

Sept 2014

The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association



www.bara-leytonstone.org.uk

Join **BARA!**
£2 a year!



With news, events, and information for everyone in the Bushwood area.



EDITORIAL Yes, this really is the latest edition of the Bush Telegraph, stunningly brought to you in the thing they call "colour" (well, some of it anyway). Many thanks to **Theydens** in Church Lane for offering to pay for this colour edition. We'd be really interested to know what you think about it so please feel free to e-mail me at steve.ohara3@btinternet.com

It's the ideal time to try out these colour pages because we've had a great Summer in all senses of the phrase. The weather's been terrific for the most part and we've had the **Leytonstone Festival**, the **Arts Trail**, the **Let's Fill Leytonstone with Art** event and the **Bushwood in Bloom** competition (you were all in this last one even if you didn't realize it). So we've now got the chance in this edition to bring you a few pictures from each of these events - we hope you like them.



One final thing - we don't get to blow our own trumpet too often but we forgot to mention in the last edition that **BARA** were proud winners during the Spring at the LBWF "Love Your Borough Awards". We were joint winners of the prize in the "Improving Your Neighbourhood" category, so many thanks to everyone who's ever joined in on our regular litter picks or other activities for making this happen. **STEVE O'HARA**



Come and join us!

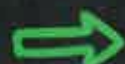
Whether you've been here for a few weeks/months or you've lived around here for years, I'm sure you'll agree that **Bushwood** is one of the most neighbourly and friendliest areas in London.

And we've got a very strong residents' group (the **Bushwood Area Residents' Association**, or **BARA**) which currently represents nearly 500 households. This is more than a third of all households in the area enclosed roughly by Bushwood, Lister Road, High Road, Leytonstone and Bush Road.

BARA has been established for more than 30 years and is one of the most successful residents' associations in London.

As a member, you'd pay only **£3** a year membership.

(£2 for a single adult household) to receive this wide range of **benefits**:



BARA Benefits



- a **membership card** which you can use to get discounts from many local shops and businesses.
- the **Bush Telegraph** newspaper delivered to your door every three months;
- membership of the **BARA email news** update list which includes up to date local information, free offers and much more.
- access to the **BARA List of Local Tradesmen**, all of whom have been recommended by our members.
- invitations to **BARA social events**;
- membership of the **BARA Facebook page** to enable social networking with neighbours in the BARA area;
- the ability to purchase single visitors' **parking permits** from BARA rather than buying them in whole books from the Library.
- free (or reduced price) entrance to events organised by **The Friends of Wanstead Parklands**;
- free (or reduced price) entrance to events organised by the **Leyton and Leytonstone Historical Society**; and
- membership of the **Neighbourhood Watch** scheme.

BARA also liaises with LBWF to ensure that members' views are represented on important matters such as planning, the CPZ, rubbish collection, street lighting etc., as well as maintaining close ties with other bodies such as the Police Safer Neighbourhoods Team, The Friends of Wanstead Parklands, The Civic Society, The Wren Group and many more besides.

Joining up is easy – just contact **Liz** at bushwoodra@hotmail.co.uk or call/text on **07969 407886** to set up your membership.



NEWS

Brooks Farm re-opens

Brooks Farm, the city farm in Skeltons Lane, Leyton has re-opened to the public following the completion of a £500,000 refurbishment.

The work started in April and includes two new classrooms, a café, and upgraded animal facilities. The farm was taken over by homeless charity YMCA in April, and is home to a wide range of animals, including alpacas, donkeys, rabbits and ponies.

Entry to the farm, which re-opened on Tuesday, is free from Tuesday to Sunday, 10am until 5pm.

Steve O'Hara

More Trumpet Blowing!

Congratulations to BARA committee member **Doug Sheedy** and his team at the **Relish Café** in Barking Learning Centre who have won an award for their work in helping people with learning difficulties into employment. Doug's team took home the prize for Supporting Learning, Education and Development. Doug said: "It's fantastic recognition for an important and hugely enjoyable enterprise...it allows those who often struggle to find employment to gain skills and feel valued".

Steve O'Hara

*The Reverend **David Britton** was instituted as the new vicar of St John's, Church Lane on the 2nd of July by the Bishop of Chelmsford, the Reverend Stephen Cottrell. He is married to Rebecca and they have three very well behaved small sons! The dioceses of the Church of England predate the London boroughs and so, as far as the church goes, the parish is still in Essex.*

David hopes to 'get to know' Leytonstone in the next few months, after taking the role of vicar of St John's in Leytonstone. The service was led by the church wardens and included a few informal words of welcome from members of the community, including the police and representatives of local business.

