

# The Bush Telegraph

June 2023 - Summer Issue



The quarterly newsletter of The Bushwood Area Residents' Association



As a thank you to all our road reps we hold an annual evening to say thanks for all their hard work. As well as delivering this magazine four times a year, and being the co-ordination point for annual subscriptions, the road reps help out in all sorts of ways and are often the first port of call for members with queries. We would be lost without them.

## THANK YOU ROAD REPS



## BARA RAMBLE

A perfect Sunday morning in May saw us set off for what we hope will be the first of many BARA walks with a stroll through Epping Forest.

A 10am meetup at Leytonstone tube saw us catch a train to Theydon Bois. On arrival we fuelled up for the four-mile walk with coffee and bagels from the perfectly located Brick Lane Bagels just outside the station.

The gentle terrain was ideal for all ages, the shady path winding through the forest to our destination, Loughton. Along the way we discovered a very high rope swing that was irresistible to some who found themselves swinging 20 feet above the ground. The only bruises were to the Tarzan egos of some of the party! Despite a couple of wrong turns we got to The Queens Tavern in Loughton in good time for a well-deserved pint and pub lunch.

The next walk should be in October so if you want to come along for a golden autumnal stroll we'll keep you posted on the date. You might need to polish your wellies.



## BARA PARTY IN THE PARK

12pm to 6.30  
SATURDAY JULY 8TH  
HENRY REYNOLDS GARDENS

LIVE MUSIC • FOOD STALLS • BARS • GAMES • BOUNCY CASTLE  
FACE PAINTING • PRIZES • BBQ • PLUS LOADS MORE

BARA  
WILSON FOREST

# Note From The Chair



As I write this note on a sunny bank holiday weekend, it seems as though our summer has well and truly arrived, after some considerable delay. However, British weather being what it is, it will no doubt be raining again by the time you read this! Either way, our variable climate undoubtedly benefits the lush gardens of Bushwood and as tradition demands, the committee will soon be recognising the amazing work so many of you do in your front gardens in our annual BARA front garden competition.

Speaking of the weather, we'll all be praying for sunshine as we host the Party In The Park on Saturday 8th July. As in previous years, there'll be a full programme of live music, kids entertainment and food and drink in Henry Reynolds Gardens. This is an event that the committee simply can't run alone and so we were extremely grateful to all the members who volunteered to lend a hand last year. If you think you might be able to help out in some capacity for this year's event, please drop us a line at baracommconnect@gmail.com. More details will follow in the coming weeks, so keep an eye on your inbox, as well as the BARA page on Facebook to stay up-to-date with our plans.

Since the last edition of the BT, we've hosted a number of very well attended BARA events including Kids' Bingo at The Birds, the Bara Quiz at the Leytonstone Social Club, a Cocktail Night at the Stone Mini Market and a Bara Spring Walk through Epping Forest. Looking ahead, I'm very much looking forward to The Tap Room Walk on June 9th. If you follow our @bara.e11 account on instagram (and if not, why not!) you may have some sense of the great atmosphere at these events as well as the feelings of friendship and community they inspire. This continues to be a great source of pleasure and pride for our committee.

Finally, I move on to an arrival and a departure of note, both of which you can read more about later in this edition. On the arrival front, the wait for the opening of Homies on Donkeys, heralded earlier this year by the burst of colour on the shop facade, is finally over! An award winning taqueria is a great addition to our High Street and they seem to have got off to a solid start having successfully achieved their kickstarter fundraising target. It is however with great sadness that we say goodbye to Rev David Britton, the vicar of St John's church and Hartley Road resident, who after almost a decade of service to the community he is heading off to pastures new. We wish him and his family all the best for the future.

That's all for now, enjoy what I hope will be a fine summer,

Andy Irvine

BARA Chair

## The BARA Team

### BARA Committee

**Andy Irvine**  
Chair and Membership  
Leybourne Road

**Doug Sheedy**  
Vice Chair  
Barclay Road

**Anna Davies**  
Social  
Browning Road

**RoseMary Warrington**  
Environmental  
Morningson Road

**Kate Duffy**  
Social & Facebook  
St Augustines's Court

**Katy Smith**  
Social & Planning  
Harvey Road

**Will Higham**  
Town Team & SNT  
High Street Liaison  
Leybourne Road

**Nadia Higham**  
Secretary & Social  
Leybourne Road

**Robbyn Linden**  
Social, SNT  
Aylmer Road

**Joyce Quarrie**  
Bush Telegraph & Planning  
Leybourne Road

**Fiona Sinclair**  
Membership & Town Team  
BARA e-Mail Newsletter  
Leybourne Road

**John Buniak**  
Treasurer  
Leybourne Road

**Gareth Dimelow**  
Barclay Road

**James Cowen**  
BT Editor, Library of Things  
Website  
Lister Road

### BARA Road Representatives

**Aylmer Road**  
Alex Maws, 1 Aylmer Road

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

**Barfield Road**  
Alex Maws, 1 Aylmer Road

**Beacontree Road**  
Janet Lee, drop at 14 Beacontree Rd

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

**Bushwood**  
Brian Hopson, 49 Bushwood

**Carlton Road**  
Alex Maws, 1 Aylmer Road

**Colt's Yard**  
Nadiya Ismail, 6 Colts Yard

**Dacre Road**  
Alex Maws, 1 Aylmer Road

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

**Grove Road**  
Hanisha Vasiliou, 34 Grove Road

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

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

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

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

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

**Leyspring Road**  
Benedikt Humm, 63 Leyspring Road

**Lister Road**  
Helen Westerby, 50 Lister Road

**Michael Road**  
Sue Birdsall, 32 Michael Road

**Mornington Road**  
RoseMary Warrington, 88 Mornington Rd

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

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

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

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

**Woodville Road**  
Janet Taylor, 14 Woodville Road


For membership, please visit your road rep to make the £3 payment and receive your discount card or subscribe online at our website at [www.bara.london](http://www.bara.london). If you would like to get in touch with BARA or require further information please email [BARACONNECT@GMAIL.COM](mailto:BARACONNECT@GMAIL.COM) or visit the BARA website.

Thanks to all of this issue's contributors. We are always looking for interesting articles, stories and ideas related to Bushwood or Leytonstone for the Bush Telegraph. If you would like to contribute please get in touch with the editorial team at [BARACONNECT@GMAIL.COM](mailto:BARACONNECT@GMAIL.COM)

 [BARACONNECT@gmail.com](mailto:BARACONNECT@gmail.com)

 [Bushwood Area Residents' Association](#)

 [www.bara.london](http://www.bara.london)

 [@BARA.e11](#)

# BARA MEMBER PRICE TO INCREASE IN 2024

**For the first time in over a decade BARA membership will go up in 2024. "Why are we doing this?" asks Gareth Dimelow.**

If you attended the recent BARA AGM, you will have heard me discuss something potentially controversial.

