Centre, Wanstead Flats and the great Epping Forest itself, Waltham Forest is home to a significant proportion of the 8.4 million trees that reside alongside us here in the capital.

We know that trees are vital for biodiversity. They provide nectar for pollinators – a single tree can provide more than a meadow. They support hundreds of insect species and provide food for birds, either as berries or as a giant smorgasbord of grubs that live in the trees.

And they provide shelter, shade and are just beautiful to look at for us humans. And do not forget that an orchard will supply juicy fruit that contributes to our food sovereignty and food security.

Most importantly they are efficient carbon sinks pulling carbon dioxide out of the air, converting it to oxygen and sequestering carbon into the ground as they do so. It is trees, soil and the fungi that lives in it that are the key to saving the planet.

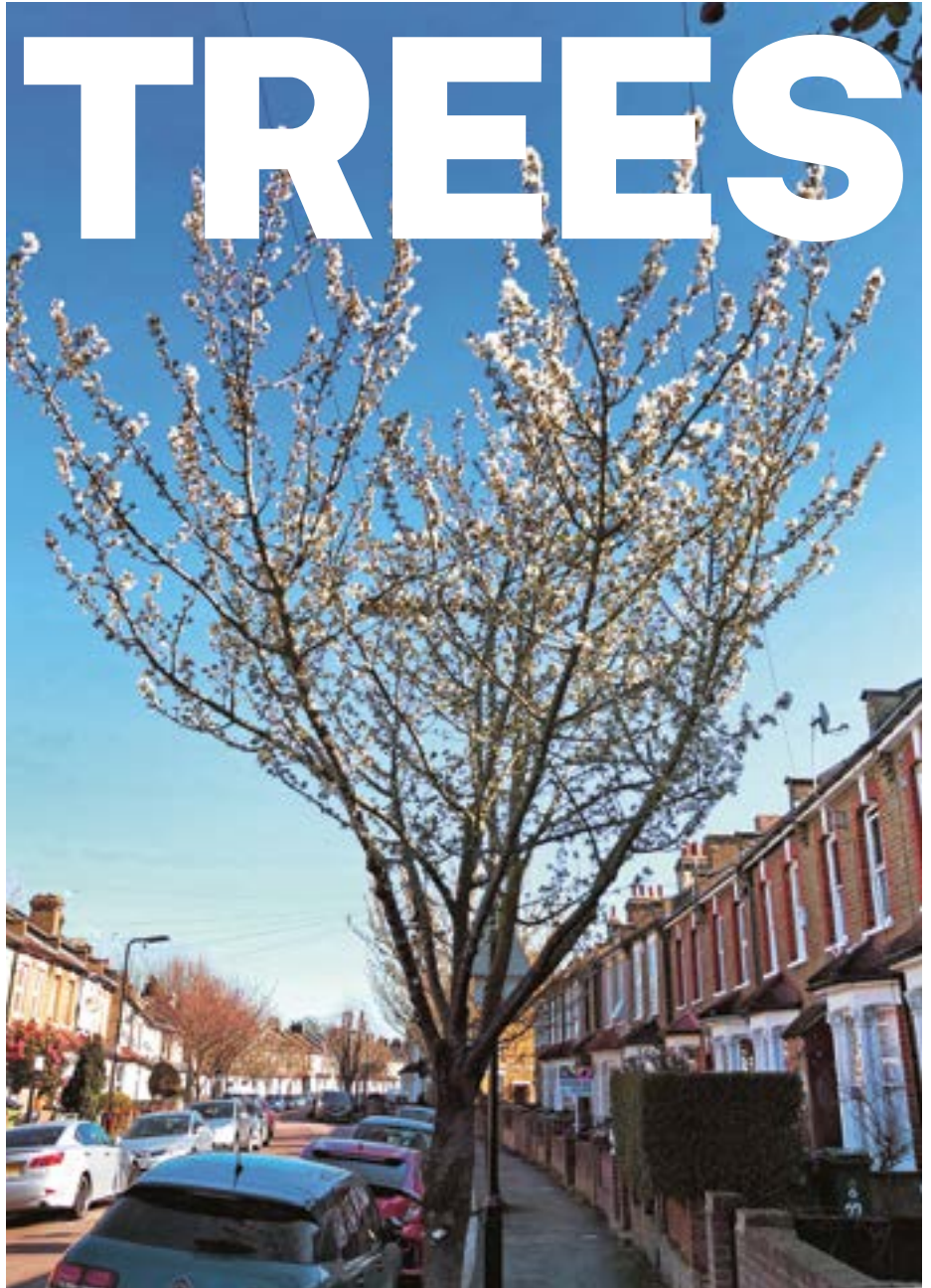
So it's great news that Waltham Forest Council has been planting thousands of trees across the borough. And no doubt Bushwood has seen its fair share. However, the drier Springs and Summers that we now see mean that the trees could well need extra support to thrive particular in the first months of planting.

