

The Bush Telegraph

August 2021 The Summer Issue



The quarterly newsletter of The Bushwood Area Residents' Association

SNT calls out for more residents to get involved

BARA's Katy Smith updates on the Safer Neighbourhood Team's next panel meeting. All residents' are welcome and your input can shape policing priorities in our area.

The next Leytonstone Safer Neighbourhood Ward panel will be held on Tuesday 21st September at 7pm. Although the meetings have been held online for the last 18 months it's possible that this next meeting can be held face to face. The SNT Ward Panel meets 3-4 times annually and all residents are welcome to attend. The Leytonstone Ward Panel are keen for more residents to attend from all sectors of the community and will be working with the Police Neighbourhood Team to increase local representation. If anyone is interested in attending the meetings they are very welcome to contact me by email: currantbun52@yahoo.co.uk and I will forward details of how to join the next meeting. Details of crime stats can be found at www.met.police.uk/a/your-area/met/waltham-forest/leytonstone/

Support for The Pastures needed

Following a successful campaign by Save our Pastures, the organisers are looking to fill The Pastures (Davies Lane) with clubs and activities. To protect this community building from inappropriate development and further plans it needs to be used. It is now available for bookings and enquiries can be made here - Feel.Good@walthamforest.gov.uk

Anyone interested in playing netball, table tennis, badminton or any other activities requiring a venue.

Ferndale Residents' Association (FARA) have been very involved with the campaign and are keen to link with BARA members to keep this local sports resource going.

More information on The Pastures site and the latest updates including a survey can be found at the campaign site saveourpastures.org.



Pic by Katy Smith

Cattle have been grazing on Wanstead Flats for thousands of years and as recently as 1970 numbers were in the hundreds. During the 1980s Waltham Cross farmers would release up to 200 cattle into the forest. These cows would graze on the Flats but would often wander into gardens and on to the high street. Despite protests from inconvenienced residents the cattle remained until the mid 1990s. BSE (Mad Cow Disease) and the Foot & Mouth outbreak led to them being removed and no more cattle were released after 1996. But following a successful trial last year they are back, albeit only three of them near us in Wanstead Park. These English Longhorns are part of an Epping Forest herd that can be found in six other locations throughout the forest and are part of a conservation and landscaping plan. The cows are watched over by volunteer wardens and despite their scary looking horns the cows are very docile.

Festivals, music, art, film, street performances, games and lots more fun & surprises in Leytonstone town centre this summer.

LeytonstoneEvents.co.uk

Note From The Chair



Contrary to the evidence outside our window every day, it would appear that summer is in full swing. Despite the wettest July in living memory and a distinct lack of sunshine, I think we're all enjoying being able to get outside and mix with other people again.

It's great to see how many of you have used the occasional dry spells to keep your front gardens looking lovely, and if nothing else, at least the rain has kept our flowers hydrated. The winners of our annual front garden competition are revealed inside this issue of the Bush Telegraph so congratulations to everyone receiving a voucher, and thank you for brightening my daily walks round the neighbourhood!

Although many of us are watching the dust gather on our unused passports, lots of people are taking the opportunity to holiday a little closer to home. Given how many people were away, including committee members, we decided to give August's litter pick a miss. But everything will be back to normal come September, so I hope to see lots of you out there on the second Sunday of the month.

There are lots of other great things happening in Leytonstone over the next couple of months, including the Leytonstone Festival, the Leytonstone Film Festival, Car Free Day (18th/19th September) and the Bushwood Yard Sale, also on the 19th September. You'll find details about all these and more inside this issue.

We're still collecting donations for the food bank, so if you can spare anything at all for people in need, be sure to check where your nearest donation box is.

Finally, we have a provisional date of the 17th January for our AGM, as well as social get-together for members old and new.

Enjoy the rest of the summer, and let's hope for a little sunshine before the nights start drawing in.

Doug Sheedy
BARA Chair

The BARA Team

BARA Committee

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Barclay Road

Andy Irvine
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Leybourne Road

Anna Davies
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RoseMary Warrington
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88 Mornington Road

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Leybourne Road

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BT Editor
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Barclay Road
Doug Sheedy, 11 Barclay Road

Barfield Road
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Janet Lee, drop at 14 Beacontree Rd

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Anna Davies, 21 Browning Road

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Jan Osterley, 4 Colt's Yard

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Andrew Shields, 9 Hartley Road

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Katy Smith, 37A Harvey Road

High Road
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John Drinkwater
Anna Davies, 21 Browning Road

Leybourne Road
Joyce Quarrie, 67 Leybourne Road

Leyspring Road
Liz Hayman, 54 Leyspring Road

Lister Road
Helen Westerby, 50 Lister Road

Michael Road
Sue House, 32 Michael Road

Mornington Road
RoseMary Warrington, 88 Mornington Rd

St Augustine's Ct
Kate Duffy, 29 St Augustine's Court

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

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

Stanmore Road
Tony Pamphilon, 28 Stanmore Road

Woodville Road
Kate Duffy, 29 St Augustine's Court

For membership, please visit your road rep to make the £3 payment and receive your discount card or subscribe online at our website. If you would like to get in touch with BARA or require further information on the area and a list of local services then please email BARACONNECT@GMAIL.COM or visit the BARA website.

Thanks to Joyce Quarrie for subbing & editing and to all of this issue's contributors, we are always looking for Bushwood or Leytonstone articles, stories and ideas for the Bush Telegraph. If you would like to contribute please get in touch with the editorial team at BARACONNECT@GMAIL.COM

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

Please support BARA and follow us on our social media pages



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WORD ON THE (HIGH) STREET

BARA's William Higham's regular update on the latest High Street news from Leytonstone Town Team.

As many of you know, Leytonstone Town Team – a collaboration between Waltham Forest Council, local shop keepers and members of the BARA committee – was relaunched just over a year ago. Given the situation with lockdown, the team's been limited in what it can do, but it's provided support for many retailers and helped organise several events. I hope you're all enjoying one of those events:

the 'Summer in the Stone' festival. Maybe you've had the chance to attend part of it already: from the folk music all-day at the Church to rapper **Lezmi's** recent 'Relief' festival.

Over the next few weeks, photographer **Jake Green** is hanging photos in various venues taken from his 'Drink My Sweat' exhibition about the reality of life for coffee workers. **John Rogers** and **David Boot** will both be doing historical tours of the area. As part of the main event, regular **Leytonstone Festival** will take place 4-12th September and **Leytonstone Loves Film festival** on 15-19th, alongside the Jump Festival and performances of Bach works in people's front gardens.

Meanwhile, **Car Free Day** on the weekend of 18th/19th September will see parts of the High Street closed off for events. Check out the latest festival news at www.leytonstoneevents.co.uk or via Instagram [@leytonstone loves-local](https://www.instagram.com/leytonstone loves-local). We're hoping to make 'Summer in the Stone' an annual event, so if you have any ideas for next year, do let us know.

There's been a few comings and goings on the High Street recently. First of all, a big welcome to **Bocca Bocca**, which opened recently: run by the team behind new local favourite Unity Café (check out the review elsewhere in this issue). We're also looking forward to another new restaurant: well-reviewed Indian vegetarian restaurant **Spice Box** is about to open a branch at 686 High Street.

Stone Minimarket has taken over the shop next door at 719, and will run the two together as a combination of its ethical mini market with a bar: hopefully opening the latter in time for Christmas. Part of the new space will be dedicated to community use, yet to be defined, follow [@stoneminimarket](https://www.instagram.com/stoneminimarket) for updates or to share ideas.

The Town Team is in talks with several empty or low-use sites - around the library, the tube station and the Overground station - and hope to have good news about other openings over the next few months.