When everyone is feeling a significant pinch from the cost-of-living crisis, nobody is going to cheer a price increase even if it is on something we all love.

It fell to me to announce that, after a good 15 years of asking just £3 per household for BARA membership, we were going to be raising the price to £5.

I was a little nervous. It isn't difficult to do the maths and realise we were talking about an inflation-busting 66 per cent increase.

Thankfully the resounding response in the room was positive. Upbeat even. It could

have helped that I did some maths and pointed out to members that the increase of £2 per year amounted to about four pence per week. Or the fact that a year's membership to BARA constitutes exceptional value for money, with or without the price rise.

In the last 15 years most of our operating costs have gone up, from the sweets we provide for the popular Easter egg hunts, to the caterers we use for the quiz, to the little envelopes we attached to the BT once a year. Printing costs, room hires, internet domains – the list is endless. Everything costs more.

We're also doing more than ever. More litter picks, more social events and activities, and through our various social media platforms, more ways to connect with each other.

It was different 18 months ago when we were benefiting from a surplus that had built up during Covid and none of our normal events were able to be held.

But now that we're back to something like

normality, and we're offering our members more benefits, we need to ensure that we're covering our costs as well maintaining a sensible safety net.

Everyone on the BARA committee gives their time for free so all the funds are used for member benefits. Not only can we keep offering a complete calendar of events we can look at adding to it. And if you listen to many of our long-standing members, they'll tell you they think it is long overdue.

With exciting new businesses coming to our area, we are working as hard as ever to secure those exclusive BARA discounts (listed at the back of this magazine) some of which are generous enough to cover the cost of your subscription in a single transaction.

Nobody wants to be putting prices up unless they have to. We hope you'll agree that once every 15 years is more than acceptable and that your BARA membership is still worth the price of a cup of coffee!

## ARTS TRAIL 2023

Summer is with us and with that comes our regular celebration of local artistic talent! The long-standing Leytonstone Arts Trail is set to take place from 1-9 July and promises a cornucopia of displays right across the town. Many of the local businesses will be hosting shows, just go to the website for more details.

This year there is an exciting new venue on the block: The Good Shepherd Studios and the Pastures Centre on Davies Lane will be opening their doors for a series of exhibitions and events. Several excellent artists have set up studios there, so it will be good to see what talent we have on our doorstep. And don't

forget to visit the Quaker Meeting House on Bush Road. This unique space always has something special on show. Visit the tranquillity of their gardens to see what they have to offer.

We invite everybody to become involved in the Trail by putting their own creations in their windows and gardens as part of the *Let's Fill Leytonstone with Art* project. For more information go to:

**Instagram:** @Leytonstonearts  
**Facebook:** Leytonstone Arts Trail  
**Twitter:** @Leytonstoneart  
**Listings:** [www.leytonstoneartstrail.org](http://www.leytonstoneartstrail.org)  
**Leytonstone Arts Trail 1-9 July 2023**



Full House Billy Bingo returned for a successful afternoon of prize bingo for the BARA kids

Our most popular event The Big BARA Quiz was a sell out again



The Easter Bunnies out in Henry Reynolds Park for the BARA Easter Egg Hunt

A great night of cocktails at Stone Mini Market

It has been a busy Spring with BARA events for young and old. We've already seen a cocktail night, a BARA walk, an Easter egg hunt, a bingo afternoon and the quiz night. We have a lot more to come including the Party in the Park which the committee are working very hard to bring together for July.

# THIS IS THE LIFE

Love it or loathe it, the local Facebook page Leytonstone Life has been a part of local life for over nine years. Advice, help, arguments, unintended hilarity and a membership that far exceeds the E11 boundaries, it takes a lot to keep it together. Susan Birdsall catches up with some of those well-known admins from the past and present.

Just over nine years ago, Leytonstone Life Facebook group was created. It now has around 19,000 members. You can find the constitution for the group at <http://leytonstone.life/>. I love it. I get recommendations for tradesmen, restaurants and pretty much anything else as well as insight into local talking points. I have seen connections made, individuals supported and a community stronger because of this resource being open to all. And I can stalk people I bump into casually without having to friend request them. After suggesting to newcomers to the area they should join BARA, I then suggest joining Leytonstone Life (LL).

As I have got older, I realised that I am often in a social echo chamber where everyone feels and believes the way I do. Being in a Facebook group with other local people gives me access to diversity of thought and opinion and the chance to see the arguments for both sides.

I am broadly anti-car and pro cycling/walking, although of course I get driven around by my husband Paul in his Skoda. But through Leytonstone Life, the strength of feeling about this issue has made me consider more carefully and while I haven't changed my mind, I am more mindful of the needs of some car users.

I wanted to celebrate and recognise the people who have been instrumental in setting up and keeping Leytonstone Life going. So, I asked the chatbot, Chat GPT, to suggest some questions for me and here are the answers.

First up, the founding father of Leytonstone Life, ex-BARA chair, creator of the ban hammer and master of the long answer. If you want to get something done, ask Phillip, he can make something happen in an empty room.

## PHILIP HERLIHY

### What inspired you to create the Leytonstone Life Facebook (FB) group?

New here, I'd eagerly joined a 'Leytonstone' group. But I noticed people being booted out at any whim of the admin, and before very long it was my turn (I'd asked the wrong question). Others went simply for asking whether I had been removed! I was gutted. I started wondering what a 'fair' group might look like, and sketched out a 'constitution' – binding on admins too. When another Bushwooder said she'd join a new group if I created one, I went ahead. It had gained 100 members within the next 200 minutes.

### What advice would you give to someone who is interested in starting a similar Facebook group for their own community?

Record key decisions first. Document the theme of the group, who should be eligible to join, and what rules must apply. Remember



Phillip Herlihy



Jane Brueseke

friends will invite their friends, and before long you could be responsible for a network reaching further than you'd expected. Stick to your values, but also be understanding and forgiving whenever you can.

### How do you balance the need for privacy and security with the desire for open and inclusive discussions in the group?

We've always valued freedom of expression but have had to deal with some who seem to want controversy and some who insist that certain views have to be 'cancelled'. The two core values 'Be Nice' and 'No Campaigning' led to specific rules for specific problems. For example: 'Political point-scoring is not allowed' (Rule 2.2). It seems to work.

### Why is 'No Campaigning' a core value?

Imagine you're giving a party. Part way through, one guest starts tapping a glass to interrupt the general chatter, and then addresses everyone there about some political issue, or maybe their business, or some other 'cause'. I see that as hijacking a gathering to become an 'audience' or even a 'market'. It's just not appropriate.

### Why are you no longer active in the group?

At the beginning of lockdown my wife and I took on significant responsibilities for vulnerable neighbours at real risk. To meet their (considerable) needs we had to give up a lot of fun things, and I had to drop out of FB altogether. I'm really grateful to my successors for preserving the spirit and ethos of the group so skilfully and faithfully. I'm still catching up, but I hope to be back. I really miss it!