This is why the Council and Forest Flora are asking that residents across the borough adopt a tree and water it well. If you see a new tree (the green gator bag and metal tree guard are a dead give-away) please take a moment to water it weekly.

The trees need 50 litres a week (about five large watering cans) but if a few neighbours banded together, it would be light work. If you aren't sure if a tree is being watered, don't worry, water it anyway. It is very unlikely that a street tree can be overwatered.

A well-watered tree develops a stronger root system which means it becomes well established in the first year. It is more drought tolerant in the years to come and more resistant to pest and disease. And living trees look a lot better than dead ones in our streetscape. As residents, one of the simplest things we can do to improve our environment is to water a tree and make sure it survives for many years to come. It's not a bad legacy where we really can think global but act local. Thank you.

Tips for watering: You will notice a large green bag around the base of the newly planted trees. This is a Gator bag, and it acts as a slow-release reservoir that allows water to slowly seep into the ground. There is small slit at the back into which the water needs to be poured. Alternatively the tree may have a large black pipe at ground level that feeds water directly into the root ball.



Garden Comp Starts Now

We are pleased to announce that we will be running our annual BARA gardening competition which is open to all current members. The BARA camera will be out and about snapping pictures of all the glorious front gardens so now

is the time to spruce up your borders, boxes and baskets. National Gardening Vouchers are the prizes and the winners will be announced in our Autumn BT along with photos of their blooms.

Community Event Listings

BARA Social

BARA Groups

Bara Football

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

Cycling

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

Pet Group

BARA has had a Pet Group for a number of years. The members help out with each other's pets, often with feeding during a holiday but can also help in other ways. New members welcome. If you would like to join the group please text Jo on 07757 964911.

Plant Group

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

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 so we can include them. 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 advise checking with the venue first

Events Diary

Sat 2nd July	Davies Lane Summer Fair	Davies Lane	12:00 PM
Sat 2nd July	Leytonstone Makers Market	St Johns Church	11:00 AM
Fri 1-Sun31 July	Queer Beer Festival	The Northcote	
Fri 1-Sun3 July	Twelfth Night	The Temple	
Wed 6th July	Parent and Baby Wine Club	Heathcote & Star	12:00 PM
Wed 6th July	Luna Comedy Night	Luna	7:00 PM
Sat 9th July	George Tomlinson Summer Fair	George Tomlinson	11:00 PM
Sat 9th July	Royal Charity Take Over - Drag Bingo	The Birds	19.30PM
Sat 9th July	Climate Action Day	St Johns Church	12:00 PM
Sat 9th July	Canna Brew Takeover + Pop Up Food	Stone Mini Market	3:00 PM
Sun 10th July	Lakehouse Jumble Trail	Lakehouse Rd Area	11:00 AM
Thur 14th July	Lunchtime Concert	St Johns Church	1:00 PM
Thur 14th July	Edinburgh Gin Masterclass	Heathcote & Star	7:00 PM
Thur 14th July	Cornerhouse Charity Pub Quiz	Leytonstone Tavern	8:00 PM
Fri 15th July	Rainbow Drinks - Transition Social	Stone Mini Market	
Fri 15th July	Hitchcock's Home Pop Up Cinema	St Johns Church	
Sat 16th July	Hitchcock's Home Pop Up Cinema	St Johns Church	
Tue 19th July	Bushwood Bees Honey Tasting + Charcuterie	Stone Mini Market	
Thu 21st July	Parent and Baby Drink and Draw	Heathcote & Star	12:00 PM
Sat 23rd July	Craft Workshop with Artstar	Stone Mini Market	11:00 AM
Tue 26th July	Introduction to Cycle Maintenance - Free	The Pastures	16.45PM
Fri 29th July	Pirates of Penzance	Wanstead Park	7:00 PM
Sat 30th July	Pride Party W/ Linzi Symons + Friends	The Filly Brook	8:00 PM
Sat 30th July	Craft Workshop with Artstar	Stone Mini Market	11:00 AM
Sun 31st July	Stone Rainbow Party - Pop Up Food and Ents.	Stone Mini Market	
Sat 2nd July	Leytonstone Arts Trail	Various venues	
Sat 6th Aug	Luna Comedy Night	Luna	7:00 PM
Wed 10 August	Peter Rabbit	The Temple	3:00 PM
Tue 16th Aug	Introduction to Cycle Maintenance - Free	The Pastures	16.45PM
Fri 19 August	The Reluctant Dragon	The Temple	5:00 PM
Sat 3rd Sept	Leytonstone Festival	Various Venues	
Tue 6th Sep	Luna Comedy Night	Luna	7:00 PM

