



The Bush Telegraph

The quarterly letter of The Bushwood Area Residents' Association



PARTY IN THE PARK

Months of organisation and planning paid off as the weather stayed sunny for BARA's Party in the Park. Henry Reynolds Gardens rocked to the sound of live music and people having a good time.

BARA kicked September off with the Party in the Park event at Henry Reynolds Gardens. Live music, a bar and a barbeque kept the crowds satisfied while the kids played games at the BARA stall and enjoyed a free bouncy castle and face painting.

This is the second party that BARA has organised at Henry Reynolds Gardens and the first since lockdown. Hopefully we can make this an annual event and something to look forward to in 2023.

Huge thanks to the volunteers that helped on the day, it wouldn't have been possible without you. From helping on the stalls, keeping the litter at bay and checking the toilets it wasn't a stroll in the park. Also thanks to the hard work of the committee in organising the event, in particular Anna and the social committee for project managing the complex number of tasks and paperwork required to pull it off. Organising an event like this is difficult and time consuming for a voluntary team but the committee learned a lot and if we go again next year it will be bigger and better.



Note From The Chair



In the last edition of this magazine I reflected on the fantastic Jubilee celebrations that took place across Bushwood. Just a few months later we are emerging from a period of national mourning. Although I don't personally have any strong feelings for or against the monarchy, I know I'm not alone in my deep admiration for the Queen's fortitude, commitment and sense of duty. More than anything, I'll miss her reassuring presence, as she has been a constant through most of our lives.

On a happier note, what a good time we had at our BARA Party In The Park just a few weeks ago. The weather was a little touch-and-go beforehand, but in the end we were very lucky. The turnout was great and everyone seemed to enjoy themselves. Music was brilliant, the beers were flowing and the kids went crazy on the bouncy castle! Events like this take an awful lot of planning and preparation so I'd like to thank the entire committee for giving it their all. Thanks to everyone who came along, since that's the measure of success that matters.

The next event on the BARA calendar is our Quiz Night at the Leytonstone Social Club on 22nd November. Always a fun, if challenging evening, so I hope to see you there.

Just lately, we've had a few enquiries about new BARA merchandise, as our stocks have been running pretty low. I'm happy to report that an all-new BARA calendar featuring local photography is well underway. It and the new BARA mugs should be ready in the next couple of months, but in the meantime there are the new edition of our Cats of Bushwood poster, and the BARA tote-bags if you're looking for that special gift for the person who has everything. The new posters proved popular at the Bushwood Yard Sale – another event where we were blessed with good weather. It was great to see people taking to the streets searching for treasure in other people's preloved goods.

A big thank you to Ron Allen, local historian and all-round Leytonstone expert, for another excellent bomb walk. I can highly recommend Ron's insightful stroll around the area.

Finally, as the old saying goes, as one door closes another opens. We bid a sad farewell to Spicebox, which brought some much needed colour to our High Road. In the year they have been here they made a big impression and their Walthamstow branch is still going strong. On a happier note we're delighted to welcome the Five Star Fishmongers back to their spot on the High Road – I know they've been missed by many of our members.

And that's it for another edition – let's hope the winter isn't too cold, and be sure to stay connected through our Facebook members' page.

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
Mornington Road

Kate Duffy
Social & Facebook
St Augustine's Court

Katy Smith
Planning
Social
Harvey Road

Will Higham
Town Team & SNT
High Street Liaison
Leybourne Road

Nadia Higham
Secretary & Social
Leybourne Road

Robbyn Linden
Social
Safer Neighbourhoods
Aylmer Road

Joyce Quarrie
Planning
Social
Bush Telegraph
Leybourne Road

Fiona Sinclair
Membership
BARA e-Mail Newsletter
Leybourne Road

James Cowen
BT Editor
Library of Things
Website
Lister Road

For membership, please visit your road rep to make the £3 payment and receive your discount card or subscribe online at our website. 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 this issue's contributors. We are always looking for 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)

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
Alex Maws, 1 Aylmer Road

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

WORD ON THE (HIGH) STREET

Committee member William Higham gives his update on Leytonstone Town Team, the mixed volunteer, retailer and Council group charged with helping out on the High Street.

MAKING PROGRESS

Huge thanks to everyone who's supported the Leytonstone Town Team's efforts over the last couple of years- either by pledging support or by taking part in our events. It's not been an easy road, especially with the impact of Covid and the current cost of living crisis. But we're starting to see the green shoots of progress nudging their way through now.

One encouraging development is the way Waltham Forest Council has taken many of residents' - and the Town Teams' - concerns to heart. It's started focusing more and more of its resources on ways to improve Leytonstone High Street. As mentioned last time, it now has a dedicated High Street task force. And it's currently brokering deals to try to find quality retailers to take over empty shops, such as those at the old Barclays and Shoe World sites - both of which are attracting attention from some interesting companies (more news next time).

THE FUTURE'S GREEN

More good news is that the GLA has awarded the council a grant to help develop a 'Future Neighbourhoods' strategy. This will consist of a diverse series of projects, all designed to support the High Street and surrounding area to become more sustainable. The Leytonstone Town Team and other local businesses have helped to shortlist a longlist of projects, which the council will bid for money to deliver.

The environment is a key part of the strategy, so there will be projects that help improve waste management, cycling and walking opportunities, reduce noise pollution and so on. But the project is also designed to improve social sustainability. Offering opportunities for everyone in the area to get together for events, training and shared interests. And creating a more enjoyable and relaxed environment that improves rather than detracts from residents'

mental health.

Overall, the aim of the grant will be twofold. To improve the local social and physical environment. And to make Leytonstone such a beacon of progressive sustainability that it attracts visitors from all across East London, providing a bigger audience for local shops and venues.

SOCIAL

One way to attract visitors to the area is by improving the Social Media profile of local retailers and events. Unfortunately our resources and skill sets are limited, so we'd love it if anyone could help us out. So, if anyone - from Teens to retirees - has skills in Social Media and could spare a few hours to help out, do please contact Town Team stalwart Jenny Leighton, Council Lead for the Town Centre (Jenny.Leighton@walthamforest.gov.uk)

... AND SANTA

Finally, a quick request about Christmas. Yes, I know it's only October, but when it comes to retail, Christmas requires a lot of set up! To that end, we've already started pulling together the Festive Season's regular retail and social events campaign. And we'd like to incorporate as many local events as possible. So, whether you're a resident or a local business, if you're planning any festive events, please contact Jenny (as above) and we'll try to promote them as part of the campaign.