We wish Rev. David all the best in his new role and extend him and his family a very warm welcome to Leytonstone.

RoseMary Warrington



Bushwood in Bloom

During the last week of June you may have been somewhat concerned to see two strange men peeping into your front garden. You'd have been right in feeling mildly alarmed because **Doug** and **Russ** from the BARA committee were examining your hollyhocks and red-hot poker as part of their judging of the "BARA Garden" competition.

Russ says: "The area is an abundance of colour for most of the year so we thought it would be a bit of fun to resurrect the competition. We were in search of a front garden and a hanging basket which, in our opinion, were outstanding.

By complete coincidence the number 63 was lucky for two winners: one in **Leyspring** (BARA Garden 2014) and the other in **Leybourne** (BARA Hanging Basket 2014). Well done to both of you. Simplicity and co-ordination were the drivers for the garden prize, with abundance and size being the qualities we looked for in the Hanging Basket.

We'll be doing this again in 2015. I hear that it's Year of the Hanging Basket, so brighten up your entrance with a signature hanging delight (charming - Ed)... Until next year, bye from us (Doug and Russell)".

Russell Lines-Jobling



LEYTONSTONE FESTIVAL 2014

What do cheese tasting, the Welsh in America, Alfred Hitchcock and sword fighting all have in common? They all were featured in the Leytonstone Festival, along with poetry, dance, films and every kind of music. 65 events across ten days made the 2014 Leytonstone Festival the biggest ever.



It's impossible to mention everything in this short article but participating venues ranged from St John's Church (Sunset Tower Tours and Morris dancing amongst other events) to Luna Lounge (big bands, ukeleles, the lot!) to Tommy Flynn's (a packed out Evening of Dance from local young people). Indeed, young people played a huge part in the Festival this year, with a Children's Carnival, a performance of Macbeth by students from Davies Lane and Selwyn

primary schools and a fantastic evening at Wanstead Tap with some of E11's Stars of the Future.

We had theatre, politics, cinema, history, fencing (the sword-based type!) and food all over the place - the cheese tasting events proved so popular they had to be moved to a larger venue and the Pop-Up Restaurant at Carlton House was a runaway success.

On the music front, nearly every taste was catered for, even pre-war Mississippi delta blues, with nearly 30 music events - and the whole thing culminated in the amazing What's Cookin' Picnic at Henry Reynolds Gardens.

Since the end of the Festival the Trustees have been saddened to learn of the death of the festival's Hon President **Vi Gostling**.

A Leytonstone resident for all of her 97 years, Vi helped found the Leytonstone Festival and was out enjoying events this year. She was particularly pleased that despite the Festival's growth and professionalism it still retained its community roots and was particularly gratified to see so many young people involved. Vi's dedication to local projects saw her awarded the MBE for services to the community in 2009 and the trustees are proud to have had her support.

Jane Duran

Leytonstone Library Refurbishment

Leytonstone Library is set to close on 20 October for a substantial refurbishment and will reopen in **July 2015**. The details of the proposed refurbishment are due to be displayed in the library in early September.

Councillors **Clyde Loakes**, **Marie Pye** and **Jenny Gray** have managed to ensure that The Stone Space Gallery will be able to continue long-term in its current location and will also be able to open during the refurbishment. The former **Waltham Forest Direct Shop** will be reopened after the refurbishment as a flexible and useful space for touch down wifi, display, gallery and exhibitions, small performances, 'pop up' and arts and crafts market opportunities. The Library's upstairs hall will be modernised and improved to make the stage area more useful and appealing for performance opportunities. During the refurbishment a 'book drop off and pick up' facility will be provided at an as yet unconfirmed location in the town centre.



As the Library is currently the only place in Leytonstone where books of CPZ visitor parking tickets can be bought, the BARA Committee has asked Clyde to investigate the possibility of these being available from another place locally to avoid residents having to travel elsewhere in the borough to purchase them.

Liz Hayman

Did You Know...?