Second I interviewed one of the original admins, a local legend who knows everyone and everything that is going on. Jane always makes time to comment and support people's posts. She is kind, respectful, inclusive and puts the moderate into moderator. If you fall out with Jane, you are the sort of person who can pick a fight in an empty room. No longer involved as an admin due to work responsibility, Jane has been a huge part of the success of the group and is often the first to encourage people to seek help and the community to rally around.

## JANE BRUESEKE

### What impact do you think the group has had on the local community in Leytonstone?

I like to think it helps and strengthens the community, but we must remember that Facebook is only one aspect of social media, let alone life!

### What role does social media play in building and strengthening local communities?

I think it certainly enhances local community. I always try to promote community events and initiatives happening in the area. There have been some wonderful outcomes on LL, such as lost items or pets and friends being reunited, free giveaways, finding a new home and friendships formed. I have become friends with many of the people I have met through the group, I think the connections it brings is its biggest benefit.

### Have there been any challenges that you've had to deal with as an admin of the group?

Oh, too many to list! Certain people constantly moaning about rules or trying to get around



Phillip Warburton

them. People trying to change rules or have things deleted (that hadn't broken group rules!). People forgetting that I am doing this job as a Leytonstone resident, in my own time and voluntarily!

Finally I caught up with Phillip Warburton, who seamlessly took on the lead admin role and has been a consistent presence for some years. He is not just an admin but an informed and regular contributor who provides helpful and well-researched answers to all sorts of subjects. Who needs Chat GPT when you can ask Phillip?

## PHILLIP WARBURTON

### What are some of the most popular topics or discussions that have taken place?

Well, 'popular' depends on who you ask, but topics that get the most comments and engagement are usually centred around local traffic issues, so low-traffic neighbourhoods (LTNs), cycling and bike lanes, lack of parking, etc. And of course there is always 'turning right out of Macdonalds'.

### How do you go about moderating the group to ensure that the discussions remain respectful and constructive?

We have a clear set of group rules that apply to everyone. They work in tandem with those set by Facebook. Our group ethos is 'Be Nice' and it's always shown on our cover image. Sometimes a simple admin comment like 'Be Nice' is enough to remind some to keep things civil during a heated discussion. We all know disagreements happen and it's hard to keep calm sometimes but so long as the discussion is civil and not personal, that's usually ok.

If things escalate admins have several tools to hand – muting, removing comments and posts, turning comments off. We also have some filters that set off alerts letting us know

if certain words and phrases have been used.

Our two 'last resorts' are removing but allowing to re-join (forcing them to hopefully read the rules and agree to them), or an outright removal and block. I never like doing that (despite what some might think) but sometimes it's the only action to protect the safety of the group and its members.

### Have there been any controversies that you've had to deal with as an admin?

Oh yes. The biggest challenge is dealing with the abuse directed to me as an admin.

I've been called everything under the sun in posts, comments and unsolicited direct messages. The language used in those direct messages is not suitable for print. In one case during the summer two years ago, I had to get the police involved, such was the nature of the comment. It was full of hate speech and a voice message making direct physical threats.

The other challenge is allowing people to have their say but keeping within the rules. Unpopular opinions are allowed but they must be within the rules. The most difficult time for me and the admins was during the pandemic. I won't go into details, but some members who were into conspiracies made things very difficult at times.

### How do you see the group evolving in the future, and what plans do you have for it?

I'm part of a FB-managed global Power Admins Group made up of hundreds of millions of group admins (yes, really), there are less than 20,000 in this group. It's good for learning how other admins run their groups, full of tips and tricks and we often get to suggest new features and pilot some concepts for them too. I've learned a great deal and do my best to apply best practices in all the groups I manage.

I do hope the concept of Facebook groups continues. Many community groups like ours made all the difference for so many people in lockdown. Overall, the group is a positive force in Leytonstone, as well as letting members know when helicopters are around! Long may that continue.

Finally, I asked the interviewees what message they would like to share with the members of the Leytonstone Life Facebook group?

**Phillip H:** Always let the other side have the last word. Then it will be their foolishness, and not yours, that will linger in people's minds.  
**Jane:** Please remember we are just local volunteers doing this in our spare time alongside jobs, families and busy lives. Enjoy the group and above all BE NICE!

## Leytonstone Pondlife

An exciting development occurred when a counter group, Leytonstone Pondlife, was set up. Certain people, who had fallen foul of the Philip ban hammer were personally invited to join and the group seemed to me at least, to be anti-Leytonstone Life and its Be Nice policy. Its only restrictions were that people couldn't be racist or fascist but there were no other guidelines. I immediately joined, despite the lack of invite.

I would summarise the group ethos as left wing and anti-woke. No good for me really as I am undoubtedly a soft wokey. It was entertaining with many funny and intelligent contributions. However posts are few and far between these days and there are only 389 people on the group. If the drive to set it up was in being different from Leytonstone Life that clearly wasn't enough to keep a group going. I like the swearing and the sarcastic remarks a lot, though.

I asked Matt Cooper, the founder and current admin, for a comment.

"I set up Pondlife during the pandemic as an outlet for Leytonstone Life members who did not want to be bound by the stricter LL rules. The central thing about Pondlife was its commitment to free speech, including political discussion which LL was unwilling to host. It had a bit of life for a while although it did attract a certain layer of right-wing trolls (some, I suspect with no local connection). After the end of lockdown, it lost traction and is now pretty much moribund."



Matt Cooper

**Phillip W:** Be nice! Don't forget there's a human being behind the screen – and yes, admins are human too!

There's a bit of a theme here, but I am sure my fellow Bushwood residents are nice and certainly not guilty of the shocking behaviour described above towards Phillip Warburton.

We want to keep this valuable community resource going which is entirely dependent on volunteers. Let's celebrate our admins, say thank you and buy them a coffee or drink if you see them around town. Thank you also to Sophia Perry and Farzana Qadir who also spend their precious time as admins of Leytonstone Life.

Footnote: Chat GPT suggested all the questions asked except for the last two Philip Herlihy answered which he suggested.



There have been some wonderful outcomes on LL, such as lost items or pets and friends being reunited, free giveaways, finding a new home and friendships formed.



**Sue Birdsall catches up with Tim Vincent, founder and owner of the brilliant new café, Back to Ours, in the Good Shepherd Studios on Davies Lane.**

For several years, the Good Shepherd building on Davies Lane has been empty and the Pastures Sports Centre on the same site had limited use. The Save the Pastures community group has recently worked with the local authority to improve what is on offer and there is now a great range of activities available, many free. The Good Shepherd building has also become active as a Community Interest Company thanks to some dedicated volunteers, including Bushwood resident, Jake Green. It is now “a coworking and community space with creative arts at our core”. As Spring bursts into life so has this incredible local resource and community hub.