DON'T FORGET THE LIBRARY OF THINGS

The unique Library of Things is a resource available to every member of BARA. Don't forget to take a look before going out and buying equipment. You might find what you need is only next door.

Inspired by projects around the world to reduce waste and build communities we have set up our own Bushwood version of a Library of Things. The library is a shared community resource of tools and household items that BARA members agree to offer to lend to other members for free. If your car won't start and you need a set of jump leads but don't want to buy a set to use only once then maybe the library can help. Simply consult the library inventory, find the item by sorting through the categories and contact the lender.

You can also add your own items to the inventory. Have a rummage through your garden shed and see what useful items have been sat there unused for years and add them to the library. With a current inventory of 75 items including a nail gun, various ladders, garden trimmers and a blood pressure monitor the library is constantly growing. If you use the library then please consider adding an item.

Normally shared libraries need a premises and staff but we are sidestepping the need for that by sharing the things we have and storing them where they already live - in our houses and garden sheds.

To get access to the BARA Library of Things you need to be a member of BARA and have an email registered with us. Then just email BARACONNECT@gmail.com to request access and we'll share the Google Sheet with you. The spreadsheet lists all the items you can borrow and the contact details to request them. You also have the ability to add your own items and contact details.

The system works on trust so we suggest you

don't share fragile, expensive and dangerous items. We ask you to treat other peoples property with care and be responsible in offering to replace anything if it gets damaged.

The more things we share with each other the more money we all save and it's better for the environment too.

Bushwooders are frequently using the Library to get their jobs done quickly and cheaply. You could save a lot of time and money strolling around Bushwood picking up equipment rather than driving to B&Q. You might even meet some new friends at the same time.

Matt House used the Library and said: "I borrowed a work bench earlier this year... FAB! Really quick to pick up and saved me a fortune by not having to buy one, check out the library list".

Beacontree's John Mallinder said: "I was reminded of The Library Of Things when I mentioned to my wife that I was thinking of using a trolley jack for the unusual task of moving our kitchen island. Andy Irvine was kind enough to loan me his jack for a few days and thankfully it worked as planned. This is a fantastic community resource saving time, money and effort finding these resources elsewhere. Thanks BARA and all the contributors".

Ellie McCall said: "I borrowed a circular saw and woodworking table from the BARA Library of Things when I was decorating my home. On a tight budget, and conscious of waste, I have been trying to upcycle and fix rather than buying new. With the saw, I managed to repurpose some old shelves to fit multiple awkward cupboards in my home and also fit spare floorboards to my shed. It was great fun teaching myself some wood-working skills. I probably won't need these tools for a long time now, so I am glad I didn't have to buy new!"

You can find the Library of Things on our website bara.london/library-of-things.



Ellie making her flooring



Matt House using the often borrowed Keter Workbench

It's September again which means its time for BARA's Kate Duffy to announce the results of the annual BARA in Bloom competition. She has been out and about with her camera and team of scouts to take pictures of your gorgeous front gardens.

Once again, the bar was set high for the judging of the annual Bushwood Gardening Competition. Kate and Katy spent a very warm and sunny Saturday morning walking around Bushwood armed with camera and the current membership list selecting potential winning baskets, window boxes and gardens.

There was a great collection of superb gardens which made picking the winners very difficult. Three winners were eventually chosen and a £30 National Gardening voucher was popped through their letterbox with a congratulations note from the BARA Committee.

Let's say a big well done to the following BARA members.

Karen of Barclay Road. She not only had a lovely display including petunias and pansies in her own garden but also planted and tended to a community bed filled with an array of colour in the same road.

Eleni of Michael Road. Here was a spectacular and varied display of flowers including hydrangeas, fuchsia and bluebells in her Michael Road garden. She also tends to the Peace Garden at Whipps Cross Hospital.

Linda and Gareth. They had a super rose adorning their Stanmore Road doorway stretching almost up to the first floor. They also had window boxes and hanging baskets filled with pansies in brilliant orange and yellows.



Eleni of Michael Road

All pics by Kate Duffy

THE FLOWER & THE GLORY



Karen of Barclay Road

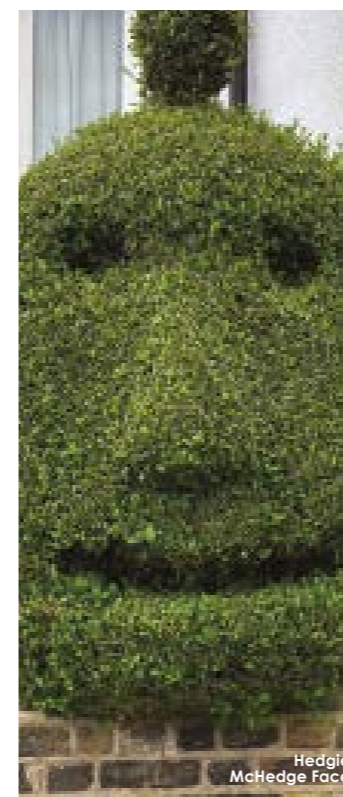


Karen's community bed



Linda and Gareth's doorway and baskets on Stanmore Road

SHEARIOUS ART



Hedgegie McHedge Face



Mr Chad

A local Bushwood landmark is the delightful collection of topiary on the corner of Mornington and Woodville Roads. They are the work of long-standing resident Jennie Hawley who tells us how they came into being and the new additions next door that are growing nicely.

I am beginning to be known as 'the hedge lady', and what started as something to amuse myself has become a Bushwood landmark which amuses the neighbourhood.

I had two privet bushes on the corner of my front garden. The large one I tried (unsuccessfully) to make into a cat shape, but as the smaller one looked like an egg, I attempted to make the bigger one into a chicken. The head was never right, so in the end I cut it off and with four long stalks tried to represent a headless chicken, which is how I felt I was tackling life at the time. I planted a box hedge next to the privets as I thought it would be easier to shape.

Some years passed and a rearrangement of the front garden to deal with a crumbling front wall meant I could accommodate the bins further from the front door, but it necessitated cutting off the back of the larger privet. This made me think of shaping the chicken into a face, cutting eyes and a gash for the mouth, and letting the nose grow. The box hedge I thought I'd make into a dog/dinosaur/dragon (I take suggestions from passers-by). The teddy bear is a bit of a cheat. At a boot sale I found a metal frame designed for shaping box hedging; I cut the small hedge down to stumps, tied the teddy bear shape on and waited for the hedge to grow, then clipped round it. Sometimes I make him into a koala bear by rounding the ears and snout.