As part of its ongoing efforts to help revitalise the High Street, Waltham Forest Council has created a new post, linked to the Town Team: Town Centre Activation and Engagement Officer. It's recruited James Martin to the role, who's worked at several leisure venues, including Camden's Jazz Café. James will be working with Leytonstone & Walthamstow Town Centre Lead and Town Team organiser Jenny Leighton. Their first work together will include a retail survey around High Street rents and conditions, so as to be better informed when talking to landlords. They're also going to be doing a High Street 'health check': identifying which properties are vacant, which need help and so on.

We'd love more residents to get involved in the Town Team and the revitalisation of the High Street. Anyone interested should email me at william@next-big-thing.net

Bach to the front garden

Front garden concerts in Bushwood during the pandemic.

Bach to Front began in the summer of 2020 to bring 'joy and togetherness' through live music just when the community needed it most. In a Bushwood front garden Deborah Chandler hosted two afternoons of brilliant live cello featuring various talented guests including Tom Wraith and

Maddy Ridd. The patchy summer kept bright enough for the first two concerts but unfortunately the third had to be cancelled due to rain. However, don't despair the final concert will be rescheduled indoors in the Autumn.

To find out more and details on upcoming dates head to buymeacoffee.com/Bachtofront. Buy Me A Coffee helps you support artists to fund their creative work in a simple meaningful way.



Street WhatsApp Groups

Now rules have been relaxed, although the pandemic could be far from over, it is perhaps time to take stock. One of the few good things that has come out of this horrible time has been the widespread support and practical help for other people, not just here in Bushwood but in so many communities in the whole of the UK. It has not been the case that it has been everyone for themselves (apart from panic buying in the first weeks). It has been so heartening to have people ask what they can do and persist in

searching for ways to help others.

What can we do to keep this going, to build a more resilient community where we feel safe and can contribute, and can ask for help when we need it, without judgement.

BARA want to help set up more street WhatsApp groups. In the next BT we'll be looking at the groups set up over the pandemic and the streets that have developed a stronger community. If you would like to share your group or set one up then please get in touch.

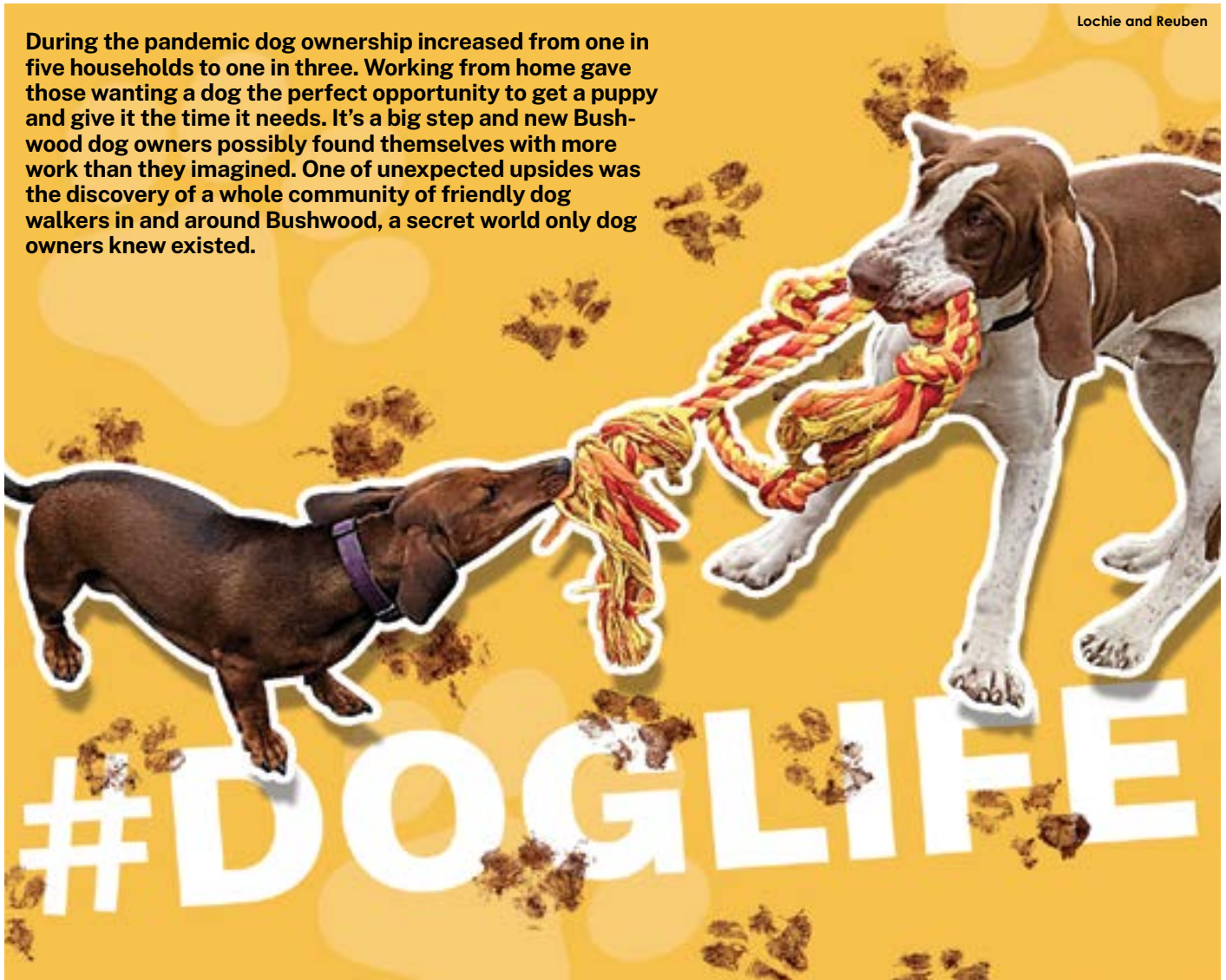
Food Bank Update

The food bank map has been updated. We now have a drop box at 1 Aymer Road. There are eight boxes around Bushwood which gratefully accept any donations throughout the week. Unfortunately products that require refrigeration can't be taken as there isn't any refrigerated storage at the food bank. Tinned food, toiletries, dried goods and even pet food are ideal. Look out for the new poster around Bushwood (below) indicating our collection points.



Lochie and Reuben

During the pandemic dog ownership increased from one in five households to one in three. Working from home gave those wanting a dog the perfect opportunity to get a puppy and give it the time it needs. It's a big step and new Bushwood dog owners possibly found themselves with more work than they imagined. One of unexpected upsides was the discovery of a whole community of friendly dog walkers in and around Bushwood, a secret world only dog owners knew existed.



For Mornington Road's Hazel Rogers, the pandemic created an opportunity to finally get the dog she had always wanted. She tells us about her experiences with her Dachshund Lochie.

Dog ownership was always on the cards for me – I grew up with dogs at home and owned a dog in my 20s. But it would have to wait, I told myself; being a dog owner didn't fit with my lifestyle as a single professional. I was away most weekends, enjoyed travelling and was rarely home before 9 or 10pm.

Then a global pandemic came along, and I found myself isolated, unable to travel and 50+ miles away from most of my closest friends and family. By May 2020 I needed to take control of the situation and decided to become a dog owner again.

At that time I was renting in Davies Lane and sadly, due to being a tenant with no garden, rescue centres wouldn't consider me a reliable prospect (understandably). I would need to find a puppy.

Before I could start researching breeders, I needed to decide on a breed. I didn't have the space for a large breed puppy to tear around, and I wanted a breed with character, lots of personality, and a size that I could get into a taxi or carry up an escalator!