Households with a resident who is over 70 years old are entitled to a free book of 30 1 hour parking tickets. You can contact the Parking Shop on **0845**



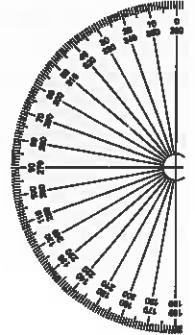
331 2392, Monday-Friday 8:30am-7pm, Saturday 9am-1pm. You usually have to leave a message on the answerphone but they are very efficient at calling you back. *Liz Hayman*



Planning & Licensing Issues

Planning

- 781 **High Road** Leytonstone (Panda) – latest application of three for change of use from A1 to A3 (laundrette to restaurant). Permission **refused** in June.
- 39 **Leyspring** Road – application for a two storey bay window to the front. **Approved.**
- 8 **Bushwood** – application for single storey rear extension. **Approved.**
- 620 **High Road** Leytonstone (Paddy Power) – application for change of use from A1 to A2 (retail shop to betting shop). No decision at time of writing.
- 1 **Barclay** Road – application for part one storey and part two storey extension. **Approved.**
- 69 **Browning** Road – application for demolition of existing garages and construction of 4 2 storey houses and 1x 1 bedroom flat. Permission **refused.**
- Crosby House 2a **Carlton Road** LMCC Cente – application for extension of opening hours and extension of use to include all age groups. Permission **refused.**
- 23 **Barclay** Road – application for part ground floor and part first floor extension. No decision at time of writing.
- 761-763 **High Road** Leytonstone (Seebos) – application for change of use from A3 (restaurant) to A3 and D2 (mixed use restaurant and function hall). No decision at time of writing.
- Garages adjacent to 78 **Leybourne** Road. Following the LBWF refusal of planning permission for the demolition of the existing garages and the construction of housing an appeal has been made to the Planning Inspectorate. BARA and members have submitted objections. No decision at time of writing.



Licensing



- **O42 Restaurant** at 885 High Road Leytonstone applied for an extension of its opening hours to 4am on Friday and Saturday nights. Following objections from BARA, Councillor Clyde Loakes and the police the application was **withdrawn.**
- In addition to the application for change of use mentioned above, **Paddy Power** has applied for a licence to open a bookmakers at 620 High Road Leytonstone. The deadline for objections to be lodged will have passed by the time you read this, but you can sign an online petition at <http://chn.ge/1oZNUQ4>
- The licence for **Subway Food & Wine** to sell alcohol was **revoked** at a recent hearing of the Waltham Forest Licensing Committee. However the owners have now appealed against that decision which means they can continue to sell alcohol pending the outcome of the appeal. The appeal will be heard at Stratford Magistrates Court on the 12-14 January 2015.



Liz Hayman

Visitors' Parking Permits: BARA can sell you single tickets rather than you having to buy a whole book from the library.

Contact Steve 07794 751537 or Liz 07969 407886 or email bushwoodra@hotmail.co.uk Cost: 1 hour 46p, 2 hour 80p, 5 hour £1.80

We are very happy to be able to offer this service to our members but please bear in mind that you should give us as much notice as possible of your requirement, as we can't guarantee that we will be able to provide tickets at very short notice.

Neighbourhood Watch

If you're a BARA member you should have received your Neighbourhood Watch window sticker (get in touch with your Road Rep if you haven't got yours yet). Please place it prominently in your front door or windows. You'll see that the stickers have an advert on the back from the Master Locksmith Association - this enabled the cost of their production to be met by sponsorship.



If you have paid your BARA membership and given an email address I will periodically let you have the latest information about any issues related to local crime statistics as well as advice on home and personal safety. Janet Lee



2014 Leytonstone Arts Trail

This year's Arts Trail ran from 4 - 13th July with several group as well as individual shows. We were able to enjoy art in cafes, hairdressers, shops, TFL offices, on Hollow Ponds and even in the odd art gallery and studio. A new feature for this year was an Interactive Trail Guide which visitors could access via an app in the Slate window and which then used an avatar to guide you through the Trail. And **Grayson Perry** even turned up on his bike! True.

Many thanks and congratulations to **Hilary Douse** and her army of helpers who made this all happen - they all put a lot of hard work into this.

We also ran the ever popular "**Let's Fill Leytonstone With Art**" project, where we encouraged everyone to participate by putting their own creations in their windows and gardens. It's always great to see that children are always particularly enthusiastic.

This year the BARA committee offered a prize for the best display. Liz Hayman said: "It was a very difficult task to choose the best windows and we ended up doubling the number of prizes that we had intended to award. Many thanks to Hilary Douse for helping Katy Smith and me with the

judging. Many of these art installations can still be seen so do keep an eye out!