Last year my neighbour (who had first demonstrated how one can be ruthless with privet by making our huge unwieldy hedge into four bushy hats - later combining two small hats into one) asked me if I could make them into something more attractive from the north side. She liked the idea of a buddha, so that's the middle one. The one by the gate pillar I'm trying to make into Mr Chad, the WWII graffiti character with two big eyes and



Budha



Dog Dino Dragon



a nose overhanging the brick pillar. It remains to be seen whether I can give him a long nose by encouraging the hedge to grow forward or if it will only grow upwards.

The large face (named Hedgegie McHedge Face by a friend) originally had a Mohican hairstyle but after a Sikh man said his son likened it to his topknot, I made it rounder.

The dog/dinosaur/dragon had a period as a duck (honestly - I'm not obsessed with animals beginning with d). An over-zealous council employee had earmarked my garden as having an 'overhanging hedge' and I received a letter asking me to remove any hedge that hung over my boundary. I shortened the nose of the dragon, and gave it an upturned bill, but

refused to take off the nose and chin of the face. There was such a BARA outcry when I posted the LBWF instruction on Facebook that Cllr Clyde Loakes said I could ignore the council instruction.

A child recently said she preferred it as an alligator (there! - no d) so I'm growing the snout again.

I have sometimes put solar lights in the eyes, but they get stolen. Recently I tried a white rose in each eye, one disappeared and the other was placed on the dog's head. At Halloween and Christmas I try to do something decorative with them.

Some people ask if it takes much work. I have an electric hedge trimmer, and I wouldn't attempt topiary without one. But I also use shears and secateurs for fine trimming or shaping. It takes about an hour, once a week or a fortnight in the growing season, and while I'm doing it, people stop to chat and comment.

They take selfies in front of them; grandparents who live in the area say their grandchildren insist on coming to see them when they visit; people add things, a makeshift cigarette protruding from the mouth; a hat perched on the head. One young mother gave me a box of chocolates one Christmas because she said they had brought so much pleasure to her and her sister's children on their daily walk to school.

I love doing them, it makes me smile, and that is exactly what so many people say when they stop to comment.

“ Grandparents who live in the area say their grandchildren insist on coming to see them when they visit; people add things, a makeshift cigarette protruding from the mouth; a hat perched on the head.



Ejaz and Shamim take a break to pose for the Bush Telegraph

FIVE STAR'S STAR FISH

Naz of Five Star says the most popular fish they stock are sea bass, sea bream, salmon and cod. Looking to go off piste? Here are some other popular items that the shop sells:

- Shellfish such as mussels, clams and oysters
- Red snapper
- Monkfish
- Sashimi grade salmon from Scotland
- Sashimi grade tuna
- Bourgeois Snapper
- Dog fish
- Catfish
- Frozen snow crab
- Fresh prawns
- Seasonal items include langoustine and fresh roe

Five Star Fishmongers welcomes their patrons to share photos of their home cooked fish and shellfish dishes on their Google business page.



After a seven-month closure, the high street fishmonger is open for business again. Cynthia Dea fills us in.

Family-run business Five Star Fishmongers is once again selling its high quality seafood on High Road Leytonstone after a forced seven-month closure. The shop was essential during the pandemic when restaurants were closed and people were cooking more at home. Indeed, during the lockdown, according to Director Johurul 'Naz' Choudhury, the fishmonger was extremely busy with daily queues going down the high street.

However it wasn't long after that that the owners were unexpectedly served with an eviction notice in December 2021, after serving the community for the last four years. Its closure left a void on the high street especially only days before Christmas. Instead of cancelling all the holiday orders, Five Star arranged for customers to pick up their requests at the family's other shop in Barkingside.

After a prolonged court hearing, Five Star was reinstated by a judge and reopened on 5 August. Since reopening, Naz says the reception has been only positive as they've been welcomed back by the neighbourhood. Even locals who didn't patronise the fish shop have come in to tell them they are glad to see Five Star open again for business. And since many of their original employees had forged relationships with their regular customers, the family made an effort to rehire most of their original staff even after such a long hiatus. "Even after being closed for seven months," says Naz, "we reopened the first week and business is better than projected".

Naz says "every high street deserves a good fishmonger" and is excited by the adventurous palette of his Leytonstone customers, which drives the daily selection of fresh fish and seafood. Thanks to the diverse clientele, there is a wide variety of fish and shellfish that the



Clams and Mussels

“Even after being closed for seven months, we reopened the first week and business is better than projected.”

shop sources from Billingsgate market and direct from fish brokers that provide fish directly from places like Sri Lanka and the Maldives. Keep an eye out for seasonal specials and Naz says Five Star will try their best to fill any requests for less popular fish unavailable elsewhere.

"It's been quite a journey," says Naz. "We've done better than expected and we're so glad we're back."



Centre: Diana. Inset: some of the volunteers. Top left and right: Flo and Ann. Bottom: Peter and Rachael.

There has been a community fridge in Leytonstone for four years thanks to the efforts of Transition Leytonstone. One of its members, Diana Korchien, runs this programme. She recently told Joyce Quarrie about the project.

Community fridges enable food to be shared within a community. They differ from food banks in that their primary purpose is to mitigate food waste. Some are just fridges but Leytonstone Community Fridge has a custom-made cupboard with space for tinned and dried goods. And it offers fresh fruit and vegetables and bread and all things baked. The inspiration for community fridges goes back to the 1960s and there are now community fridges all over the world with 300 in the UK. In the UK a national network of community fridges was set up in 2017 by the environmental charity Hubbub UK.

Through a presentation by Hubbub UK to a Transition Leytonstone meeting early in 2017, the organisation obtained start-up funding via the North London Waste Authority.

The first fridge was outside Café Montmartre on Harrington Road. "Customers were green and middle class and often made a donation for the food. A very different profile to now" remembers Diana.