I settled on the Dachshund (aka the sausage dog). Originally bred for hunting badgers, this breed is courageous, stubborn, playful, independent and loyal. Despite their size they are anything but lapdogs, and need regular exercise and stimulation. I wanted a manageable



Hazel with her Dachshund Lochie

“ Having raised a puppy before, I knew I was letting myself in for sleepless nights, toilet training and chewed shoes. I had forgotten about the 'landshark' phase

sized dog with a big personality, and a Dachshund would certainly offer me that!

On finding a good breeder in Norfolk, I set a date to collect my pup in June 2020. I decided to name her 'Lochie' – a nod to her lockdown puppy status and also to her Scottish godparents.

Having raised a puppy before, I knew I was letting myself in for sleepless nights, toilet training and chewed shoes. I had forgotten about the 'landshark' phase, which requires teaching your puppy that humans do not play through biting! She eventually got the message before I had to buy wellies to wear around the flat.

Working from home with a puppy was a new experience. For the first couple of months she slept most of the day, so that was manageable. At four months old she started to need a little more attention, and did not really care for my client calls. On one occasion she managed to jump from the arm of the sofa onto my desk during a presentation to 40+ people. At Christmas, despite ignoring the Christmas tree all weekend, during my first client call on the Monday she proceeded to remove decorations from the tree one by one, in full view of the camera until I couldn't ignore her without risking a large vet bill! Needless to say, most people found her entertaining and it broke up the monotony of continual video calls.

I had decided to get Lochie for companionship, but what I hadn't realised was how much being a dog owner would increase my interaction with the local community. I got to know people on my street for the first time in three years. As Lochie grew and could handle longer walks, I would regularly bump into fellow dog



Lochie and Eva

owners walking through Wanstead Flats, Wanstead Park and the Bushwood area. Dog owners are friendly people by nature – you have to be if you are going to take on what is essentially a furry four-year-old for 10-15 years of your life. Many of us know our dogs' names but not each other's – but that doesn't matter. It makes such a difference seeing a friendly face when you're in a winter lockdown.

Lochie has made many local friends herself, not just on walks but also at daycare with Happy Hounds and Cooler Cats. She loves hanging out with her pals and it gives me peace of mind knowing she is playing with her friends and looked after by professionals whilst I go about my business.

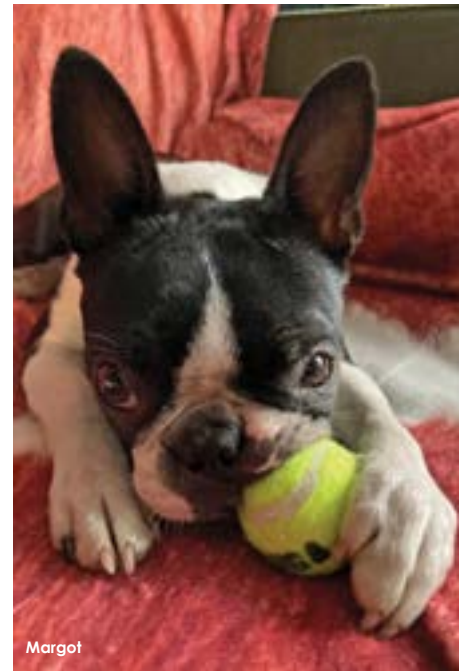
In January 2021 I completed the purchase of a ground floor flat on Mornington Road with a small garden, which was a great relief having started the process in August 2020. We were really pleased to join the BARA community. Lochie in particular has made a number of friends in the area – not just dogs but people too! If she spots someone she knows, she won't move until she's had some fuss.

Bringing Lochie into my life has meant making some sacrifices, not least the expense of daycare and boarding along with all the other costs of dog ownership. But she's also made me lighten up, rediscover my silly side and offers the unconditional love that only a dog can provide! Dog ownership isn't for everyone, but it was the best decision I made in 2020.

Charlotte and Bradley's Boston Terrier, Margot

While we had been planning to get a dog for some time before the pandemic, we ended up collecting Margot just as we went into lockdown last year. It was quite an intense first few months as, in addition to the pressures of training a puppy, Margot had a problem with her knee which required the attention of various specialists and quite a serious operation.

Thankfully she has recovered well, and we have a happy healthy, sometimes naughty, dog. Having Margot during the lockdown had benefits for us and for her: working from home full-time meant she got maximum attention from us, while caring for her gave us a focus and routine during those challenging months. We also hadn't anticipated the wonderful community of dog walkers we would encounter in Bushwood. Having lived in London for many years you're used to avoiding eye contact with strangers, so it was a bit of a culture shock to start talking to people while out walking Margot!



Margot

How a dog saved me

I had been teaching for 38 years and was planning my retirement with two more years to go, but a change in the Management structure in the school meant I was no longer required. Suddenly I was faced with no reason to get up in the morning. I completely redecorated my house, sorted out the garden and then when everything was done stopped and collapsed in a heap.

What now? Why get up in the morning? My partner said "what you need is a dog!" I hadn't owned a dog since we had one growing up. Cats always, gave you attention when it suited them but generally they were more independent. Jen knew a friend whose dog had just had a litter so she called her, unfortunately all had already gone and she was being spayed next week. Luckily when the dog arrived at the vets she found out she was pregnant again so there would be another litter.

We arranged to go down to a pub, where the dog lived in the Elephant and Castle and discovered a gorgeous 7 week old puppy that we all fell in love with instantly and immediately paid £25 for her. On the way back home in the car the puppy was really sick and as we

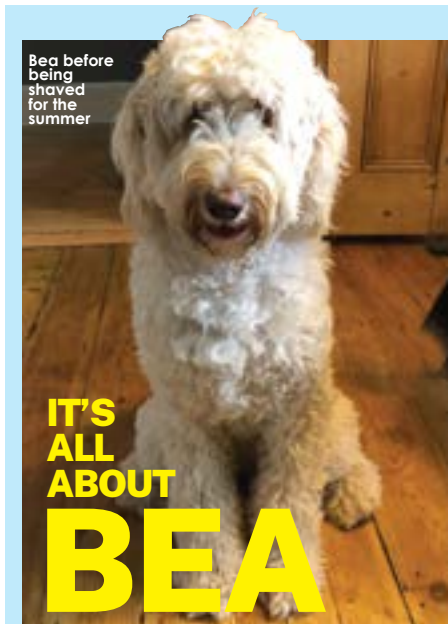
stroked her head we noticed a tuft of hair on the top of her head sticking up in the air, that's when we decided she would be called Dusty, after Dusty Springfield one of my favourite singers of the past.

Dusty gave me a reason to get up in the morning, brought joy to everyone she met and got me out of the depression I had been suffering from. Training classes went well, although having such a short legged dog gave all of us back pain from constantly having to bend down, but she was worth it in every way.

Thank goodness for Dusty!



Dusty



Bea before being shaved for the summer

IT'S ALL ABOUT **BEA**

It was only a week after we lost our cat, George, that the idea of a dog was put on the table. At first it was written off as 'too much trouble, think of all the poo' and 'How do we go on holiday?'

I didn't really consider myself a 'dog person' but more of a 'cat person'. The idea of chatting about dog diets and grooming didn't really get my engines fired. I'd grown up with poodles and loved dogs but when I left home it was all about cats. I admired their cool independence and aloofness. They're also really low maintenance.

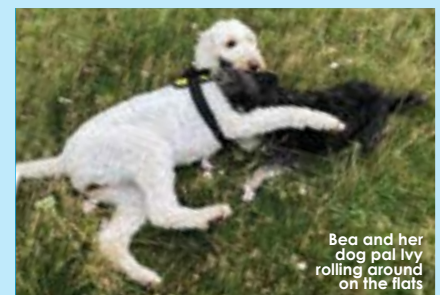
When Bea arrived she was a whirlwind, it was like having another baby. I couldn't go out as she would bark and cry and we'd thrown away new rugs as they had been saturated with dog wee too many times. Vets bills started to mount up immediately as we tried to diagnose why she scratched her ears so much. She wouldn't walk anywhere and would just sit in the middle of the road.