Joint 1st prize (£20 each)

- Maud and family, 129 **Mornington** Road - very inventive decorations in every window of the house!
- Jill, Stuart and family, 38 **Stanmore** Road - the decorated tree (and free postcards) was as impressive as usual

Runners up prizes (£10 each)

- Amelie, 54 **Bushwood** for "This Way to the Park";
- Andrew, Natalie and family, 31 **Barclay** Road for the head of Henry VIII;
- Pat, Jo and family, 4 **Woodville** Road for a celebration of the Tour de France and cycling; and
- Fiona, Andy and family, 37 **Leybourne** Road for windows full of different art which kept on growing over the weeks.

"Specially commended was Jan at 27 **Beacontree** Road for her lovely stained glass. Unfortunately we couldn't give her a prize as she is a BARA Committee member."

Steve O'Hara



LITTLE FREE LIBRARY AT THE WANSTEAD TAP



A stroll across Wanstead Flats, round Jubilee Pond and a right turn past the Holly Tree pub will take you to The Wanstead Tap at Arch 352 Winchelsea Road, Forest Gate E7 0AQ. Run by **Dan** and **Jane**, local parents and beer lovers,

the Tap welcomes well-behaved kids and dogs, and loves cyclists, serving coffee, cake and juices and, in particular, a dazzling array of great beers.

Inspired by a number of visits, Joanna Wilby (BARA book club member) and I arranged a big book club at the Tap, funded by the Leytonstone Festival this featured John Rogers book "This Other London". We managed to raise £260 and have used this to fund a little free library - a mini house full of books where anyone can stop by and pick up a book (or two) and bring back another book to share. Russell Hooksmith, another BARA member, is a local artist and is

designing the library, which will be installed in the Tap sometime in September.

Follow the Tap on twitter @TheWansteadTap or look up www.thewansteadtap.co.uk to find out about about opening times and forthcoming events.

Sue House

COLLEGE AMATEUR OPERATIC SOCIETY

The College Amateur Operatic Society will be holding a "**Happy Halloween Caribbean Evening**" at Waltham Forest College on Saturday 1st November 2014. We'll have an excellent DJ and traditional food will be served. For more details please contact Doreen on 020 8539 9474 or at damedoreen@yahoo.co.uk

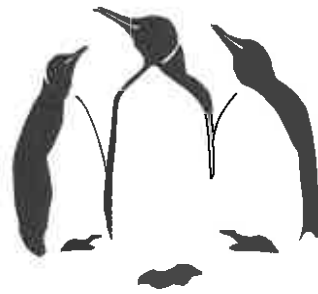
We will also be staging a Christmas Revue covering songs from 1914 to 2014. Full details are not available as yet but do keep an eye out for future updates.

Doreen Harding

INFORMATION

BARA Groups

- Bridge****Dwight Wood** (dw@itdoesthejob.com)
- Cycling****Karen McRitchie** (karen.mcr@gmail.com)
- Photography****Brian Hopson** (bushwooder@gmail.com)
- Yoga****Helen Georghiou** (helen.georghiou@me.com)
- Theatre****Hilda Hooper** (hildav@hotmail.co.uk)
- Book****Zoe Nelson** (zoecnelson@btinternet.com)
- Dining****Alex Maws** (amaws@yahoo.com)
- Pet****Jo Pilc** (jo.pilc@hotmail.co.uk)



If you would like to join one of these groups please contact the organiser as shown above. If you would like to set up a new group, please contact **Brian Hopson** by email at: bushwooder@gmail.com or drop a note into 49 Bushwood.

BARA has an individual responsible for each road falling within our area. That individual should be your first point of contact for issues affecting you. S/he will pass on your comments, concerns, subscriptions etc to the committee member most able to help. The list (next page) shows who is responsible for your road. Can't find your **Road Representative**? Then take your query to your nearest Road Rep. See list next page ...

BUSH TELEGRAPH & BARA EMAILS

THE BUSH TELEGRAPH is published in March, June, September and December. Articles and adverts for inclusion should be sent to bushwoodra@hotmail.co.uk (or given to your Road Representative or a Committee member – see page 3) by 10th of the previous month to meet print deadlines. In between editions of the Bush Telegraph we send out emails keeping you up to date with local news and events. If you would like to be added to our email list just email **Brian Hopson** at: bushwooder@gmail.com

ROAD REPRESENTATIVES

Aylmer Road
Barclay Road
Barfield Road
Beacontree Road
Browning Road
Bushview
Bushwood
Carlton Road
Colt's Yard
Dacre Road
Forest View
Grove Road
Hartley Road
Harvey Road
High Road
John Drinkwater
Leybourne Road
Leyspring Road
Lister Road
Michael Road
Mornington Road
St Augustine's Ct
St John's Court
St Mary's Court
Stanmore Road
Woodville Road
Woodbridge House