The fridge opened in July 2018 and closed just three months later. "The people who ran the cafe hadn't got planning permission from the property owner. It was awful!" says Diana. "Right from the beginning we relied on volunteers who are all ages from all walks of life. Adrienne Aslan from Stone Mini Market was an early volunteer. When we had to close, Mini Market very kindly said we could set up a bread and vegetable table outside their shop. Flo Corbett from the Leytonstone Methodist Church on Lister Road was a customer at Mini Market and she made the church connection". "We try to keep our pick-ups local with

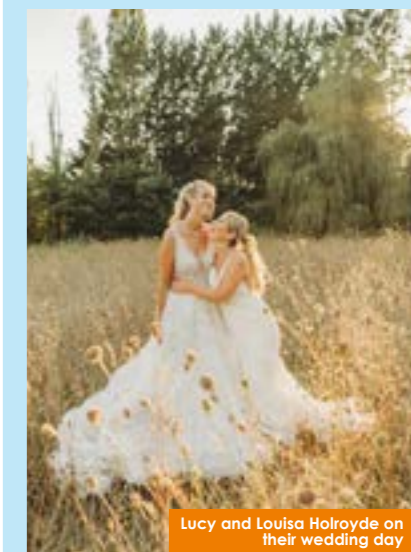
supplies coming from Tesco, Sainsbury's, Waitrose, Marks & Spencer, the Co-op, Getir, the Felix Project, International Supermarket and the Farm Kitchen among others" says Diana. "Initially we had a help-yourself system but it is more equitable with people serving. This means we need more volunteers and we are always looking for more people. It doesn't have to be on a regular basis. All help is welcome". Car drivers who can help with pick-ups are useful although the Fridge is now moving in a carbon-free direction with the imminent addition of a cargo bike. "The bike is going to be a tremendous help" says Diana. And training is available for volunteers who want to help with picking up supplies. There is now a storage unit too – the first solar-powered Community Fridge unit in the country.

All food is weighed before being distributed. Hubbub collates these figures and adds them to national figures that show how much food is being saved from landfill. In 2021, Hubbub estimate the Community Fridge Network redistributed around 3,150 tonnes of surplus food. The collective impact of the 300-strong and constantly growing Community Fridge network is huge.

When the Leytonstone Fridge started it attracted around 16 people in three hours. Today there is a queue an hour before opening and it is full-on for the one hour it is open on Friday, Saturday and alternate Sundays. Often the same people come every week and know each other.

A final word from Diana: "Please look in your cupboards and see if you have anything out of date. Even a year after a Best Before date is fine. 'Use by' and 'Best Before' are two different things. Food banks won't take out-of-date food but we welcome it. There has been a serious and notable drop in the food we are given in the last few months so we need everything we can get. And if you have a few hours to spare even once a month put your name down on our volunteer list. We need all the help we can get too."

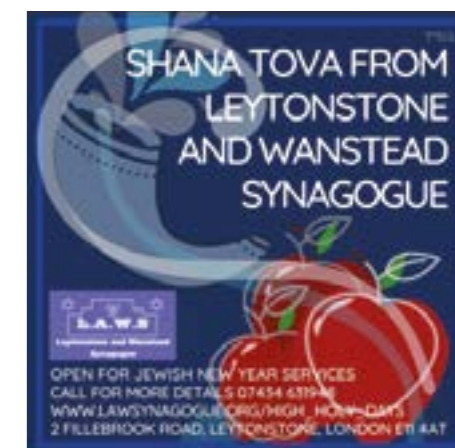
WEDDING BELLES



Lucy and Louisa Holroyde on their wedding day

All sorts of foods come through the Community Fridge project. The ideal foods are those that are portable and shareable in manageable quantities. Earlier this year a donation consisted of many large boxes of sweet peppers stuffed with feta cheese that you often find in supermarket salad bars. Each box held a substantial amount of peppers so the size and quantity were not ideal for giving away at the Community Fridge. Some were decanted into jars so they could be given away and others went out to the community at large. One tray was taken by Lucy Holroyde who wanted them for a big barbecue being held on the eve of her wedding – in the south of France! Probably the most well-travelled food donation to the Community Fridge so far.

If you want to help out at the Community Fridge please contact Diana Korchien on 07747 014235. Leytonstone Community Fridge opening hours: Friday and Saturday 12-1pm, alternate Sundays 11am-12pm. Transition Leytonstone: transitionleytonstone.org.uk





Declan performing at Luna

THE LUNA LANDSCAPE

Andrew Shields finds out what's on the horizon for one of Leytonstone's most eclectic and best-loved venues and a Time Out favourite.

"I walked into Luna just after the first lockdown had been lifted," recalls Declan Walsh. "The doors were open, music was playing, the whole vibe just pulled me in. I went down to the basement and found another great space.

"I met Suja, the owner, and told him what a fantastic place this was. He said: 'What am I doing wrong?' I replied: 'I don't think you're doing anything wrong. But I've been living in the area for a while now and I didn't know Luna existed.'

"I was roasting coffee at the time," Declan continues, "so I suggested he added this to his offer. Then passers-by would see the shutters up in the morning and know the place was more than a night-time venue. It worked. We hired and trained a team of young locals and the place started to get busier. Suja asked if I'd go into partnership with him. I said yes. Then, tragically, he died three days later."

Suja Luna Khaled founded the Church Lane venue 17 years ago and won three Time Out Love London awards for being, as he told the Bush Telegraph in 2019, 'the most diverse music venue in London'. At the time, Leytonstone was building a formidable reputation for live music with regular gigs at Luna, the Red Lion, Leytonstone Social Club and several other locations up and down the High Road. The pandemic halted that impetus although Declan is pleased to see it starting to return, with venues happy to assist each other with microphones, speakers or whatever's needed to get a show on stage.

"Luna's offer of free live music seven nights a week is unique," he adds. "Our ridiculously talented house band play feel-good music three times a week including Sunday night's jam session. On Wednesdays it's open mic, with an array of talent performing to a friendly crowd. On weekends, things heat up down in the basement, whether it's a DJ night or an album release party." Add in spoken word and comedy and you can see why Suja's original claim about Luna's diversity holds true.

Declan's aim is, he says, "to honour Suja's original vision and bring heart and soul to the community through music". And Luna's clientele is as distinctive as the programme. The venue's new website declares: 'Welcome to the society of misfits', a tag that's not intended to be disparaging but is meant instead



Our ridiculously talented house band play feel-good music three times a week including Sunday night's jam session.



to convey that this is a welcoming and safe space for everyone. "A true representation of how London is and should be," Declan adds. "I consider Luna as much a social enterprise as a business."