Eight months on and it's a lot easier and she is now part of the family. She is still mischievous and bouncy but is a lot calmer

and has an incredibly sweet nature.. As a family we've been getting loads of exercise together and discovered the secret dog walker community on Wanstead Flats.

Anytime of day you can go for a walk and you'll meet someone you know and can stop for a chat while the dogs play. Although, I've yet to be invited on to the legendary WhatsApp dog walking group.

Bea loves other dogs and she has her favourites. Luna, Ivy, Pippin, Budgie, Bodie, Nala and Milo are just some of her friends.



Bea and her dog pal Ivy rolling around on the flats

THE GREAT BUSHWOOD SEWING BEE



©Love Productions

For many of us during lockdown the television was our saviour. The only visitors we could invite into our house were those on the telly. The Great British Sewing Bee was extra special as we had one of our own to follow. Hilary Douse meets Raph Aël, who gave us something to cheer for every Wednesday night

Alfred Hitchcock, David Jacobi, Damon Albarn, David Bailey, Meera Syal, Robert and Roberta Smith - just a few of the creative people who have lived and worked in Leytonstone. As of this year and courtesy of The Great British Sewing Bee another name goes on the list – Raph Aël.

The Great British Sewing Bee is a reality TV show where contestants compete against each other with sewing tasks over a period of weeks. Competitors need to be competent sewers and tasks are often challenging demanding not just skill but creativity. One competitor is eliminated each week. In this year's series Bushwooder Raph reached the final.

Having moved to Bushwood two years ago with his partner Keith, Raph used lockdown to teach himself to sew concentrating on men's clothing. His progress was impressive and, encouraged by friends, Raph filled out the application forms for the TV series early last year. Nobody was more surprised than him to find himself in a hotel later in the year surrounded by other nervous participants and a TV production team making the seventh series of the popular show.

What turned out to be a very intense but enjoyable experience had to be kept secret until the show went on air in April this year. It was particularly difficult for partner Keith to make excuses for Raph not being around. Covid-19 meant the contestants had to form a bubble and stay away from everyone else. Fortunately they all got on well, bonding over hours of conversation – about sewing of course.

Filming was two days on, two days off and although editing presents the whole day as a continuous flow, many takes are involved to produce what is seen on screen. But the sewing time is for real with a nail-biting countdown and no extra time given to anyone. Contestants often have to decide between quality and finishing. Presenter Joe Lycett had a habit of coming by and cracking a joke at challenging

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Although editing presents the whole day as a continuous flow, many takes are involved to produce what is seen on screen. But the sewing time is for real with a nail-biting countdown and no extra time given to anyone.



©Love Productions

Leytonstone's Got Talent

We all know the usual names that are linked with Leytonstone such as David Beckham and Fanny Craddock. But what about the lesser known Leytonstone residents? Joyce Quarrie takes a look at some of the other famous people that have been part of the Leytonstone community past and present.

Talvin Singh

King of the Asian Underground is Leytonstone man Talvin Singh. This producer, composer and tabla player brings together Indian classic music and drum and base. His talents have led to him working with Siouxsie and the Banshees, Bjork, Madonna and Massive Attack. He was awarded the Mercury Music prize for his debut album.

Meera Syal

Who doesn't love Meera Syal? Meera created the radio and then TV show Goodness Gracious Me as well as The Kumars at No 42 in which she played the spikey acerbic grandmother. She's topped the charts with a No 1 single Spirit in the Sky for Comic Relief and as well as numerous comedy shows she's written novels and screenplays. Although born and brought up in the north of England she spent a large part of her adult life in Leytonstone. Her many talents were

recognised with an MBE in 1997 and a CBE in 2015.

June Sarpong

A former pupil of Connaught School for Girls, June Sarpong first came to fame on Kiss 100 and then moved on to MTV. For nine years she was a T4 presenter. Her remit is broad having been a regular on Loose Women and she has appeared on Question Time, 8 out of 10 Cats and Have I Got News For You. June is the author of two books and supported the Britain Stronger in Europe campaign. In 2019 she was appointed as the BBC's first director of creative diversity. She was awarded an MBE in 2007 and an OBE in the 2020 new year honours list.

Natasha Little

Now an ex-Leytonstone resident is actor, Natasha Little. Acting wasn't her first choice of career but her talent was recognised at school and she graduated from the Guildhall School of Music in 1984. Her TV, film and theatre credits are vast but just some of her roles include appearances in This Life, Spooks, Wolf Hall and Call My Agent. You will have seen Natasha in popular crime series including The Bill, Poirot, Foyle's War and Kidnap and Ransom. Most recently she has been seen in the Amazon TV series Absentia and an adaptation of War of the Worlds. And if that isn't talent enough she is a trained singer and a flute player.

One BARA committee member looked at the

flat she shared with actor Bo Porej when it was up for sale back in 2003.

Beth Shriever

The Tokyo Olympics has brought a gold medal to E11 courtesy of local BMX-champion Beth Shriever. The Leytonstone-born champion has been competing in BMX events since childhood. She became Junior World Champion aged 17. One of the record number of women representing Great Britain in the 2020 Olympics this year, Beth had a tough ride to get to the games when her funding was withdrawn and she had to turn to crowdfunding before British Cycling stepped in to help. Further disappointment came when her family couldn't join her in Tokyo but they were watching at 2am in the morning to see her win Britain's first BMX gold medal.

Tony Robinson

Born in Leytonstone and attended Wanstead is Sir Tony Robinson, knighted eight years ago for public and political services. He will be forever remembered for his role as Baldrick in *Black Adder*. His interest in history is reflected in his role as presenter of the long-running TV series *Time Team*. The writer of 16 books mostly for children as well as the sleeve notes for a *Genesis* album, he was vice-president of the actors union, Equity, in the 1990s helping to turn it into a more stable organisation. Having left school before taking his A levels he has honorary degrees from seven universities.

technical moments. Although it was stressful Raph always came across as cool and composed. Working as a textile artist in the film industry he is used to working under pressure.

His profession was an advantage when choosing the materials he used in his creations. Although one of the least-practiced sewers of the group he understood a lot about how materials handle and the effects they could achieve. Raph's creativity saw him win the weekly trophy 'garment of the week' three times. Of his creations Raph's least favourite piece was a summer dress that he felt didn't hang well. His favourite was a piece described by judge Patrick Grant as "fantastically eye-catching... telling the story of Frida Kahlo in a modern way". His dress made from recycled denim also impressed the judges. Given his limited experience with a sewing machine, Raph was delighted to reach the final.

Judges Patrick Grant and Esme Young were highly professional, as could only be expected from people with their experience says Raph. Although realistic in their comments and criticism they were always balanced and encouraging, and any criticism was constructive and aimed at helping people improve in the future.

Raph is now back at work. His current project is the latest Marvel film. He dyes and screen-prints fabrics that are sewn by professionals before returning to him for ageing. This can mean all sorts of things including covering them in blood or mud depending on the script. When an outfit in a film looks realistically scruffy someone like Raph has been hard at work.

Raph and Keith love Bushwood and the variety it offers. The green spaces, the independent shops and easy access to London and elsewhere. And as if his career and learning to sew were not enough, Raph plays trumpet in a couple of orchestras. Clearly a man whose hands are never idle. Our congratulations to Raph on getting to The Great British Sewing Bee final. And a big thank you. It was a great lift to a lot of Bushwooders during lockdown!