Robbyn Linden, 1 Aylmer Road
Doug Sheedy, 11 Barclay Road
Jake Green, 5 Barfield Road (NEW)
Janet Lee, 27 Beacontree Road
Russell Lines-Jobling, 39 Browning Road
RoseMary Warrington, 88 Mornington Road
Brian Hopson, 49 Bushwood
Alex Maws, 1 Aylmer Road
Jan Osterley, 4 Colt's Yard
Alex Maws, 1 Aylmer Road
Liz Zitzow, 8 Forest View
RoseMary Warrington, 88 Mornington Road
Andrew Shields, 9 Hartley Road
Katy Smith, 37A Harvey Road
Doug Sheedy, 11 Barclay Road
Russell Lines-Jobling, 39 Browning Road
Julia Manning, 53 Leybourne Road
Liz Hayman, 54 Leyspring Road
Joyce Quarrie, 42 Lister Road
Sue House, 32 Michael Road
RoseMary Warrington, 88 Mornington Road
Kate Duffy, 29 St Augustine's Court
Kate Duffy, 29 St Augustine's Court
Kate Duffy, 29 St Augustine's Court
Desirée Clarke-Noble, 89 Bushwood
Desirée Clarke-Noble, 89 Bushwood
RoseMary Warrington, 88 Mornington Road

BARA COMMITTEE

Kate Duffy: *Social*; 29 St Augustine's Court
Jake Green: *Other stuff*; 5 Barfield
Liz Hayman: *Membership and Planning*; 54 Leyspring Road
Philip Herlihy: *Chair*; 12 Bushwood
Janet Lee: *Secretary*; 27 Beacontree Road
Robbyn Linden: *Brings cheese*; 1 Aylmer Road
Russell Lines-Jobling: *Treasurer and Conservation Area*; 39 Browning Road
Steve O'Hara: *Vice-Chair and BT Editor*; 76 Bushwood
Marion Roper: *Publications consultant*; 35 Michael Rd
Doug Sheedy: *Calming influence*; 11 Barclay Road
Katy Smith: *Social*; 37A Harvey Road
RoseMary Warrington: *Green Issues*; 88 Mornington Rd

ARE YOU partially sighted and have trouble reading the Bush Telegraph? If so, perhaps you'd like us to send you a LARGE PRINT COPY instead of the normal standard size. You just need to get in touch with a Committee member (see right) who will arrange it all for you.



LOCAL SHOPPING/SERVICES DISCOUNTS

Don't forget to take your BARA MEMBERSHIP CARD with you when you claim your discount!