The cherry on top of this already delicious cake has been the opening of a new café, Back to Ours. I was already a big fan with coffee and a cheesy onion twist after yoga a fixture for me. So, I jumped at the chance to interview Tim for the Bush Telegraph.

Tim studied business, majored in entrepreneurship and, after starting a couple of small businesses, came to the UK in 2015 from Melbourne, Australia to build a career in branding. Three years later he was at the top of his profession when on holiday in Denmark he was brutally attacked with a bottle and kicked in the head. After 46 stitches and two years of physical and mental therapy he was still not able to return to his old job. He and his fiancée, Nathalie, decided to buy a rundown house in Ferndale Road and Tim spent the next two years retraining his brain to work again by learning new practical skills including plastering, wiring, carpentry, baking and more. Tim has always been interested in coffee and had a vision of designing a space with great coffee where people could connect. When the opportunity came up to run the café in the Good Shepherd Building, Tim successfully applied, did the design and refit himself, including creating the arch behind the counter which mirrors the Pastures look, and opened the doors.

“Details are important. We are open seven days a week as we want to offer a reliably consistent, high-quality service. We buy our coffee from Origin Coffee Roasters because it



**Cafes have a wonderful ability to connect and to make someone's day by a random conversation, a heart in their coffee or even just a simple hello.**



Tim in his café

is some of the best on the market and the company has B Corp Certification (a designation that means a business is meeting high ethical standards). We buy high quality products that have a good intention behind them, all our baked goods are delivered fresh every day and we pay London Living wage as an absolute minimum. Doing right costs money, but the results are worth it.”

Tim describes the chance to run the café as a wonderful confluence of the things he cares about: entrepreneurship, coffee, branding, building and people.

“I enjoy people. Cafes have a wonderful ability to connect and to make someone's day by a random conversation, a heart in their coffee or even just a simple hello. I don't take it for granted that people choose to spend their money here and I want to acknowledge that.”

Currently the café offers sourdough bread, pastries, cakes, and toasties along with quality coffee and soft drinks. There are plans to expand the menu and Tim has lots of exciting ideas like supper clubs and gigs for the future.

You can find out more about the activities in the Good Shepherd Building here <https://www.goodshepherdstudios.com>. Activities include yoga (I go every week – love it) and free chair yoga with a cuppa by Jessica; baby and toddler music with Danic, one of the founders of the CIC (and of the Leytonstone Folk Club); life drawing classes and arts and crafts after school club.

Elysia Barrick, the centre manager for the Pastures Centre, advised me that activities include walking football, Pilates and Zumba – all free. Email [feel.good@walthamforest.gov.uk](mailto:feel.good@walthamforest.gov.uk) to find out more and book a place. Volunteers led by Christine Sandford hold a weekly social there from 5-7pm on a Monday. There is a youth club – Space4all – which is an open drop in for 11-25 years old that includes free activities, workshops and toasties.

I recently heard Marie Pye, one of our local councillors, talk about the Waltham Forest Public Service Strategy and five-point plan which aims to ensure that people can meet most of their needs within a short walk or bike ride from their home. The idea is to create 15-minute neighbourhoods which will foster a more local, healthy and sustainable way of life. The Pastures centre, the Good Shepherd Studios and now the Back to Ours Café are making that aspiration a reality here in Leytonstone and we can all be part of it by joining in. See you there, I hope.

**BARA says a fond farewell to Reverend David Britton and gets his thoughts on his time in Leytonstone and the plans for the future.**

Back in 2014, a young and dynamic new vicar named David Britton hit the scene in Leytonstone armed with a mission to make St John's church a central hub of the local community. Almost a decade on, all agree that it is mission accomplished. Hardly a week goes by when there isn't a music event, a market, a climate action day, a food bank collection, Christmas lights switch on, Tower tour, Hitchcock film showing or a vintage tea going on, and that's just to name but a few.

David himself has been involved in a diverse range of activities from hosting political hustings, being a key member of the Leytonstone Town Team to running marathons in support of charities close to his heart, including the Forest Churches Emergency Night Shelters (FCENS) of which he is chair.

It is with great sadness and gratitude that BARA says goodbye to David and his family, who are now moving on to pastures new. David has taken up an exciting new role working for the Children's Society, a charity set up by the Church of England 140 years ago to work with vulnerable young people affected by abuse, poverty, mental health alongside a strong campaigning arm aiming to create a better society for all children. David's role will involve mainly working with the Church of England as their church partnership manager.

We asked David some questions so he could give us an impression of what it has been like living and working in Leytonstone.

**Your first thoughts of Leytonstone when you arrived?**

We immediately fell in love with the area and the community. What struck us most on arriving was the real sense of community and how much people love Leytonstone. It was quite different from where we were before in south London. We also love how creative and vibrant it is.

**Has it been easy getting to know Leytonstone over the past years?**

We feel so lucky to have lived here for nine years and to have built friendships through church, with neighbours, through Bara and beyond. We will really miss the people and how friendly it is. We will also miss the place – football for the boys on the Flats, Bluebell Woods, Wanstead Park, Hollow Ponds and the many amazing local businesses.

**Have there been difficult moments?**

It has been tough losing people we love in the community and church congregation. During our time here, we've had to say goodbye to quite a number of amazing people who we will miss a lot.

From a church perspective it has sometimes been a challenge trying to know how best to respond to some of the social issues in the area over the years.

**What have been the funniest moments?**

I'm struggling to think of funniest moments that could be shared! But it's been years of lots of laughter and fun.

**And your best experiences?**

The amazing variety of community events, from Hitchcock's Home to Leytonstone Festival, the Borough of Culture events in Leytonstone, particularly the Leytonstone Loves Film Festival and Africa Express.

The climate action days we hosted at the church in the last couple of years have been real highlights: seeing the whole community come together around the issue of climate change was inspiring.

In a similar way one of the best experiences was seeing the generous outpouring of support



David and his family

## FAREWELL TO A GREAT BRITTON



**We immediately fell in love with the area and the community. What struck us most on arriving was the real sense of community and how much people love Leytonstone.**



Finishing the marathon

in terms of food when we opened up the church to receive food items to support the local foodbanks during Covid.

**What are memories that you will cherish?**

Christmas in Leytonstone is something we will cherish; the crowded church forecourt at the Christmas switch on, cramming in George Tomlinson school for their annual Christmas concert in the church, the Carols by Candlelight and Christingle services.

The fantastic concerts and music events that have taken place in Leytonstone and being able to host many of them at St John's. It's been a particular joy seeing the amazing local talent we have in the area.

Watching the boys play for Leytonstone Youth FC, particularly in the great local derby of Leytonstone Youth FC v Leytonstone FC!

In a more everyday sense, the natural beauty

of Wanstead park and the flats on our doorstep. It was a lifeline during Covid and what makes it more special is that it is difficult to go for a walk without bumping into someone and having a nice chat!