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It's already that time of the year for the BARA in Bloom garden competition. BARA's Kate Duffy has been out and about with her camera and team of scouts to take pictures of your gorgeous front gardens.

It seemed that all of a sudden Bushwood was once again in bloom and it was time to take the camera and the Bushwood Bloomers out and about the locale. Unfortunately the first outing was postponed due to rain but we got lucky with the weather for the second outing the following week. Of course in the meantime the monsoon season came along which not only did damage to roofs and cellars but also gave a battering to lots of lovely flora and fauna. We did still manage to snap a lot of stunning gardens, window boxes and hanging baskets. We went with the same rules as last year which was that every paid up BARA member was automatically entered into the competition. However, rather than do first, second and third prizes we opted for choosing 3 winners who would each receive a £25 National Gardening voucher. A couple of photos were taken of each worthy entry and then whittled down to these three winners.

Congratulations go to **Helen from Lister Road, Sue & Frank from Browning Road** and the collective that is **Bushview on Mornington Road**. Your vouchers should have been delivered to you already.



All pics by Kate Duffy



THE JOY OF TEXT

A 3rd BARA Little Library has now been installed in Bushwood. Many thanks to Leybourne's David Veitch for designing and building it. The new location is on the front garden wall of 37 Harvey Rd - the home of long serving BARA committee member Katy Smith. This should be a great location given the amount of footfall it sees from residents

walking to the High Road.

The 2 other libraries in Leybourne and Becontree have been in place for a few years and are a very popular way for residents to share books which they no longer need. During lockdown many users of the libraries commented how great it was to be able to pick up free books to help while away the hours.

PLANTING FOR THE PEOPLE

Public planting is high on the agenda in Waltham Forest. There have been some incredible successes, Richmond Road pocket park in Leyton is a shining example. However, some planting in the public domain fails to thrive. Garden designer Mark Cummings looks at how to get the best from neighbourhood planting

Plants for public space are subject to abuse, neglect, extremes of weather and vandalism. It's almost as though each area of public planting should be assigned its own social worker.

And as our weather becomes more extreme, plants need to be able to cope with lengthy periods of drought followed by a month's worth of rain falling in a matter of hours.

Often the soil is poor, heavy clay, or super sandy. Either way organic matter is usually in short supply as the natural processes of decomposition are interrupted by regular clearance.

Light levels in publicly planted spaces tend to be either open and brutally sunny or shady due to trees and buildings. Both conditions mean plants are also susceptible to the drying (desiccating) action of wind too.

We need to be aware of the difference between a plant tolerating certain conditions and thriving in them. We can tolerate toothache, but it isn't desirable in the long term.

So, if we stand by the mantra 'right plant, right place' what do we choose?

As a rule of thumb plants that are happy in full sun tend to have silver or grey leaves which



As gardeners we cannot control pets, wild animals and even wilder humans and we are never going to be able to fight the soil, climate and light conditions

reflect light. The leaves may be hairy as this reduces water loss or small and glossy which also conserves moisture. Plants that will happily bake include nepetas, lavender rosemary, salvia (both herbaceous and shrubby) and sisyrinchium. Eryngiums and the glaucous, silver leaved euphorbias such as myrsinites and wulfenii (but mind the sap) and stachys also thrive. The shrub convolvulus will happily provide evergreen (well ever grey) structure. Grasses such as Stipa tenuissima, Pennisetum and Festuca glauca positively thrive in areas that other plants would wither and die. They offer up that graceful movement that softly fascinates when the wind blows.

Shady areas are trickier to design as lower light levels reduce the pallet available. But if the shade is provided by deciduous trees mimic the woodland setting and go mad with bulbs. But choose big, at least 35-40cm high as the scale of public spaces usually demands this. Narcissus Rijnfeld's Early Sensation is reliably up and out in February and Narcissus actaea and poeticus recurves in combination will



Luzula Nivea



Euphorbia rigida



Anemanthele lessoniana



Salvias



Euphorbia amygdaloides



Pennisetum

add a touch of refinement from Late march to May. Camassia (cusickii or leichtlinii varieties for height) will reliably repeat and tulips are such a joy to behold. Small bulbs such as snow drops, and crocus tend to be trampled to a slow and agonising death so probably best to avoid unless your beds are raised. Jacques Amand International Ltd has a fantastic range of larger bulbs suited to public planting.

Shade loving perennials include Alchemilla mollis, Acanthus mollis, luzula nivea or sylvatica (used with varying degrees of success), cranesbill geraniums and the wood spurge euphorbia robbiae (clue's in the name) will steadily increase its presence. Ivy is always a good bet for shade and Fibrex nurseries have some fine specimens for sale. Shrubs such as euonymus will provide good structure and ground cover. I know this is much maligned for being municipal but it should look healthy and I find that far more important than taking a punt on something that will end up dead or looking scraggy

As gardeners we cannot control pets, wild animals and even wilder humans and we are never going to be able to fight the soil, climate and light conditions. When considering planting in the wider public it pays to remind yourself of the serenity prayer... "(insert deity of your choice here) grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to Know the difference."

We choose the plants that can cope with all that the Great British weather throws at it and select the right plant and put it in the right place. That, my green fingered friend is the wisdom to know the difference.



Early narcissus

Royal British Legion

The Leytonstone branch of the Royal British Legion meet on the third Wednesday of each month. Our next branch meeting is on **Wednesday 15th September at 8pm** at The Leytonstone Ex Servicemans Club, Harvey Road, Leytonstone, E11 3DB. We welcome men and women of all ages whether they have served in the armed forces or not. Come along, make new friends and help raise funds for a very worthy cause. You are welcome to come along to one of our meetings for a chat. Please check out our branch Website:- <http://branches.britishlegion.org.uk/branches/leytonstone>

If you require any further information please contact the Membership Secretary Janet on **07709 490859**, or at: janetRBL887@gmail.com

BUSHWOOD - A 'BLEN' NEIGHBOURHOOD

The council have approached BARA on creating 'Green Links' in the Bushwood area as part of the Leytonstone BLEN scheme. But what is a BLEN scheme and what will it mean for Bushwood? BARA Committee member and resident Annette Loakes explains.