Adult Literacy 020 8530 3484	10% discount Qualified adult literacy tutor	Marc Fletcher Photography Weddings a speciality 07951 048819, www.marcfletcher.com	10% discount
Bareal Optometrists 775 High Road	10% discount on goods over £50	Mark Rahaman Dip PT, MRNT, IIHHT Fully qualified personal trainer and sports therapist 07956 239690	Negotiable
Baxter Physiotherapy Clinic Bushwood 020 8989 2292 or 07778 403237	Initial session £45, subsequent discount-rated sessions at £30 RECOMMENDED	Marc Robertson - Homeopath L.C.H.E. Homeopathy clinic based in Leytonstone 07903 274852 www.effectivehomeopathy.co.uk	10% discount
Ben Amghar - Handmade in Marrakech 723 High Road	10% discount over £50, 15% over £100	Meze Patisserie Church Lane	20% discount on bills over £10
Bilkeworks By Homebase in Acacia Business Centre 020 8558 0400	10% discount	Monarch Sports 815 High Road	10% on purchases over £100
Billingford General builders including Corgi plumbers, certified electricians, sash windows 020 8503 0404	10% discount	Morris Dry Cleaners 16 Church Lane	10% discount on over £20
Blount Stained Glass 020 8671 8938 www.blountstainedglass.co.uk	10% discount	Orient Physiotherapy 721 High Road Leytonstone 07776 157606	50% discount on initial consultation
Cakes by Tina www.cakes-by-tina.webs.com email:tmallen31@live.co.uk 07982 253069	10% discount	Patch Sayam Thai Restaurant 882 High Road, Leytonstone 020 8556 6821	10% discount
Eco-Gas 020 7729 5840 www.ecogaslondon.co.uk	10% discount on boiler servicing	San Marino Café 868 High Road 020 8532 8048	20% discount on bills over £10 (not applicable to alcohol)
Elsa Gomez Professional photographer. Specialises in portraits of maternity, newborn babies, children and families www.elsagomez.co.uk, 020 3091 1584 info@elsagomez.co.uk	50% discount on 2-hour session (minimum printing order applies)	Schema Studio Architect and interior design Tel: 020 7405 4000 07436 535 471 Email: info@schemastudio.co.uk www.schemastudio.co.uk	10% discount
Ersilia Arjocan MA, MFHT 07791 879256 www.holistictrials.blogspot.com	Free phone consultation and 10% discount on any 60min or longer Holistic Treatments RECOMMENDED	Sock Aid www.sock-aid.com	10% discount
Funky Dogs (Grooming) 200b Chingford Mount Road 020 8524 1585 Pick up service for E11 each Tuesday	5% discount	Star of India 875 High Road 020 8989 4028	15% on dining in (except buffet nights and other promotions), 10% on takeaways
Golden Curry 734 High Road Leytonstone 020 8539 8243	20% discount on dining in and 15% discount on takeaways	Sunflower Café 777 High Road	10% discount
Horizon Patisserie High Road, opposite the Red Lion pub	10% discount on purchases over £15	Thomas Painter & Decorator Contact through Lazfurniture 07849 881957	10% discount RECOMMENDED
www.itdoesthejob.com Carlton House, Aylmer Road 020 8539 4707	10% discount on any product on website	Trading Places Ltd Estate Agents, Letting Agents and Property Management Specialists 020 8558 1147 or email: jennifer@tradingplacesproperty.com	10% off standard sales and letting fees for BARA members
Kennard Wells Solicitors 718 High Road, Leytonstone E11 3AJ 020 8539 8336	5% discount	Treasure Your Memories Transferring of video/ciné to DVD, music tapes to CD, films from video cameras to DVDs, editing, filming, etc. 020 8518 8479	10% discount on orders over £20 RECOMMENDED
K. Rayner Butchers opposite the tube station	10% discount on purchases over £20	Walnut Tree pub 857-861 High Road 020 8539 2526	10% discount on food orders (not applicable to promotions)
Lazfurniture Bespoke furniture 07849 881597 www.lazfurniture.co.uk	10% discount RECOMMENDED	Woodhouse Players www.woodhouseplayers.co.uk	Free programme and drink
Leytonstone Osteopathy Unit 6, Forest House, Gainsborough Road 020 8281 0031 www.Leytonstoneosteopathy.co.uk	15% discount (and concessionary rates for senior citizens/unemployed/students) RECOMMENDED	Zain Cards and Gifts Also balloons, stationery, etc items 48 Church Lane	10% except special offers/sale

DISCLAIMER: LOCAL SHOPPING/SERVICES DISCOUNTS: These business details are provided as a free service to the community. Bushwood Area Residents' Association does not accept any legal responsibility for any loss or damage resulting from dealings with the businesses or tradespeople mentioned. It is up to readers to make their own assessment of the skills and trustworthiness of the business or person concerned, before entering into any contract with them.if RECOMMENDED appears next to an advert or discount offer this means that a BARA member has recommended the service provided.

FREE MEMBERS' ADVERTS: please send your advert to any Committee member

AROMATHERAPY Bath, shower and massage oils. High quality pre-blended aromatherapy

oils www.littlebottleoflove.com **RECOMMENDED**

AVON Patricia Roche 020 8989 9728 (eve)

BABY CLOTHES Hand knitted, excellent quality garments made to order. Julie 07923 272540

BABYSITTER Zosia Poulter, recent university graduate. I'm fun and creative in my approach. Experienced, CRB checked, references available, £7 p/h. 07806 702155, email zosiapoulter@gmail.com

BARA TABLE, 6ft fold-down available for hire charge of £5 for members and £10 for other community organisations. Katy 020 8556 5162.

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

BUSHWOOD ACUPUNCTURE. Professional low-cost treatment to aid recovery in a wide variety of conditions. UK-trained member of British Acupuncture Council. Tony: 07943 672696 (10% discount for BARA members). **RECOMMENDED**

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.

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, also babysitting at £7 per hour. Tel: 020 8558 0651 or lynn.poulter@yahoo.co.uk

COMPUTER ADVICE. David: email davidonem@aol.com, 07801 276443.

CRIBBAGE. If you are interested in playing Cribbage on an occasional, informal basis, or even learning to play from scratch, contact Jill: 020 8556 6350.