**What are your fondest memories as a family in the area.**

Too many to list – the whole nine years!

<https://www.childrensociety.org.uk/>  
<https://www.forestnightshelter.org.uk/>

We all wish David and his family all the best for the future and much happiness in their new home. St John's curate, the Rev Liz Blackham will lead St John's while the vacant post is advertised. A new vicar will most likely be appointed in the new year.

[lizblackham@stjohnsleytonstone.church](mailto:lizblackham@stjohnsleytonstone.church)



Smokey and Sandra

**BARA made a visit to meet Sandra and chef, Smokey, in May, who were riding on a Mexican wave following the success of their Kickstarter campaign, the soft opening of their new Leytonstone restaurant AND sweeping up a sackload of the awards at the Tacover festival.**

Leytonstone welcomed the highly anticipated taqueria, Homies on Donkeys, to our High Street at the end of April and the soft opening proved that those tacos were well worth the wait. For those who haven't checked what's behind the brightly painted shutters by the British/American graffiti artist, Tizer, or those that aren't already part of the ever-growing Homies followers on social media, or those that didn't make the trek out of E11 to their previous establishment on Wood Street, let us tell you a little about the new guys in town.

Born in Mexico City, Sandra and Smokey met 16 years ago in Tijuana when Smokey was a DJ and Sandra was a Spanish teacher. Just after they married in 2014 Sandra moved to London and was offered work in social media management by the founder of a language app. Smokey followed a few months later securing a role in a burger restaurant where he grew his passion for food, testing recipes and developing his own unique burger recipe.

It wasn't long into their relationship that they realised they wanted to create something together. Sandra acknowledges that not all married couples can work together but creatively she feels they complement each other well sharing a passion for food, art and music and love combining all this with friends.

After doing a street art project together their thoughts moved to a food outlet. Quite simply they both love food and they considered if they should open a street food stall or a more permanent venue. After plenty of planning and experimenting with flavours, Sandra and Smokey opened their first establishment at Wood Street in Walthamstow in 2017. It was small and humble but nevertheless a great following ensued. In 2019 they won the illustrious Taco Wars award with their dish, Tupork Chakur, beating eight traders and restaurants to take the crown of the Best Tacos in London.

In 2021 they were nominated to take part in the BBC's Mexican-themed section of *Britain's Top Takeaways*. Filming took place in July of that year in Manchester. Up against fierce competition from five other teams



they only went and won it! Sandra recalls filming being hard work, high pressure but a lot of fun and they still keep in touch with the other teams by visiting their venues. The show wasn't aired for another year and on the weekend following the programme going out on the BBC, Sandra and Smokey had queues down Wood Street. Word was out... these tacos were worth travelling for! Things were changing, their reputation was growing and they knew the time had come to look for a bigger home. Much to the heartbreak of a devoted community in Walthamstow, after five and a half years the doors closed on the Wood Street shop in December 2022.

Sandra and Smokey clearly have a real fondness for their time in Walthamstow. They talk about how they felt a sense of community and made good friends there. They saw relationships grow and babies born (who will no doubt have a dependency on smokey chipotle spices). However, they needed to look for a place which could allow them to achieve their aim of creating the feel of 'coming home to friends' and enjoying tasty food whilst listening to good music.

Sustainable growth was also important to them as well as the right kind of investors. As luck would have it the perfect space became available on our very own High Street. Sandra and Smokey set up a kick starter to source funding which was hugely successful thanks to the already established Homies community and excited Leytonstoners who relished the thought of these guys bringing their tacos to

town. Messages of support came from people who hadn't yet tried their tacos but were willing their venture to succeed so they could travel across London to sample their food.

After many long exhausting weeks getting the new restaurant ready and recruiting the team, the soft opening took place on 25 April. Table numbers and the menu were limited to allow the team to build up to the increased demand but a few Bushwooders were lucky enough to bag a table and sample their delights. And the verdict is that the food is excellent. Delicioso in fact! The flavours are deep and the food is complemented by a fresh and varied drinks menu, hip hop beats coming through the sound system and a friendly crew. Whilst they are able to source food from great Mexican suppliers and the bar reliably offers Jarritos, Palomas and Margaritas, they choose to source their brews locally so Pillars and Mammoth are also featured.

Following the conclusion of the soft launch,

**“These tacos were worth travelling for! Things were changing, their reputation was growing and they knew the time had come to look for a bigger home.”**

they headed to London's only taco festival where they bagged up numerous awards such as Best Vegan Taco, Best Unique Taco, National Taco Champion and Best Traditional Taco. I think someone's going to need a bigger trophy shelf!

With little time to recover they got themselves back in the restaurant to start work on going through the stages from the soft opening and prep for the main opening.

If this isn't all exciting enough, Sandra enthusiastically tells me about their plans ahead. Brace yourselves! The opening of the bar will see bar snacks being served such as

quesadillas, refried beans and pickles. Friday and Saturdays will be DJ nights with a range of beats being played on the decks. Charlie, their general manager is developing new cocktails, they want to invite their chef friends over from Mexico to do collabs and they want to gradually add more authentic dishes to their menu and take us on an educational journey into Mexican cuisine.

They tell me about a Mexican truffle they want to introduce which sounds delightful, we chat about the intricacies of tortilla making and we talk mole sauce and they had me looking for another booking slot at the

mention of chocolate chilli. In addition to that, later in the year we'll see their retail section open up where we can pop in to purchase authentic Mexican ingredients for home. They very much are looking forward to building on the Homies community and welcoming Leytonstoners to their Taqueria.

We wish them the very best with this venture and look forward to supporting them in their ambitions. Welcome to Leytonstone guys!

Go to [www.homiesondonkeys.com](http://www.homiesondonkeys.com) for bookings and follow them at <https://www.facebook.com/homiesondonkeys> or <https://www.instagram.com/homiesondonkeys/>



Rev Polly Kersys-Hull on coronation duties at Leytonstone Social Club  
Below: Shannon Crow and the newest generation of Pearly queen

## THE OTHER CORONATION

**Bushwooder and proper 'Cockney Sparrow', Marnie Cotten, visits the Leytonstone Social Club for a very different type of coronation.**

Many people will know of Leytonstone Social Club (formerly the Ex-Servicemen' Club), which nestles behind the Red Lion on Harvey Road. This old-school social club welcomes a broad spectrum of members, plays home to the Chelsea Pensioners but is also the London headquarters of the Pearly Kings and Queens.

I was born and lived in east London most of my life and proudly consider myself to have Cockney heritage, so being invited on 8th May to attend the coronation was an absolute honour. Except this was a coronation with a difference. Mirroring the events at Westminster, the Social Club hosted the coronation of the next generation of Pearly Kings and Queens.

Swathed in Union Jacks, a gleaming golden throne dominated the bunting festooned room, flanked by the iconic crimson of the Chelsea Pensioners in full-service dress. Rev Polly Kersys-Hull presided over the event which saw 11 successors crowned.