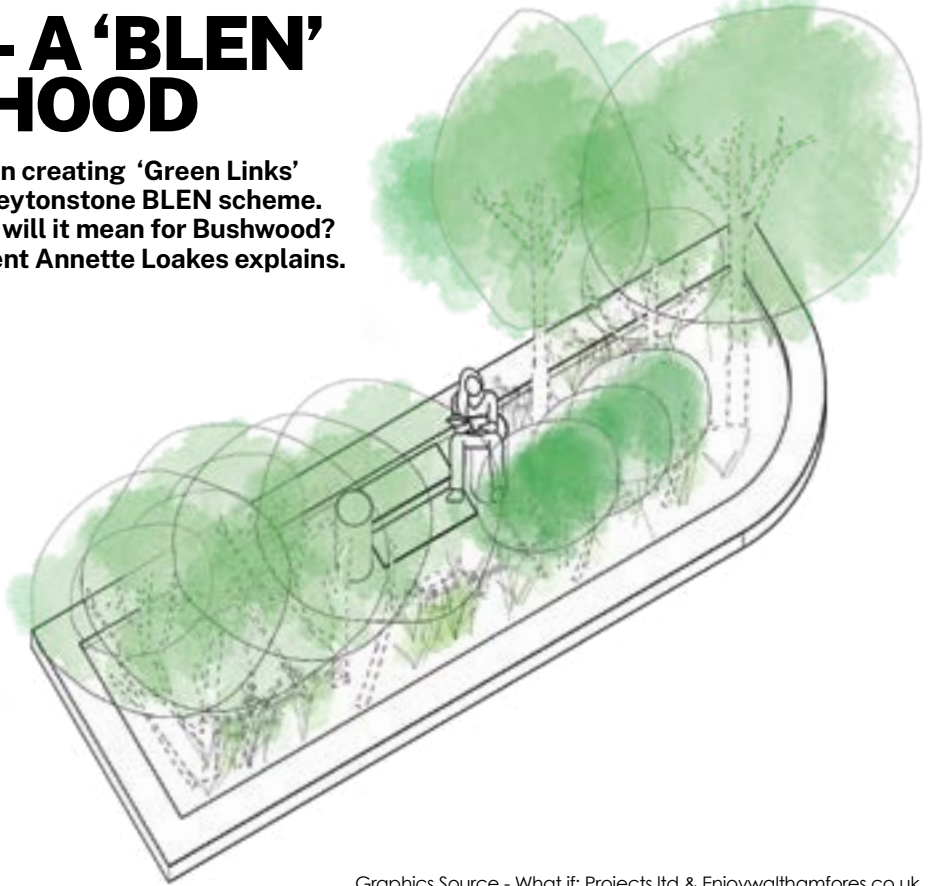
In July, the BARA Committee were approached by Waltham Forest Council to discuss the possibility of designing and introducing 'Green Links' in the Bushwood area as part of a Business Low Emission Neighbourhood (BLEN) scheme in Leytonstone Town Centre. Waltham Forest Council has received funding from the Greater London Assembly to deliver this project which will be focussed in the vicinity of Leytonstone Town Centre and its surrounding residential neighbourhoods.

The project aims to reduce the amount of and exposure to road transport generated pollutants and so improve overall air quality through a range of active and sustainable travel infrastructure improvements, traffic management measures that prioritise low/zero emissions transport options, behaviour change initiatives, and increased green infrastructure such as more trees, planting opportunities and sustainable urban drainage systems (SUDS). With the recent unseasonal and heavy rainfall initiatives like SUDS are being widely talked about as part of a package of solutions to help us deal with climate change weather patterns.

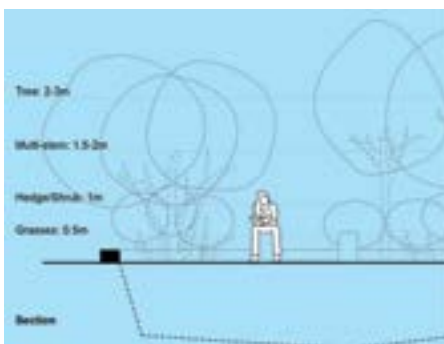
The 'Green Links' part of the BLEN proposals, located in the Bushwood area, hope to create improve and engaging pedestrian walking routes to and from the Town Centre to Bush Wood and Wanstead Flats. The current early designs include improved pedestrian infrastructure, small scale and interactive public art installations along the routes- celebrating our local bio- diversity, SUDS schemes, planting, and more trees- supporting our local bio- diversity. All of which will combine to help create an innovative wayfinding route to and from Bush Wood and the Wanstead Flats to the Town Centre.

The local Council have been working with 'What If' Architects to prepare initial concept design documents. Members of the BARA Committee got to see a preview in July and provided their initial feedback. Importantly designs are still being developed and the Council will be arranging online and on-site meetings with local residents who they are encouraging to contribute towards final designs of the schemes, such as choosing planting and hopefully identifying local community volunteers who will help with planting and maintaining these new areas. The Council will publicise the arrangements for these meetings and BARA will include information in our BARA email updates.

If Bushwood residents want to find out more details on the Leytonstone Town Centre BLEN then you can visit the website at <http://enjoy-walthamforest.co.uk/blen/>



Graphics Source - What if: Projects ltd & Enjoywalthamfores.co.uk



BUSHWOOD HAS NO SPACE FOR HATE

Woodville Road resident Andrew Thorne explains why he volunteered to go through Bystander Intervention Training and become a Waltham Forest ‘No Space for Hate’ Ambassador.

I’m a fourth generation Leytonstone resident, growing up near Harrow Green, and I moved up to Bushwood with my wife, Clare, in 2012. Living in Leytonstone has always meant that you see people from all walks of life and of every heritage, and we’re generally unfazed by difference and novelty.

However, although 86 per cent of residents agree that Waltham Forest is a place where people from different backgrounds get on well together, two out three Waltham Forest residents said last year that they felt hate was becoming a more serious issue, with similar numbers saying they’d experienced or witnessed hate, in the form of harassment of women, insults aimed at disabled or elderly people and homophobic or racist abuse.

One way to address this is to show bystanders that there are safe options to intervene and assist victims of verbal abuse if they are unfortunate enough to witness an incident. Research shows that many people don’t react when they see something that they know is wrong, partly because they don’t know what to do and partly because they assume someone else will do something.

This leads to a situation where the aggressor is emboldened, and the victim thinks that bystanders condone and share the views ex-



One way to address this is to show bystanders that there are safe options to intervene and assist victims of verbal abuse.

pressed, multiplying the effect of the abuse by vastly increasing feelings of fear, isolation, and humiliation. The training came about following recommendations by the Waltham Forest Citizens Assembly on Hate and is intended to empower the community at large to tackle hate, support their neighbours and make our streets fairer and safer for everyone.

I signed up for the training that was conducted online over three evening slots. These were informal but quite intense and very interactive sessions, with experienced trainers who guided the discussions so that it wasn’t just a one-way lecture. By the end of the course we had all got two levels of intervention down pat - here’s what we learned:

If you’re concerned about confronting someone directly, the approach is “See, Report, Support”:

Observe the situation – turning away signals to the aggressor that their behaviour is ok.

If you’re not the best person to deal with the situation, call security, staff or other bystanders to help, and give information about the incident to the police when you can.

If possible, speak to the victim afterwards, ask them if they are ok, and reassure them that you think what happened was wrong.

If you are confident in the situation and you want to intervene more assertively, the approach is “Distract, Disapprove, Directly Challenge”:

Do something to interrupt the abuse – spill a drink or tell the perpetrator that they have dropped something; anything that takes their attention away from the victim.

Say what you think out loud or speak to others at the scene. Get other people to pay attention and keep them from turning away.

Address the abuse – tell the offender directly that their behaviour is unacceptable.

Remember, don’t put yourself in harm’s way, and in an emergency call 999.

As a straight, white man who grew up here, I’m especially keen to get people like me to join training sessions and step up as allies to those who are more likely to be subjected to hate or harassment:

I don’t have to plan which way I walk home, I don’t worry about exercising in the dark and I don’t avoid the tube late at night.

I can walk into a pub holding my partner’s hand and not worry about whether someone will make a comment.

No one speaks to the person I’m with because they think I can’t answer for myself.

I don’t have to cross the street because I’m worried that a group of people will take offence at the colour of my skin, the way I’m dressed, or my accent when I speak English.

I don’t have to worry about any of those things, and no one else should.



Becoming a No Space for Hate Ambassador takes a few hours of training but can really help.

If you’re interested in the training then you can contact me via BARA, or you can register your interest directly by emailing training@communitiesinc.org.uk. I’d also encourage everyone to sign the “No Space for Hate” pledge at <http://bit.ly/NoHatePledge>

It's always exciting when a new restaurant opens and even better when it delivers on its promise. Gareth Dimelow experiences Bocca Bocca on its opening night

When we first moved to Leytonstone in 2005, there was a long-established Italian restaurant called *Pepe's* on the High Road. Although its frontage was less than enticing, we were excited to have a pizzeria just a stone's throw from our new house. Before we ever had a chance to try it, the business folded and *Pepe's* was no more. Since then, we've longed for the kind of homely, friendly, quality Italian dining experience – often wondering why no-one recognised this was what Leytonstone was missing. In recent years, we've had several great artisanal pizza places open up, although they're mostly a takeout and delivery option. On the other hand, *Mora* is great for those who want a more high-end, a la carte experience.