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

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

GAZEBO (BARA) available for hire charge of £5 for members and £10 for other community organisations. Katy: 020 8556 5162.

GUITAR TUITION. Forget air guitar and learn the real thing from a specialist guitar teacher with a 100% pass rate. All ages welcome. Jack: 07940 402024 or visit www.EM-Records.com.

HAIRDRESSER. Toni & Guy-trained, available for home haircuts. Good rates. Giles 07903 312402 or giles_gooden@hotmail.com. **RECOMMENDED**

HOME IMPROVEMENT & MAINTENANCE. Chris Gunayon, tiling, painting & decorating, kitchen, bathroom & wardrobe installation, window cleaning & gardening. 07846 071936, drillbit@hotmail.co.uk.

LAKE DISTRICT HOLIDAY HOUSE. Stylish and comfortable house in Keswick, sleeps eight. 10% discount for BARA members. Jocelyn: 01768 780894 or see www.borrowdalehouse.co.uk.

LOCKSMITH Richard Boynton 020 8989 8532 or 07963 713506 **RECOMMENDED**

MAKE-UP ARTIST AND HAIR STYLIST Professional with 20 years' experience in fashion industry. Look even more amazing on your wedding day! Dina 07802 603702, email catchdina@hotmail.com, website www.d-dmakeup.com

MASSAGE THERAPY Alleviation of aches, pains, injuries and stress. I am a 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

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

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

PSYCHOTHERAPY. Hypnotherapy and cognitive behavioural therapy. Jeannie: 020 8989 3111

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

SPANISH HOLIDAY HOUSE. In Mojacar in Andalucia 45 mins from Almeria Airport. Overlooks the sea, sleeps 5, stylish, comfortable and well managed. 10% discount for BARA members. Liz/Blair: 07855 549740 (can call back) or see www.holidayrentals.co.uk (property #69491).

SPARE COPPERS? If you have any spare coppers or other change hanging around, why not donate them to TOLFA, the UK charity that supports an animal hospital in India. Jo: 020 8530 3569.

STAMPS. Used postage stamps wanted for animal charities and Guide Dogs for the Blind. Dawn, 46 Michael Road.

TUTOR – ENGLISH AND ENGLISH LITERATURE. Qualified secondary school teacher offering tuition to years 7-13 (ages 11-19). Special BARA rates from £20ph. can work with all abilities, including those with EAL/SEN/G&T.

Email: shereereilly24@gmail.com.

TUTOR – MATHS/SCIENCE. Qualified home tutor (PhD educated) covering primary and secondary maths and science, especially GCSEs/A Level exam preparation. Experience in working with SEN children. £30 per hour special local rate. Atul, 07866 945067, www.atulranatutors.co.uk.

TUTOR – PIANO. All levels of piano taught, also see our website for piano sheet music. www.pianoheads.co.uk, Liudmila: 07919 622293

VEGETABLE OIL. All used vegetable oil or fat collected quickly, free of charge. Any quantity welcome. Waste transfer notice provided. I recycle it into biofuel. Andy: 020 8988 1572 or armarsden@hotmail.com.

YOGA. Mindfulness yoga and pregnancy yoga classes at the Quaker Meeting House, Bush Road. Tuesdays from 6.15pm. Helen: 07956 807675 or email: Helen.Georghiou@mac.com, www.helenyoga.co.uk



Tip from Phil - Try these people!

<http://www.magnifyingglasses.co.uk/>

WHAT'S ON

WOODHOUSE PLAYERS present **ROPE** by Patrick Hamilton

Two students kill a classmate and proceed to throw an elegant party for their friends, their mentor and their victim's family - serving their guests from the chest in which the body is hidden. Tension builds as the killers strive to get away with the 'perfect murder'. Alfred Hitchcock made *Rope* into a classic film in 1948, changing the setting from London, England to New York City, United States - and the story has a lasting impact. The play provides a twist on the classic 'whodunit', instead presenting a suspenseful thriller which explores deeper issues of morality and justice.



At the Welsh Church Hall, 879 Leytonstone High Road E11 1HR £8 (£5 concessions) Special rate for parties

8pm on **September 12th, 13th, 17th, 19th, 20th** (matinees: 2:30 on 13th, 20th)

Tickets: Reserve tickets and then pay at the door: email tickets@woodhouseplayers.co.uk or phone **020 8504 3872**. Or to book and pay on our ticket-line see our website - www.woodhouseplayers.co.uk Walk-ins usually available too. **BARA** members receive a free programme and hot drink.