*Some of these events may change and we advise checking with the venue first

Regular Events in E11

Day	Event	Venue	Frequency	Time	Details
MONDAY	Craft Beer & Games Console Night	Rookwood Village	Coming Soon		therookwoodvillage.com
	Blues Nite	Leytonstone Social Club	Weekly	8:00 PM	leytonstonesocial.club
	Let's Dance	Leytonstone Social Club	Monthly-Every1st Monday	2:00 PM	leytonstonesocial.club
	Bingo	Leytonstone Social Club	Fortnightly-2nd & 4th	2:00 PM	leytonstonesocial.club
TUESDAY	Dirty Darts	Northcote Arms	Fortnightly	7:30pm	thenorthcotee11.com
	East Side Jazz Club	Leytonstone Social Club	Weekly	7:00 PM	leytonstonesocial.club
	Quiz Night	The Red Lion	Weekly	7:30pm	theredlionleytonstone.com
	Yarnivores: Free Knitting&Needlework	Stone Mini Market	Fortnightly	6:00 PM	
	Creative Life Drawing	The Birds	Weekly	7:30pm	www.thebirds.pub
WEDNESDAY	What's Cookin'	Leytonstone Social Club	Weekly	7:00 PM	leytonstonesocial.club
	Quiz Night	Rookwood Village	Weekly	7:30pm	therookwoodvillage.com
	Pub Quiz with Ditzzy Ritzzy	The Birds	Weekly	7:30pm	www.thebirds.pub
	Open Mic	The Luna Lounge	Weekly	8:00 PM	www.lunalounge.info
	LTG - Board Game Night	Stone Mini Market	Weekly	7:00 PM	LeytonstoneTabletopGames
	Stone Rangers - Womens' Institute	Heathcote & Star	Monthly-Second Wednesday	7:30pm	stonerangerswi.com
	Leytonstone Historical Society	StJohns Church Hall	Monthly	7.45	leytonhistorysociety.org.uk
THURSDAY	Leytonstone Folk Club	St John's Church	Monthly-Every 1st Thursday	7:30pm	stjohnsleytonstone.church
	Music Bingo	Northcote Arms	Fortnightly	7:30pm	thenorthcotee11.com
	Piano Singalong	Northcote Arms	Fortnightly	7:30pm	thenorthcotee11.com
	Green Library Volunteer Assistance	Stone Mini Market	Weekly	11am-1pm	
FRIDAY	2-4-1 Cocktails	Rookwood Village	Weekly	All day	therookwoodvillage.com
	Bring Your Baby Quiz	The Birds	Monthly-Every scond Friday	2:00 PM	www.thebirds.pub
SAT	Tea, Coffee & Cake Tea Room	Stone Mini Market	Weekly	11am	
SUNDAY	Vintage & Craft Market	Rookwood Village	2nd & 4th Sundays		therookwoodvillage.com
	Drag Out The Weekend	Northcote Arms	Weekly	6.30pm	thenorthcotee11.com
	This Ain't No Disco - DJs	Northcote Arms	Monthly-Every 1st Sunday	2pm-6pm	thenorthcotee11.com
	Farmers Market	Buxton School	Weekly	10am-2pm	www.lfm.org.uk

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 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

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@thehappinessandpositivitycoach.com -thehappinessandpositivitycoach.com
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.