CHIC & STYLISH

I'm happy to report that our Goldilocks demands have finally been met, with the opening of *Bocca Bocca* on the high road, just a few doors up from where *Pepe's* once proudly stood. Created by the owners of *Unity Café* on Pretoria Road, *Bocca Bocca* offers authentic Amalfi cuisine in a chic, stylish and deceptively spacious restaurant.

Anyone who attends the opening



ALL ABOUT THE BASE



The vegan salad was packed with flavour from a combination of roasted artichoke and sweet peppers, as well as walnuts and black Gaeta olives

night of any hospitality business does so knowing that chaos will be your dining companion for the evening. So our experience at *Bocca Bocca* was something of a revelation. From the moment we arrived to be greeted and seated in a matter of seconds, it was clear that we were in experienced hands. Everything on the menu appeared to be in stock, there was a steady stream of delicious looking food flowing from the kitchen, and no-one seemed to be staring desperately at the gigantic pizza oven while chewing their napkin hungrily.

Having decided to take advantage of the very generous 50% off opening offer, we ordered a mix of antipasti and salads, as well as three of the signature pizzas, one from each colour section.

ARANCINI

The arancini was juicy and generously filled, while the garlic pizza bread was soft and chewy, and dripping with garlic oil, although sadly missing the promised mozzarella due to an error on the menu (by the time of our return visit four days later, this and a couple of other minor issues had already been rectified). The rucola side salad was a generous mountain of peppery rocket, generously drizzled with sweet balsamic and chunky shavings of tangy parmesan. The vegan salad was packed with flavour from a combination of roasted artichoke and sweet peppers, as well as walnuts and black Gaeta olives.

By the time our pizzas arrived, we were starting to regret our ambitious appetites, not least because our small table was already swamped with flatware and glasses. Nonetheless, we soldiered on and apologised to the tables on either side for our rapidly expanding spread. From the selection of red bases, we'd chosen the *Capricciosa*. Loaded with finely chopped ham and chestnut mushrooms, this was a far cry from

the 'Farmhouse' of my days as a *Pizza Hut* waiter. In particular, the addition of artichoke and black olives made this feel like a more sophisticated take on a well-loved classic.

From the white bases, we chose a *Terra Mia*, enthusiastically topped with milky *fior di latte* and smoked *provola*, plus deliciously crumbled chunks of artisanal pork sausage. Finally, we had to have something from the green selection, where diners can choose from a pesto or pistachio based pizza. We picked the eponymous *Bocca Bocca*, which came layered with flamboyant folds of *mortadella*, balls of buffalo mozzarella, and pleasingly light pistachio paste.

Having eaten enough to stop a Roman army in its tracks, we ended up taking half our pizzas home, finding that the management's flair for tasteful design extended all the way to the takeaway boxes.

At this point, we paused to finish our wine, a frizzante *Prosecco* reasonably priced at £25. We generally prefer our bubbles to be a little more robust, but given how much we'd eaten, we were thankful for the lighter style of this fizzy favourite. The management has made the wise decision to keep the wine menu simple and accessible, with prices increasing at £10 increments. You'll also find a good selection of cocktails, beers and soft drinks.

Finally, we finished things off with some *gelato* and *affogato*. All the frozen treats are from *Hackney Gelato*, and it's easy to see why this East London business is a fast-growing success story.

On any night of the week, this would be an experience to rave about. Friendly, helpful staff, prompt service, and exceptional food. That they were able to deliver this on their opening night was nothing less than miraculous. *Bocca Bocca*, the restaurant so good they named it twice.

HAVE YOUR SAY

BARA members opportunity for comment and opinion on local issues. If you would like to have your say on issues that matter to you and the surrounding area, please get in touch. Views and opinions expressed are the readers own.

Digging up the back garden

Patricia Roche writes on the campaign to stop two four bedroomed houses being built in a back garden off Browning Road

Several residents in Browning Rd, Beacontree Rd and Bushwood, have been left deflated and disappointed by the council's decision to approve planning permission for the construction of two four bedroomed houses with basements in the back garden of 69 Browning Road. Local residents have vehemently and successfully opposed this project for seven years, for several obvious reasons. However, they are shocked that the Development Team at Waltham Forest Council have now done a complete u-turn when their prior vote was a unanimous rejection.

On Tuesday 29th June residents were invited, at short notice, to join the planning meeting online. Their representatives voiced their many and usual concerns and objections. However, on this occasion the decision makers at the town hall dismissed all these and granted approval, despite no change to the mitigating factors and obvious potential dangers that resulted in previous knock-backs.

Firstly, this proposed construction is in the

owner's back garden at 69 Browning Rd, adjoining and abutting other gardens. Access to this garden is via a passageway at the front of the property, just about wide and tall enough to accommodate a medium size van. Tons of earth would have to be removed to waiting lorries and building materials brought in via this small and unsuitable entrance.

This build would take about four times longer than normal because of these restricted access problems and disassembling and reassembling plant and machinery that could not pass through. Throughout the build there would be approximately 106 large lorries coming and going and parked in the vicinity each month, this would continue for several months.

Other disruptions include a conveyor belt running the length of the surrounding rear gardens due to no vehicle access being possible at 69 Browning Road; long construction days Monday - Saturday from Sep 2021 to 2023; waiting and idling construction vehicles on Browning Road and the surrounding Bushwood, Beacontree Road, John Drinkwater Close and Bush Road for 3 years; Four metres parking on Browning Road to be commandeered for 3 years for exclusive use by 69 Browning Road, despite residents paying for CPZ.

Henry Reynold's Gardens, a children's playground, is situated directly opposite Browning Road. With the continuous large lorry activity and parked vehicles opposite, this road would almost certainly be blocked. There would be many safety concerns for the children entering and using this playground, road risks, loud noise, drilling, dirt, dust and slush. This is the only local children's playground in the vicinity and having such hindrances would disadvantage many children.

Residents would have to put up with these

conditions and inconveniences for two, possible three years, making it very difficult for those working from home. Even bigger concerns for the locals are that when the basements are being dug out there is a possibility of subsidence and flooding affecting their homes. This particular area was badly bombed during World War 2 and there are worried that the digging could unearth an exploded bomb.

In the event of fire, no fire engine would be able to access the new builds. This was explained by a commitment to install sprinkler system to be maintained by this developer but what would happen if these houses were sold on? Residents are very skeptical, believing these properties could either be sold or used as Houses of Multiple Occupants, the latter would present a whole other set of problems such as who would be responsible for taking the rubbish bins out onto the road? If not done on collection days this could result in bad smells and rat infestation. Two of the planning team say the developer presented very detailed plans but skimmed over all these crucial issues.

Residents have been battling against this development for years and say they have had continued support from Councillor Clyde Loakes, Deputy Leader of the Council, who agrees that this is a terrible idea, fraught with complexities and should never have even been considered, much less approved.

They are strongly opposing the council's planning team's ruling, believing this is seriously flawed. Although their mental and physical is being seriously jeopardised they say they will continue their fight to have this decision reversed and are requesting other BARA residents to please sign their petition (link below)

<http://chng.it/PgdjzWkrqD>



The Bees of Bushwood

We catch up with Khalil and Salma to find out how the Bushwood based hives are getting on

The start of 2021 was difficult for our honey-bee population. Most years the bees are out foraging from as early as March but due to the exceptionally cold start to this year many bee colonies could not start foraging until much later towards the end of May. Some colonies succumbed to starvation while others just about pulled through. Thankfully all our bees in Leytonstone survived and have built up sufficiently in strength to allow us to harvest some of the excess honey for ourselves. To help things along we have also increased

the number of beehives that we have and will continue to supply the finest local raw honey from our hives. This should mean we will be able to keep the local population supplied for most of the year.