Maintaining that ethos while staying viable has become an even greater challenge following an ongoing dispute over a noise complaint made in July 2022. The venue had permission to open its sliding doors but was forced to keep them closed and remove any furniture outside. After the council's street trading team rejected Luna's application for a pavement licence, Declan had no option but to run shows in a space that he freely admits can be cramped and sweltering – the capacity is just 60 upstairs and 80 in the basement.

The result is a big hit to Luna's revenue, with the knock-on effects being that he can't pay bands as much as before or offer staff the hours they were used to working.

Declan is desperate for an amicable resolution and has legal support plus the Music Venue Trust on his side, while a petition on change.org has already attracted close to 1,000 signatures. "Luna and Leytonstone are a perfect match," he insists. "Our success benefits not only our workers and customers but also all the businesses adjacent to us. I want this very special venue to be at the heart of our neighbourhood for years to come."

You can sign the petition to allow Luna to open its terrace doors and obtain a pavement licence at cutt.ly/1VWfXrA

To find out what's on the bill visit www.lunalive.com or [@lunalive](https://www.instagram.com/lunalive) on Instagram.

More Cats!

Last month we released the second version of our Cats of Bushwood poster featuring 91 of our Bushwood cats.

The first Cats of Bushwood poster was released in 2019 and went on to sell 70 copies, raising £140 for the Celia Hammond Animal Welfare charity. The new limited edition 2022 version features even more cats than last time. It measures 20 x 30 inches (50 x 76 cm) and is printed on high-quality 250gsm paper. It's selling fast so if you want to secure your poster please visit our online shop now. Or you can pick up a copy from the Dog's Dinner pet shop on Kirkdale Road. Hurry! Once they're gone they're gone!

The poster costs £8 which includes a £2 donation to Celia Hammond.



PICTURE PERFECT

As we head into autumn the BARA calendar competition has drawn to a close.

This year we launched our first BARA Calendar Competition. It was something that had been discussed many times but had never materialised. But with BARA Instagram and Facebook groups use rising significantly, we were seeing some super photographs from our members. With all this talent 2022 was the year to do it!

The competition was officially launched in January when we asked for seasonal photos depicting Spring, Summer, Autumn and Winter taken in the Bushwood area and surrounding locale. Within a few weeks Autumnal photos were arriving in our inbox. Over the next few months, we collated a collection of Winter Bushwood scenes and then put a call out to our membership to send in Spring pictures. Of course, with our famous Chalet Wood nearby we received some fabulous bluebells photographs. We repeated this for Summer and then finally out went a call for photographs depicting any season to give members that may have missed a season a chance to enter.

We now have around 50 photographs from which Hilary, our Arts Trail aficionado helped by Helen, will select the final 13 photos. This will give us a photograph for each of the monthly pages. The photograph judged to be the best overall will take pride of place on the cover of the calendar. Location and photographer credits will appear alongside the photos. Winners will be announced via our social media and e-newsletters and we hope to publish an article along with sound bites from our winning photographers in the December edition of the Bush Telegraph.

Once we have the final selection we'll be getting the calendar to print. It will make a perfect gift and we want to be sure it will be available to buy via our online merchandise shop in good time for Christmas.



MINERAL WATERS AND MEDICINAL SPRINGS

Hilda Varley asks if underground water and springs could be the cause of the unusual pattern of basement flooding in Bushwood.

Have you ever wondered why some houses in the area or your street have wet basements and sumps and others don't? Long ago there were many springs and small brookes coming out of the gravelly ground around here. In the 18th and 19th century there was thriving water cress industry in the area, which needed flowing fresh water. There was even a short-lived health spa in Wanstead*.

The Eagle Pond, Snaresbrook Road, was called Snares Pond in 1746 (Rocque, Environs London (1744-6), sheet iv). It is a prominent

feature, favoured by anglers. About 1619 a mineral spring was discovered at Wanstead, which for a short period became a fashionable spa. The spring may have been at Bushwood (M. Christy and M. Thresh, Mineral Waters and Medicinal Springs of Essex, 11-12).

To try and map where a long-lost river flows under the Bushwood area we could list all the houses that have damp or wet basements in the area. I suspect it flows under my house. I do not have a basement but the bricks get wet in a certain place after heavy rain.

If you'd like help just send me your door number and maybe we can locate the Ley Spring or Alders Brook.

*www.british-history.ac.uk/vch/essex/vol16/pp317-322



BREAST SCREENING CLINIC

Going for a regular breast screening is something that needs to be done and is a much better experience now says Rosemary Warrington.

I had a nice surprise recently. I attended the mobile breast screening clinic in Temple Mills (that is the address but it is actually in the Asda carpark). You may have seen a large white lorry trailer tucked away to the left-hand side as you face the main shop entrance.

All women over a certain age as well as people deemed to be at high-risk are invited for periodic screenings. Everyone (men included) should go to their GP if they find a lump or unexplained discharge from a nipple. It is usually not cancer but it is very treatable if diagnosed early.

The surprise was that this was a much nicer

experience than previous screenings. I had remembered to wear separates as you can keep on everything below the waist and this means you are in and out more quickly. The woman clinician was pleasant and friendly as well as, of course, professional.

The process is uncomfortable and undignified as one hugs the machine while one is wriggled and pushed into the correct position six times, for scans on each side at three different angles. But it was so much less unpleasant than the really painful squeezing with acrylic plates of the machine that I had experienced before. In fact the last time I attended I had to have an extra scan as one had not covered all the breast tissue and I was almost in tears. So if you get an invitation do make the appointment and go. **More information can be found at: <https://www.nhs.uk/conditions/breast-screening-mammogram>.**

BUSHWOOD PLANNING REPORT

CAPITAL HOUSE

Planning Application 221848

843 High Road, Leytonstone
Submission of details pursuant to condition 7 (Construction Logistics Plan) attached to planning permission reference 201348 granted 25/1/2021.

Decision Withdrawn

875A HIGH ROAD ABOVE STAR OF INDIA

Planning Application 221472

Change of use from first and second floor residential unit at 875A High Road Leytonstone (1x5-bed) (use Class C3) to a house in multiple occupation (Use Class C4) comprising up to six persons living as one household with roof terrace to first.

Decision Approved

2 MICHAEL ROAD

Planning Application 222224

Conversion of garage into habitable space including replacement of garage door at front elevation with associated windows.

25 HARTLEY ROAD

Planning Application 222259

Lawful Development Certificate (Existing)
Use of property as 3-bedroom single dwelling house.