BARA Jumble Trail Event

There's going to be a Leytonstone Jumble Event! It's being organized by our member **Jake Green** and the idea is that on **Sunday 14 September** people in the area should put up a table outside their house, flat, whatever, and offer for sale things that they don't need any more but others might like.

There will be a £3 registration fee which goes towards the cost of printing flyers and posters for the event: once you register your stall we can give you some posters and flyers in order to help spread the word. Flyers will be going up in our area soon but if you want to know more now, go to

www.jumbletrail.com/event/E11YARDSALE

Liz Hayman

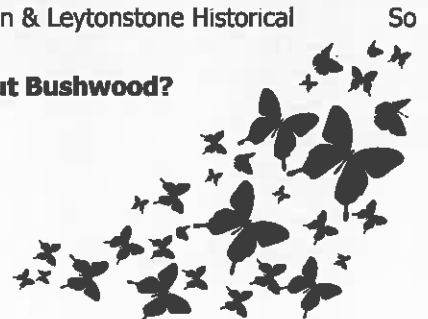
NOTICE OF ANNUAL GENERAL MEETING

8pm, Wednesday 24th September 2014, St John's Community Hall

Agenda

- Welcome
- Calculate quorum: (committee present x 2) + 1 (Committee must be outnumbered!)
- Minutes of last meeting
- Chair's report
- **Speaker: Patricia Moxey, Naturalist on:**
 - **What's special about Bush Wood? (Note the space!)**
- Accounts
- Committee Members - intro, invitation & election
- **Speaker: David Boote, Leyton & Leytonstone Historical Society, on:**
 - **What's special about Bushwood?**
- Open Forum
- Close (9:30)

Phil Herlihy



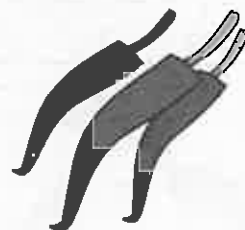


Curry and Quiz Night

It's nearly time to start thinking up inappropriate team names and getting your head around a world of useless facts again - the ever-popular BARA Curry and Quiz Night is back!

This Autumn's brainfest will take place at **7pm** on **11th October**, with curry courtesy of the Star of India being served from 7:15pm. The quiz itself will start promptly at 7:45pm.

It's a fun evening and a great way to meet other BARA members. There will be 10 rounds of questions on a range of subjects, as well as a couple of picture rounds. The winning team will be presented with 6 bottles of good quality wine whilst the losing team will win the coveted prize of a bag of lemons!



The price for both Curry and Quiz is **£8** per person or just **£3** if you want to join in the quiz only. The maximum number of contestants in any team is 6, but anyone under 16 does not count as part of the team.

Don't worry if you can't put together a full team of 6 as we will join you up with fellow quizzers on the night - a great way to get to know more of your neighbours.

It's *essential* to book your place in advance - please contact **Katy** on **020 8556 5162** or email **Liz** at **bushwoodra@hotmail.co.uk** with Curry & Quiz in the subject line. Numbers are limited so book early to avoid disappointment.

Steve O'Hara

BARA's Autumn Litter Pick

Our second litter pick of the year will take place on **Sunday 19th October** from **11am** until **1pm**. Come and collect your grabbers and bin bags (bring your own gloves) from 11am at our gazebo which will be positioned in Bushwood opposite the end of **Leyspring Road**.

We always have a great turn out for our litter picks and it never stops amazing the committee just how much rubbish BARA members collect at these events.

Children are more than welcome as every person helping makes a difference to our local area. It's also a great opportunity to bring along any **furry** members of BARA and although four paws are better than two we shan't expect them to collect any rubbish!

KATE DUFFY

BARA visit to Houses of Parliament



Ever wondered what goes on behind the scenes in the Houses of Parliament? Our local MP **John Cryer** has kindly agreed to host another tour for BARA members of the House of Commons and Lords on **Wednesday 22 October** at **7pm**. Access to the House of Lords will depend on whether the Lords are sitting on the evening in question. It promises to be a fascinating insight into one of Britain's most recognisable landmarks and this is always a popular trip. Understandably, places are VERY limited so be sure to book yours early.

To reserve a spot, please send an email **Liz** on **bushwoodra@hotmail.co.uk** or phone **Katy** on **020 8556 5162**.

LIZ HAYMAN



Join BARA Today!

Photos from the **Leytonstone Festival**,
the **Art Trail**, and **Bushwood in Bloom**



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