But where did it all begin? Henry Croft is widely considered the first Pearly King. Raised in a rat-infested orphanage in the late 1700s, he started life as a rat catcher and road sweeper but was drawn to the solidarity and charitable heart that beat at the centre of a band of street sellers called the costermongers of London, a 'Coster' being a type of apple.

As far back as the 11th century costermongers roamed the boroughs, selling cheap fruit and vegetables to the poor, keeping starvation at bay and helping those in need. By the 18th century they had a strong presence across London and were known for their community and supportive spirit in tackling the poverty and starvation that plagued the overcrowded city slums. Costers are also credited with creating a dialect: cockney rhyming slang, to confound the police tasked with keeping these

unlicensed traders under control. Although the costers were independent, if a costermonger became sick, his counterparts would band together to ensure his family were fed.

During the 19th century, Sunday afternoon promenades were where the London elite would exhibit their finery and highly fashionable pearls. In a tongue-in-cheek poke at the upper classes, Costers began to sew distinguishing pearl buttons trims to their waistcoats. Legend has it that Henry Croft found a shipment of pearl buttons on the muddy banks of the river Thames and had the idea to completely festoon his clothing as an attraction to further promote the charitable work he was supporting. This was a huge success and Henry Croft became a popular tourist attraction. Victorian gentry were willing to pay for an audience with the amazing Pearly King in his dazzling suit. The costas welcomed Henry to their ranks and also adopted the unique branding. A tradition was born.

Jackie Murphy is the Pearly Queen of Hackney and matriarch of the Hitchin family line who can trace their association back to 1894.

Four generations of Hitchins were present and Shannon Crow will be giving birth to the next generation of Pearly in the autumn. I asked Jackie if anyone could become a Pearly. She explained: "Just like the costas, the title Pearly King or Queen is inherited through succession. Sadly, some areas of London have become dormant. However the titles remain if future generations want to get involved, but it is a

lot of hours. It is also possible to volunteer and support the organisation in the role of apprentice and after five years of service you are awarded a title".

I asked if work was all voluntary or does the organisation have funding? "The cost of being a Pearly comes out of your own pocket" said Jackie. "Attending events, transport, accommodation, etc are all at the expense of the individual, including all that sewing."

"The costumes are individual to each person, the wearer designs and sews their own outfits. The jacket sleeves are embellished with a repeat design themed to the borough it represents so that the different members within the same 'family' are identifiable." It was heartening to hear that the tradition of charity and brotherly love remains at the very centre of what it means to be a Pearly.

They are a very friendly troupe so pop into the Social Club for a 'butchers' and say hello to manager, Sharon Crow, who is

also a tireless community fundraiser, having raised over £1,000 for charity on the day, from the customary raffle, all while playing host to the Other Coronation! As I ambled home, I thought I heard on the wind the unmistakable harmonics of an old Joanna playing *Knees up Muvva Brown*. I smiled and the phrase 'Salt of the Earth' sprang to mind.

Leytonstone Social Club welcomes members from any background (you don't have to have been in the military and there is a 10 per cent discount for BARA members). Annual membership is £50 (£30 after the first year). Members get discounts on drinks and shareholder status. An excellent live music venue sits upstairs so look out for events advertised locally.



# WASTE NOT WANT NOT

Joyce Quarrie digs deep into a rich story of compost that's taking place right on our doorstep.

What links a neurologist, a man with two law degrees and a self-confessed job hopper? Compost of course!

Tucked behind gates towards the end of Harvey Road is a community garden with small raised beds that are used by local groups and people wanting to grow their own produce. Five of these beds are managed and looked after by a trio of entrepreneurs – Rafa Penna, Carly Pullen and Jemeen Sreedharan who share a common love of cycling, recycling and gardening.

"I've always been a passionate cyclist" says Rafa, who arrived in the UK from Brazil nearly 20 years ago. "Through my love of bicycles I met Sam from Stayer Cycles in Leytonstone". Stayer Cycles has been hand-making custom frames and wheels for ten years and come highly endorsed by the cycling world and media. It was Sam who suggested to Rafa and another friend, Matthew, that they set up a cargo bike company. By the middle of 2021 Wheely Goods was a reality.

"I came to England with a Brazilian law degree and then took a second one here" explained Rafa. "A brief period in the world of law made me realise it wasn't for me. I then managed pubs for over ten years and worked in property management that gave me a lot of management skills. Combine those skills with being outdoors and cycling and it is the perfect way for me to make a living".

Wheely Goods took off quickly. Focused on providing a business-to-business service the company was soon making regular runs for local companies such as Perky Blenders and The Pretty Decent Beer Company. Now the company's catchment area goes far beyond Leytonstone and Walthamstow – you'll find them cycling out as far as Kensington and Holland Park. Rafa had no experience of logistics but as that skill improves and the company becomes more efficient they can take on more work and travel further.

"It's a great run from west London back to home base," says Carly (the self-confessed job hopper). "It takes in all the major tourist sights of London".

Carly joined forces with Rafa in March 2022. She was working in a cafe where Rafa delivered coffee. One day she asked him if he needed any help. He replied that he could only employ people who were really good cyclists. Carly's reply was "I cycled to Croatia last year. Is that good enough?"

After a one-day trial with Wheely Goods she quit her cafe job. Now they both take an equal role in the company. An ethos that is very important to them. "As the company expands, we want everyone who works for the company to be equal in every way – status, responsibilities, salaries" they say.

At the moment they have three bikes. Stayer



Carly and Rafa with their delivery bikes

**I came to England with a Brazilian law degree and then took a second one here. A brief period in the world of law made me realise it wasn't for me.**

Cycles is currently working on a prototype front-loading bike and there are plans for a trailer so they can take heavier goods. The partnership with Stayer Cycles is ideal as they can fix any problems easily. "Sam's team has already replaced loads of spokes for me because of the weight the bikes carry" explains Raf. "And as the company expands we can work on custom models". The bikes are motorised and are easy to ride for competent cyclists. The loads they carry are impressive. Raf and Carly regularly transport 40k beer kegs and multiple cases of beer. And they cope with the weather too. "Even when it snowed in November and December last year we did not miss a single delivery. I enjoyed it. It was a lot of fun" said Raf.

Working with Perky Blenders they began to collect used coffee grounds in large quantities for disposal. This is where Jemeen comes in. "In my day job I'm a neurologist and researcher. Outside of work I love gardening" he explains. "I'm lucky enough to have quite



Digging out the compost

a large garden and had been making my own compost but didn't produce enough food waste for the amount of compost I wanted. One of the guys who works at Stayer Cycles is my neighbour. Not only did he get me into cycling but he told me about Wheely Goods and the used coffee grounds they collected from Perky Blenders. Before long I was getting 40/50 kilos of coffee waste delivered to my home".