12 BROWNING ROAD

Planning Application 221603

Replacement doors and windows with alteration of two rear openings with Juliet balcony at first floor rear. Replacement front porch canopy. New external electric meter. Replacement main flat roof with addition of roof windows and folding edge protection guardrail. Removal of rear chimney. Single storey rear infill extension and new flat roof extending over existing structures.

OLD SANTANDER SHOP

Planning Application 222077

662 High Road Leytonstone
Installation of new shopfront at ground floor front elevation in association with existing commercial unit (Use Class E) including additional door to provide new access point to upper floor offices (Use Class E).

82 MORNINGTON ROAD

Planning Application 221919

Lawful Development Certificate (Existing)
-Use of property as House of Multiple Occupants (Class C4).

Decision Refused with reasons

42 HARTLEY ROAD

Planning Application 221024

Lawful development certificate (Existing) for retention of the property as a House in Multiple Occupation (Use class C4).

Decision Refused with reasons

OLD 777 GROCERY

Planning Application 221810

626 High Road Leytonstone
Change of use from retail (Use class E(a)) to nail and beauty salon (Use Class Sui Generis). Proposed opening hours Monday to Saturday 09.00 to 19.00; Sunday and Bank Holidays 11.00 to 17.00.

If you would like to follow up any planning applications or have a look at what has been applied for in our area then go to the council planning portal.

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

BEA FRIENDLY (HIGH) STREET

With the boom in Bushwood dog ownership we took a look at how our high street treats our four-legged friends. James Cowen took his Labradoodle, Bea, and patrolled the length of Leytonstone to see where they would be welcome.

Since joining the network of dog owners and working from home I needed to investigate what there was for people that wanted to get out and about with their dog. Although there has recently been a shift in attitudes to dogs I was surprised at how few places allowed dogs into the shop. I asked every shop on the high road about their dog policy with 'no dogs apart from guide dogs' being the most common answer. There were some exceptions though and we've rated them with a 'paw'-marking scheme. One paw means dogs are tolerated within reason and if they're very small and quiet. Essentially no Beas allowed. Two paws for places where dogs are allowed with some restrictions and three paws for places that love dogs and will get a fuss.

All the pubs in Leytonstone are good for dogs and will even supply water and sometimes treats too. Special mentions go to The Birds and The Red Lion. One or two might have restrictions around eating areas or have some areas that are out of bounds. The only pub that has a no dogs policy is our local branch of Wetherspoons.

If you have any good recommendations or tips for new dog owners then please get in touch so we can add it to our dog friendly guide.

Gray

A bit further down the high road but they love dogs. A lovely place that is unfortunately closing soon.

Mora

Smaller dogs okay when not busy, like weekdays. Welcome outside.

Theatre of Wine

Dogs welcome in the shop. Also allowed in tastings if small and well behaved.

Stone Mini Market

Loves dogs, can accommodate them being off the lead and have treats and water.

Mind Charity

Dogs welcome inside.

Bocca Bocca

Dogs welcome but check first on entry.

British Heart Foundation

Dogs welcome inside.

Horizon

Dogs allowed on the terrace and can be brought through the shop for access.

Dogs Dinner

Obviously love dogs, take them in and let them sniff around the treats or get a drink.

Wild Goose

Love dogs and welcome inside and out.

Subway

No specific policy but if they're small and quiet you can bring them inside to order.

Luna

Dogs welcome inside.

Marrakech Delights

Small dogs allowed outside and at the front of restaurant but check first.

San Marino

Dogs welcome outside and also nearer the front inside depending on how busy. Please check first.

SHC Charity

Dogs welcome inside.

Haven House

Dogs welcome inside.

Yard Sale Pizza

Dogs welcome inside.

Costa Coffee

No specific policy but if they're small and quiet you can bring them inside to order.

Spice Box

Spice Box is closing down but while it's still open they would love you to bring your dog.

The Pubs

All the local pubs apart from Wetherspoons allow dogs, some with minor restrictions.

SNT REPORT

BARA's Katy Smith who has chaired the Safer Neighbourhood's Team Leytonstone Ward Panel for over ten years gives her final report before passing on the responsibility.

The Safer Neighbourhood Ward Panel met in July and are due to meet again on 20 October 2022. This meeting will be held online via Teams Meeting. At the last meeting I resigned as Chair of Leytonstone Safer Neighbourhood Ward Panel after many years. I had been trying to find someone willing to take on the role of chair for some time so it was great when William Higham and Robbyn Linden agreed to co-chair going forward. I have enjoyed working with the officers on Leytonstone Ward over the years and there have been many changes in the last five years due to different

operational plans within the Met. I have also enjoyed contributing to the Ward Panel Chairs' meetings in Waltham Forest and to contributing to the Safer Neighbourhood Board.

As well as new faces in the chair, new blood is coming in with a new PC, a new sergeant, a new inspector, a new superintendent and lastly a new borough commander over the last two months so it's all change going forward.

At the last meeting there were serious concerns about cases of indecent exposure on women on Bushwood. I am pleased to report that an individual has been arrested and charged with these incidents and that an identification parade has been arranged. Sadly there have been two other perpetrators regarding indecent exposure, one of whom handed himself in to the police and has been charged but the other

has not yet been apprehended. There were also concerns about attacks in Wanstead Park and one on Bushwood but sadly that perpetrator has not been caught. Both North East and Redbridge forces are working with the Forest Police to apprehend this person. The other burning issue at the last meeting was motor crime and the local Neighbourhood Team have been patrolling more in this area whenever they can.

I'd like to thank all those regular members of the Ward Panel who have supported me during my time as Chair, it was very much appreciated. And thank you to those residents who have taken the time to attend meetings, whether online or face-to-face. It is important that we share the concerns we have on crime in our area with the SNT so that action is taken.

Next SNT Meeting

The next Safer Neighbourhood Team meeting is at 7pm on 20th October on Microsoft Teams. If anyone is interested please Will (william@next-big-thing.net) or Robbyn (robbyn@yahoo.com)

THE SHAPE OF WATER

In this two-part series garden designer **Mark Cummings** discusses how water shapes our garden. This issue Mark looks at ways of reducing our reliance on the hosepipe.

This year has shown us that nothing should be taken for granted when it comes to the Great British Summer. As a garden designer I usually plant my projects up until late April or early May, confident in the knowledge that spring rains and gently warming soil will yield healthy robust plants that will bulk up like a weightlifter on eggs for the remainder of the growing season. But not this year.