Despite the pandemic and lockdown, it has been a busy year for us at Bushwood Bees. As well as producing honey we have started running experience days and beginner beekeeping courses at the beautiful East London Mosque and plan to run more next year.

If you want to see what we are up to and for more information about our honey and products please check out our website at <https://bushwoodbees.co.uk>. You can also follow us on Instagram, Facebook or Twitter (@bushwoodbees).

ANOTHER BEE STORY

Rev William Charles Cotton was an Anglican priest, a missionary and an apiarist. Born in Leytonstone in 1813 he was educated at Eton College and Oxford. His father, William Cotton became governor of the Bank of England. He lived in New Zealand from 1842-47 introducing the skills of beekeeping to the North Island and writing books on the subject including some in Maori.

Cotton's interest in bees stemmed from his childhood and he founded the Oxford Apiarian Society. His first book *A Short and Simple Letter to Cottagers from a Bee Preserver*, sold 24,000 copies. He was active in the formation of the British Beekeepers' Association and became one of its vice presidents.

From 1857 until shortly before his death in 1879, William Cotton was the vicar of Frodsham, Cheshire. Although his funeral took place at St John the Baptist's Church in Leytonstone and he is buried in the family grave in the churchyard, a memorial service was held for him on the same day in his Frodsham church, where there is still a memorial. His influence can still be seen there. The symbol of the honey bee appears on the chain of office of Frodsham's mayor and in various other places in the town, a Frodsham street is named Maori Drive and a Maori inscription is still present on the doorstep of Cotton's old vicarage.

Adboard

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

BABYSITTING Pippa, a university student and Milly, an A Level student are sisters living locally who both regularly look after children, including babies, in the Bushwood area. Either are available on Fri, Sat or Sun evenings and some week nights at a rate of £7 per hour. Please contact Pippa on 07487 670 970 or Milly on 07956 182 720 (references from other Bushwood parents can be provided)

BABYSITTER AND CHILDMINDER

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

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

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

CAT SITTING Responsible fifteen year old will feed and spend time with your cat twice per day. Very experienced with cats and animals. £8 per day. Contact Martha on 07534 430 729

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FACE PAINTING, Arty Local teenager, experienced in face painting, available for children's parties and gatherings. Please phone 07986123789

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**

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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 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

CODING FOR KIDS After school clubs, summer camps and private tuition online and face to face. **10% discount** Sabana Patel https://jamcoding.co.uk/

PLASTERER - Plasterer @ Ascot London "Really good plasterer living locally. Was pleased with the service He also did some soundproofing for us which has really helped. Happy to recommend him." 07939 688136 tpreeedy@ascotldn.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 Jeannie.bruce@zen.co.uk

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

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 LondonMusicTuition.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 on contact@e11tutoring.co.uk

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 07828134730 or email sajidajamila@gmail.com

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

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YOGA

Mindfulness Yoga: Tuesday 6.45pm -Pregnancy Yoga Tuesday 8pm -Mindfulness Yoga Thursday 9.30am -Mindfulness Yoga Thursday 10.45am -Mummy & Me (Postnatal/ Baby Yoga) At the Quakers Meeting House www.helenyoga.co.uk/07956 807675

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

HOLIDAY FLAT FOR RENT

Location: Llandrindod Wells-Wales Sleeps: 4 Go to 5sunnycroft.com for more details

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042 RESTAURANT

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TO BE CONSUMED

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THE THROWBACK - SUMMER 1995

This issue, The Throwback, digs in to the summer 1995 issue of the Bush Telegraph. Where were you in '95? Robbie Williams announced he was leaving Take That, Brit pop was in full swing, Michael Jackson was at number one and The Cure, Pulp and Oasis headlined Glastonbury. The event movies of the year were released that summer and Die Hard with a Vengeance, Batman and Robin, First Knight and Waterworld filled the cinema. In Bushwood, the big stories were who was responsible for the new postbox, the laying of cable TV and the renaming of Edgcombe road.

EDGECOMBE ROAD

The Council has decided to rename this MOHAMMAD KHAN ROAD. No local residents were consulted before the decision was taken, and now the Council refuses to reconsider, or even to consider nameplates saying clearly "MOHAMMAD KHAN ROAD FORMERLY EDGECOMBE ROAD".

BARA REALLY GETTING THINGS DONE

We are not as good at blowing our own trumpet as either Labour's "Contact" or Liberal Democrat "Focus". Often, we have been spending hours on the telephone or writing letters quite as much as they, but they seem to claim all the credit! For the record, it was our letters to the Post Office management and to Harry Cohen which achieved the post box outside Quadrant Stationers (to replace the post box lost when the Crown Post Office opposite Barclay Road was closed). If anyone wants to see it, we have the letter from the Post Office Headquarters to Harry Cohen MP which refers to BARA's letter to Mr Cohen, and to nobody else's!

BUSHWOOD TREES

We are now seeing the benefit of the improvements in the last round of pruning and shaping of the trees in local streets, following BARA's concern two years ago. Woodville is looking especially attractive just now. There is, however, a new threat. Cable-laying for TV and tele-communications is being carried out widely around the country, and many people will know of the loss of whole avenues of trees in Hornchurch last year, which was widely reported. There are arrangements, adopted by Waltham Forest Council, to protect trees during this work, and these are meant to prevent contractors laying cable from cutting main roots, etc. The question is how well the controls will work. The answer may depend on how vigilant we all are! Our Council are making the right noises about protecting trees, and they say no work is likely to be undertaken until later in 1996.

FOR SALE

Gas cooker clocktimer, working order, modem connection, £50.
100 nylon zips 8" -20" good colours, £10. 100 m satin ribbon, £10.
Child's wooden desk and stool, £5.
Fisher Price tape measure, van, periscope and binoculars, £5 (no split).
All: 0181-530-3376.

SOHO SQUARE ON THE LEYTONSTONE HIGH ROAD

Tesco's have put in their formal application for the Leytonstone House site. We are glad to think that this development will be going ahead. We are still concerned about some details, particularly about the Victorian Hall on the Hospital site (which at the moment Tesco's plan to leave standing, but convert into flats) and about parking--we want to be sure that there will be adequate, free, off-street, parking for those who want to shop in Leytonstone.

The Council officials put forward the idea that we should look for there to be more cafes, restaurants, pubs, and other "leisure" uses in the High Road. If we are not to have twenty or thirty shops boarded up, they will have to be put to other uses. But we want to see the High Road planned, not dealt with in a piecemeal way as applications come in. We would like to see the part up by Tesco's kept for shops, perhaps selling specialized lines of goods. We want to see attention being given to whether a restaurant or pub at a particular place would affect residents living nearby. Now, officials will probably recommend approval of a proposal to turn Hyam's Gym into a pub and restaurant (under different ownership, it seems). This will make six pubs (the Cube which is to be reopened, the North Star, the Crown, the Red Lion, Hyam's Gym, and there is an application in for the former Post Office) in our area, and we think that may be too many. We would like there to be a gym facility in Upper Leytonstone, perhaps under different management. roundabout.

YELLOW ZIGZAGS

The council are to change the status of yellow zigzags outside a number of schools in the borough. George Tomlinson is one of the schools involved because it has a particularly bad record of child accidents. From September '95 anybody parking on these zigzags at school opening or closing times will get a £40 fine.



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