A conversation with local councillor, Clyde Loakes, led to an introduction to the allotments officer for Waltham Forest which led the group to the community allotments on Harvey Road. At the back of this small site is an impressive bank of compost bins, built and managed by Jem, Carly and Rafa.

Coffee grounds make excellent compost and because the waste is solid but ground finely it heats up quickly. Not only is it full of nitrogen, potassium and phosphorous, the chaff contains carbon. A perfect combination.

For those of us who have smaller quantities of grounds from home consumption, coffee grounds can go straight on the garden. A bonus is that slugs and snails are said to dislike the texture, although as with all deterrent suggestions there are two schools of thought. Coffee grounds can be acidic so large quantities need to be mixed with other materials.

"Ideally we need wood chip mixed in with our compost but so far it is working well" explained Jem. "We have a few compost piles on the go and we have used different amounts of chaff in each of them to find the ideal proportion to produce the best compost."

This is their first year so the trio is still learning but the first batch of compost should be ready this summer. The plan is to give away any excess compost not used in their mini-allotments in return for donations and use the money to help out a local cause. If everything works to plan they will set up a Just Giving page or a Community Interest Company that should make things easy to help different causes or groups.

Wheely Goods, Perky Blenders and Pretty

Decent are all examples of local companies trying to do as much as possible in a sustainable way. This is a sideline hobby from the cargo bike company and Raf, Carly and Jem are doing something good with a waste product. At one time coffee waste went to landfill. There are big companies reprocessing coffee but it often involves large trucks and lots of miles taking waste to central processing centres. With careful planning Wheely Goods is tying in deliveries with picking up coffee waste to produce a positive environmental solution with minimal environmental impact. As an embryonic idea the company is taking things one step at a time. But who knows how this could develop down the line?

## RAF'S BIKE STATS

Miles cycled in one year: 13000

Longest single route for one client around London: 60 miles

Heaviest weight carried in one day for a single client: 1.6 tons

Waste coffee grounds collected and distributed to local allotments around Waltham Forest: 8 TONS



Jemeen, Rafa and Carly at Harvey Road

# AN UNDERGROUND TALE

Sybil Ritten recently completed a Forest Stewardship Council course on beetles. Here she highlights the importance of the stag beetle.

I first saw a Stag Beetle (*Lucanus Cervus*) some 20 years ago on the surfaced path leading from Bushwood to Belgrave Road.

One of the largest UK beetles, the males measure up to 7.5 cm and the females up to five centimetres in length. They have a shiny black head and body with deep, chestnut brown wings (elytra). The males are unmistakable because of their reddish-brown antler-like jaws. The modified jaws are used for fighting other males. There are some wonderful YouTube clips of this! The female is similarly coloured but has less obvious jaws and can be confused with the Lesser Stag Beetle (*Dorcus Parallepipedus*) which is similar but distinguished by an entirely matt-black body and a squarer-shaped body.

The Stag Beetle life cycle is extraordinary. After about six years underground as an egg, larva (most of this period it feeds on wood) and pupa it emerges for a short couple of months in late May to the beginning of August to mate, lay eggs and then die. This is when most sightings take place, usually of males who are attracted to warm areas like paths and roads. Occasionally people may find the larva or pupa in their garden compost heaps.

Bushwood is a valuable habitat for this beetle



as their life cycle is dependent on dead and rotten wood. Indeed, a lot of wildlife needs just this kind of woodland which has not been 'tidied up' and where standing and dead wood is left in place to decay. The Epping Forest Conservators practice this management of the wood. It is important that we, the users of the wood, support this policy.

Every year the Peoples Trust for Endangered Species runs a campaign – The Great Stag

Hunt – to encourage people to report their sightings. This can be done via the website: <https://stagbeetles.ptes.org/take-part-in-the-great-stag-hunt>. I urge you to have a look at the website for more information and suggestions of how to help.

There is a map which shows that a lucky few people have sighted the adults in our surrounding streets in the last few years. So go hunting for Stags this summer!

# A LOCAL TREASURE

**Leyspring's Mo Doshi chats with the widow of a very special local resident, Roy Gibbs.**



Roy sadly passed away in December 2022. His passing was sudden and unexpected and was a very tragic loss to Muriel, his wife of 38 years. Roy and Muriel had lived in the heart of Bushwood in the house directly across from ours and his massive personality (and height of 6ft 4 ins) coupled with his jovial chatter have left a hole in the lives of all those who knew him, most of all Muriel who remains our good neighbour.

On bank holiday Monday of the King's Coronation weekend, I had the pleasure of chatting to Muriel and dunking biscuits in my cuppa. I hope this article conveys something of Roy's very spirited and memorable character. I loved that her first words to me were "I'm embarrassed to admit this has been the third Coronation in my lifetime!"

Books, papers and steam train memorabilia in her lounge encapsulate Roy wonderfully and it was astounding that Muriel could swiftly bring to hand incredible historical archives (that for anyone else would surely take hours of rummaging our own shelves). They both shared a deep love of history, particularly local history. Muriel grew up in the Langthorne area and is a second generation Leytonstonian.

Roy and Muriel married in 1984 and moved to Bushwood the same year. They knew this was the place for them instinctively, they loved the old house when they first viewed it on a sunny day in June. From the moment they went into the garden and first met their neighbours John and Alice, they immediately felt at home. There were wonderful original features from ornate ceiling coving to servant's bells in their rear kitchen. It was divided in such a way that the lady of the house could enter the garden without going through the kitchen and was further subdivided to separate the scullery from the kitchen.

Roy and Muriel joined the Leyton and Leytonstone Historical Society (that still meet monthly) and she tells me that "Leyspring Road was named after Leyspring House that stood here as part of the Wanstead House

estate, before it burned down in 1864". Roy also enjoyed giving London walking tours after he retired from working at the National Audit Office in the '90s.

Over the 38 years Roy lived there its fair to say he must have chatted to everyone in Bushwood and had an astounding memory. Not only did he remember details, he really cared for them too, taking the trouble to know the children's names, birthdays and ages, schools and interests and would enjoy discussing topical events that he knew might be of interest to his neighbours lines of work. Bushwood has lost a long-standing resident. Muriel will treasure his memory and thanks her neighbours for their support and cards at his passing. His sunny 'good morning' on his daily walks to the high street was such a lovely thing for the Bushwood community. He will be missed by all who knew him.

## BARA are now friends of HRG

Through using Henry Reynolds Gardens for the BARA Party in the Park this year and last year, we have become a member of Friends of Henry Reynolds Gardens. This much-used and much-loved space offers the closest playground amenities to the BARA area and is a go-to place for many parents after school. It was where BARA celebrated its 40th anniversary in 2020.