And while a drought was declared in London in August, I don't recall our gardens seeing any meaningful rains since April or May. I certainly don't recall 'April showers...'. Those poor May flowers... And the constant reminder that this year has been the driest year since 1976 has really made me consider how we use water in our gardens. So what should (or dare I say must) we be doing in our gardens to adapt to the new normal?

Some are obvious. Harvesting water is the first choice. Water butts are cheap and readily available. An average shed roof will collect 1800 litres of water a year (that's 400 gallons in old money) which is a lot of watering cans. I'll admit the usual water butts are a little bit utilitarian, but in a climate emergency function needs to come before form. There are slimline ones available too for where space is at a premium. Just remember to fit an overflow pipe into a flower bed (or preferably a pond). Also consider saving shower, bath and washing-up water. It might all sound a bit Blitz spirit but gardens really will be coming under fire for the foreseeable future.

Stopping using chemicals in the garden is an item that is joint top of my list. At first read you might be thinking what has a penchant for Provado got to do with dry soil? Living healthy soil that is full of fungus, bacteria, nematodes, protozoa and all manner of other things that we haven't considered since O-level biology, holds moisture (and nutrients) far more effectively than dead soil. Pesticides are indiscriminate. They kill everything that they come into contact with, not just the pests. Fertilisers put a huge amount of stress on the soil. Stopping chemical use and helping the soil recover is one of the best things for moisture retention.

Healthy living soil is inextricably linked to mulching. Mulching is essentially covering the bare ground with something that sits on top of the soil. If you use something organic such as wood chip, compost or manure it will help condition the soil as it breaks down. Fungi and bacteria help the matter to decompose which in turn feeds the soil biome underneath. A healthy soil is a moisture-retentive soil. You can make your own mulch by composting any organic matter (if you compost food, exclude meat or anything cooked). Just pile it up somewhere out of the way.

Choosing drought-tolerant plants and planting things so that they grow tightly together means it's hard for weeds to compete for water. It also means that the soil is not exposed so its water content does not evaporate. Getting to know how roots develop in plants can help with both density of planting and drought tolerance. Deep



Living healthy soil that is full of fungus, bacteria, nematodes, protozoa and all manner of other things that we haven't considered since O-level biology, holds moisture (and nutrients) far more effectively than dead soil.

tap roots such as those on fennel, comfrey and sorrel seek out moisture that is far beneath the ground. These roots won't interfere with the straggly roots of other perennials so they can be up close and personal without too much competition between the plants.

These small steps to improve our soil and a look at how we collect, store and use rainwater means we can be less reliant on the hose during extended periods of dry weather. A more resilient garden is an easier garden to care for and an easier garden to care for means there is more time to smell the roses (with a glass of wine).

In the second part of this series Mark looks at how we can use water in the garden for the benefit of wildlife.

BARA Social

Community Event Listings

BARA Groups

Bara Football

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

Cycling

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

Pet Group

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

Plant Group

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

We are building and editing the BARA Social listings every issue and here's what's happening over the next few months. If you have any events planned and want them to be included in future listings please send them to BARAConnect@gmail.com 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

Sun 2nd Oct	Free film: Strangers on a Train	The Birds	8PM
Sun 2nd Oct	Harvest Festival	St.Johns Church	10.30AM
Wed 5 Oct	Mike Berenyl & Will Hodginson Live Q&A with WF Council leader	Wanstead Tap	Online
Wed 5 Oct	Parent and Baby Wine Tasting	Heathcote & Star	12PM
Wed 5th Oct	Free film: The Birds	The Birds	8 PM
Fri 7th Oct	Luna Comedy Night	Luna Lounge	7.30 PM
Fri 7th Oct	Hotter Than Ever - Wine in a Warm World	Theatre of Wine	7.30 PM
Sat 8th Oct	Free film: Vertigo	The Birds	8PM
Sun 9 Oct	Windrush & Black Health Display	Leytonstone	Wanstead Tap
Mon 10-17 Oct	Tales from the Premier League Touchline	Wanstead Tap	Wanstead Tap
Wed 12 Oct	Will Ashton: The Passengers	Leytonstone Tavern	8.00PM
Thur 13 Oct	Charity Quiz in aid of FREEDOM 2	The Birds	8:00 PM
Fri 14th Oct	Free film: The 39 Steps	Heathcote & Star	8:00 PM
Fri 14 Oct	East London Drifters	StoneMini Market	11.00AM
Sat 15 Oct	Waltham Forest Climate Cafe	Wanstead Tap	Wanstead Tap
Sat 15 Oct	Peter Urpeth & Evan Parker	The Birds	8:00 PM
Sat 15 Oct	Free film: The 39 Steps	Heathcote & Star	8:00 PM
Thur 20th Oct	Drink & Draw	The Birds	6PM & 8PM
Thu 20th Oct	Neon Naked Life Drawing	Theatre of Wine	7.30PM
Thu 20th Oct	Howling at the Moon - Wine Tasting	The Birds	8:00 PM
Fri 21 Oct	Free Film: North by Northwest	The Birds	8:00 PM
Sun 23 Oct	Free film: Dial M for Murder	The Birds	8:00 PM
Mon 24 Oct	Half Term Art Workshop with Illustrator J O'leary	Leyt'stone Library	11AM
Sun 30 Oct	Free Film: Psycho	The Birds	8:00 PM
Fri 4th Nov	Luna Comedy Night	Luna Lounge	7.30PM
Sat 5th Nov	Daylight Music	St John's Church	12:00 PM
Thur 10th Nov	Mackmyra Masterclass Whisky Tasting	Theatre of Wine	7.30PM
Thur 10 Nov	The Last Days	Wanstead Tap	Wanstead Tap
Wed 16 Nov	London's Lost Music Venues	Wanstead Tap	Wanstead Tap
Thu 17th Nov	Neon Naked Life Drawing	The Birds	6PM & 8PM
Tue 22 Nov	BARA Big Quiz	Leytonstone Social	7.30pm
Thur 24 Nov	Food to Comfort & Connect	Wanstead Tap	Wanstead Tap