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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.

NEAL'S YARD REMEDIES Natural & Organic Health and beauty Visit uk.nyorganic.com/shop/rebeccadash / Insta: @project_serene for sale, offers and inspiration.

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.

FULL SIZED CELLO FOR SALE. Suit a beginner. In good condition. £350 ono. Contact Sandra on sandrahopson@me.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.

Shops & Services

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, refurbs 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

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

LUNA LOUNGE
7 Church Lane, www.lunalounge.info
10% discount at the bar

042 RESTAURANT
885 High Road Leytonstone
15% off food orders

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

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

HORIZON
809 High Road Cafe offering a huge 20% off everything in store and take-away

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

STAR OF INDIA
748 High Road Leytonstone
020 8989 4028 15% on dining in (except buffet nights and other promotions), 10% on takeaways
starofindiauk.com

THE EX-SERVICEMEN'S CLUB
Venue and bar 2 Harvey Road, 020 8539 2954 10% discount on joining fee

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

LA RIOJA
735 High Road Leytonstone
5% on everything inc cocktails

WOODHOUSE PLAYERS
www.woodhouseplayers.co.uk
Free programme and drink

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

BAXTER PHYSIOTHERAPY CLINIC
Back and neck problems and all other muscle and joint issues treated. Over 30 years experience. 2 Bushwood

020 8989 2292 or 07778 403237
£10 discount on all sessions

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www.effectivehomeopathy.co.uk
07903 274852
Homeopathy clinic based in E11
10% discount

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

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

STUDIO ELEVEN
745 High Road Leytonstone
0208 556 7199 www.studio11.london
10% off haircuts (Mon to Friday only excludes other offers)

STONE MINI MARKET
5% discount on everything

DAC PLASTERING
1 Trelawney Estate, Paragon Road, E9 general building work. Daniel Crook, 07949 180358.
10% discount

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

E & D MOTORS
Highly recommend Shaun at E&D garage for MOTs and all repair work. 10% discount excluding MOTs 272 Grove Green 020 8558 3222

KENNARD WELLS SOLICITORS
718 High Road, Leytonstone 020 8539 8338
5% discount

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

"LIFE COACHING FOR MIDLIFE WOMEN - LIFE PURPOSE & SPIRITUALITY COACHING. 12 week coaching programmes for midlife women who want to create a second half of life (even) better than the first! Mindful Walks In Nature -Wanstead Park and Walthamstow Wetlands (ad hoc-I advertise these in my Facebook group-Midlife Best Of Your Life)
Liz@lizkeates.com www.lizkeates.com
07885 519226
10% discount for BARA members

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

1 SECURITY SYSTEMS
Security systems, CCTV, intruder alarms, computer and mobile repairs. 345 High Road Leytonstone 020 3490 8180 / 07853 711616
www.1securitysystems.co.uk 10% Discount

BURGESS AND HALL
Present BARA membership card at Burgess & Hall Wines when you visit and always receive 10% off your total bill -drink in or take-away
www.burgessandhall.com

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

SPICEBOX
686 High Road Leytonstone
One free Loaded Bhaji per member card for dinner and one complimentary coffee or chai for their Saturday brunch service
eatspicebox.co.uk

THEATRE OF WINE
556 High Road Leytonstone 0207 0187420
5% off of tasting tickets and wine bought at tasting events
www.theatreofwine.com/weeklytastings

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

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. 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.



BARA Calendar Competition



The BARA Calendar Competition is well under way with lots of Winter and Spring photographs submitted by BARA members. We are now accepting photos of Bushwood and its locale depicting Summer. This is how the competition will work. There will be a seasonal photograph depicting Bushwood and the surrounding area for each month of the year. All photos will be judged and the best 12 selected will have one relevant month allocated to each winning photo. There will be a prize for one very special photo which will take pride of place on the front cover. The calendar will be printed and added to the BARA merchandise shop in time for Christmas. There will be regular reminders on BARA's social media and also in the BARA email newsletter to let members know which season we are requesting. NB. All photos must be your own work and you agree that by submitting them you are allowing them to be published. Any persons appearing in the photos must have granted permission for publication.



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