*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	Weekly	6:00 PM	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
	Kuasa Yoga	The Birds	Weekly-two time slots	5.45 & 7.15	www.thebirds.pub
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
	Creative Life Drawing	The Birds	Weekly	7.30pm	www.thebirds.pub
	Yarnivores	Stone Minimarket	Fortnightly	6:00 PM	@stoneminimarket
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 Ritzy	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
	Leytonstone Film Club	Leytonstone Library	Monthly-First Wednesday	7.45pm	www.leytonstonefilmclub.com
Leytonstone Royal British Legion	Leytonstone Social Club	Monthly-Third Wednesday	8pm	branches.britishlegion.org.uk	
THURSDAY	Leytonstone Folk Club	St John's Church	Monthly-Every 1st Thursday	7.30pm	www.leytonstonefolk.co.uk
	Music Bingo	Northcote Arms	Fortnightly	7.30pm	thenorthcotee11.com
	Transition Leytonstone Green Library	Stone Mini Market	Weekly	11am	
	Queenie Karaoke	The Birds	Weekly	8:00 PM	www.thebirds.pub
FRIDAY	Yoga	Stone Mini Market	Weekly	12.30pm	jessicagreen.net/liveclasses
	2-4-1 Cocktails	Rookwood Village	Weekly	All day	therookwoodvillage.com
	Bring Your Baby Quiz	The Birds	Monthly-Every 2nd Friday	2:00 PM	www.thebirds.pub
SAT	Sing Song Club	Heathcote and Star	Monthly-Last Friday	8:00 PM	heathcoteandstar.co.uk
	Waltham Forest Climate Cafe	Stone Mini Market	Monthly every 3rd Saturday	11am	
SUNDAY	Farmers Market	Buxton School	Weekly	10am-2pm	www.lfm.org.uk
	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
	BARA Litter Pick	Corner LeyspringBushwood	2nd Sunday of Every Month	11am-12.30pm	baracconnect@gmail.com

Adboard

Free Member Classifieds

BABYSITTER Experienced babysitter residing in Bushwood. I am on my gap year so am very flexible with days/hours. £7 per hour. References available on request. Hannah (age 19) 07973227419

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

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

BABYSITTER AND CHILDMINDER Lynn Poulter of Harvey Road is a registered 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

BLISTER PACKS Large Superdrug branches with pharmacies will take used blister packs for recycling. Or deliver them to 67 Leybourne Road from where they will be taken to the nearest branches in Walthamstow and Ilford.

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.

HOLISTIC AND REMEDIAL MASSAGE THERAPY

Experienced therapist in Holistic, Deep Tissue, Warm Bamboo, Thai, Natural Face Lift, Cellulite Reduction, Lymphatic Drainage, Pregnancy. MASSAGE IS ESSENTIAL SELF CARE. Book now, for 20% off first treatment. 5% BARA discount. TrainWithKafi @FitnessFirst Leyton Mills www.trainwithkafi.co.uk 07359 119554.

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.

USED STAMPS Currently collecting for the Bone Cancer Research Trust. Any denomination or nationality of stamps ideally trimmed with a 1/2" border around them. 67 Leybourne Road.

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.nyrorganic.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, refurbishes 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

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.

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

LEYTONSTONE SOCIAL 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.holistictrials.blogspot.com 07791 879256 Free phone consultation and 10% discount on any 60min or longer

THEYDONS ESTATE AGENT Theydons.com Tel. 020 3972 2001 hello@theydons.com 10% Off standard fees for BARA members

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

MARC ROBERTSON HOMEOPATH L.C.H.E.999 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.

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

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

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

MARC FLETCHER PHOTOGRAPHY www. marcletcher.com Weddings are our speciality 07951 048819-10% discount

HANDYMAN SERVICES 4 Blackwell Close, London E5 0TA. Contact Perry Simon, 07951 886578 10% discount

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

TRADING PLACES ESTATE & LETTING AGENTS, 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

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

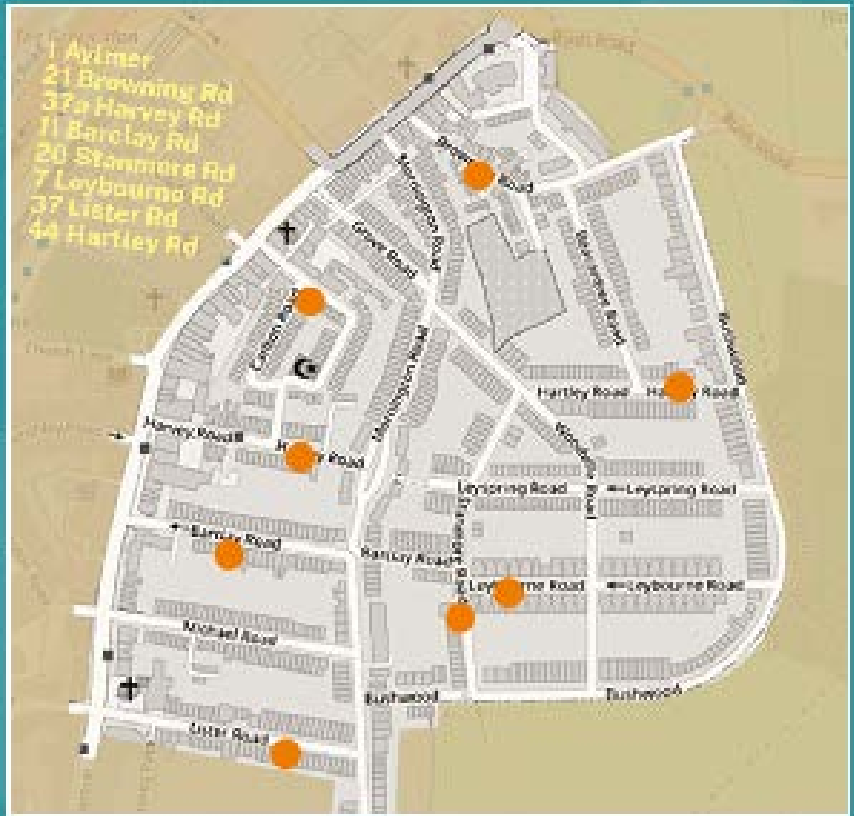
SIT COLLECTIVE UPHOLSTERY A workshop shared by a group of independent upholsterers offering furniture upholstery, furniture repair and soft furnishings. Using recycled and natural fabrics where possible and zero emissions deliveries. Offer a free fabric consultation with samples for BARA members. 374 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
BUSHWOOD AREA

THE BIG BARA QUIZ

22ND NOVEMBER
LEYTONSTONE SOCIAL CLUB
HARVEY ROAD
@ 7.30

Save The Date
Tickets On Sale Soon



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