As Friends of HRG we share the view that it is a pleasant space for all the family and we want to see it kept as clean and tidy as possible, particularly with so many young people using the space. As a member of the Friends of the gardens we plan to join in the litter picks that are held regularly in the gardens and will keep you informed about the dates they will be held. There may be other occasions when we can help out at the gardens and we'll let you know about those too. You can always litter pick on an ad hoc basis when visiting the gardens which will help keep it a pleasant place for us all.



# Leytonstone Festival needs you!

The marvellous volunteers who make the annual Leytonstone Festival such a success are putting together another festival this year.

With support from our local council this local event showcases a wide variety of creativity in all sorts of venues. If you would like to be part of the 2023 event festival applications are open during June and July for the week-long festival that will take place from 2-9 September.

Everyone will be invited to St John's Church for the opening event in the churchyard on Saturday 2 September, 1-5pm, for live music, church tower tours with breathtaking views, refreshments and a variety of stalls.

If you would like to put on an event at one of the host venues or to get involved then contact [www.leytonstonefestival.org.uk](http://www.leytonstonefestival.org.uk).

They would love to hear from you!



## Woodhouse Players Next Production

Ring Round The Moon by Jean Anouilh and translated by Christopher Fry is the next production. This case of mistake identity will be on at the Welsh Church Hall in July. See our events panel for dates and times.

Tickets are £10 with a £7 concession. Check out [www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk) if you want to find out more or get involved.



### Community Event Listings

## BARA Groups

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

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

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

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

Here's some of the stuff that's happening over the next few months in Leytonstone. If you have any events planned and want them to be included in future listings please send them to [BARAconnect@gmail.com](mailto:BARAconnect@gmail.com) If you have an existing local group or BARA group that you want to include in a group listing then please get in touch. Some of these events may change and we always advise checking with the venue first.

## Events Diary

Sat 10th Jun	<b>Langthorne Park Festival</b>	Langthorne Park	12:00
Sat 17th June	<b>A Midsommar Jaunt - Wines for Summer</b>	Theatre of Wine	19:30
Sun 18th Jun	<b>Windrush 75th Anniversary film showing</b>	Leytonstone Library	14:30
Sun 18th Jun	<b>Father's Day tea</b>	Stone Mini market	14:30
Sun 18th Jun	<b>Langthorne Park Festival Roller Skating</b>	Langthorne Park	12:00
Fri 23rd Jun	<b>You Should Be Dancing: 60s-90s disco</b>	O'Neill's	20:00
Sat 24th June	<b>Kimchi Making Class</b>	Stone Mini market	12:00
Sat 24th June	<b>Ping Pong Tournament</b>	Heathcote & Star	14:00
Mon 26th June	<b>Monday Movies - Amadeus</b>	The Birds	19:30
Tue 27th June	<b>Viv Groskop and Cariad Lloyd</b>	The Wanstead Tap	19:30
Tue 27th June	<b>Oh So Funny - Tom Ward plus support</b>	Heathcote & Star	19:30
Wed 28th June	<b>Summer Supper Club with Katy Severson</b>	Arch Deli	19:00
Thu 29th June	<b>Clothes dismantling and basic sewing</b>	Stone Mini market	18:30
Thu 29th Jun	<b>Twelfth Night</b>	The Temple Wanstead Park	19:00
Thu 29th Jun	<b>Wasteland: Dirty Truth About Waste</b>	The Wanstead Tap	19:30
Sat 1-9 July	<b>Leytonstone Arts Trail</b>	Various venues	Various
Mon 3rd July	<b>Monday Movies - Frances Ha</b>	The Birds	19:30
Wed 5th Jul	<b>BYO Baby Wine Tasting</b>	Theatre of Wine	14:00
Fri 7th Jul	<b>Woodhouse Players Ring Around The Moon</b>	Welsh Church	20:00
<b>Sat 8th Jul</b>	<b>BARA Party in The Park</b>	<b>Henry Reynolds Gardens</b>	<b>12:00</b>
Sat 8th Jul	<b>Woodhouse Players Ring Around The Moon</b>	Welsh Church	14:30
Sat 8th Jul	<b>Woodhouse Players Ring Around The Moon</b>	Welsh Church	20:00
Wed 12th Jul	<b>Andy White - Singer/Songwriter</b>	The Wanstead Tap	19:00
Thu 14th Jul	<b>Queer Horror Nights - The Babadook</b>	The Fillybrook	18:30
Fri 14th Jul	<b>Woodhouse Players Ring Around The Moon</b>	Welsh Church	20:00
Sat 15th Jul	<b>Woodhouse Players Ring Around The Moon</b>	Welsh Church	14:30
Sat 15th Jul	<b>Woodhouse Players Ring Around The Moon</b>	Welsh Church	20:00
Sat 15-16 July	<b>Romeo &amp; Juliet</b>	The Temple Wanstead Park	19:00
Sun 16th July	<b>Lakehouse Jumble Trail</b>	Lakehouse Estate	11:00
Fri 28th July	<b>Pride &amp; Prejudice</b>	The Temple Wanstead Park	19:00
Sun 6th Aug	<b>Swap don't Shop</b>	Stone Mini market	14:30
Wed 9th Aug	<b>Wind in the Willows</b>	The Temple Wanstead Park	16:00
<b>Sun 3rd Sep</b>	<b>Ron Allen Where The Bombs Fell</b>	<b>Mornington/Lister Junction</b>	<b>13:00</b>

## Regular Events in E11

Please check with venue as some free activities (Repair Cafe, Makrame Workshop) still require booking a place

Day	Event	Venue	Frequency	Time	Details
MON	<b>Bingo</b>	Leytonstone Social Club	Fortnightly 2nd/4th Monday	14.00	leytonstonesocial.club
	<b>Let's Dance</b>	Leytonstone Social Club	Monthly - Every 1st Monday	14.00	leytonstonesocial.club
	<b>Blues Nite</b>	Leytonstone Social Club	Weekly	20.00	leytonstonesocial.club
	<b>Life Drawing</b>	Plough & Harrow Pub	Weekly	19.30	ploughandharrow.co.uk
TUESDAY	<b>Dirty Darts</b>	Northcote Arms	Fortnightly	19.30	thenorthcotee11.com
	<b>East Side Jazz Club</b>	Leytonstone Social Club	Weekly	19:00	leytonstonesocial.club
	<b>Quiz Night</b>	The Red Lion	Weekly	19.30	theredlionleytonstone.com
	<b>Creative Life Drawing</b>	The Birds	Weekly	19.30	thebirds.pub
WEDNESDAY	<b>Yarnivores</b>	Stone Mini Market	Fortnightly	18.00	@stoneminimarket
	<b>Yoga - Pregnancy (6.45) &amp; Hatha (8pm)</b>	Quaker Meeting House	Weekly	18-45 20.0	www.helenyoga.co.uk
	<b>What's Cookin'</b>	Leytonstone Social Club	Weekly	19:00	leytonstonesocial.club
	<b>LTG Board Game Night</b>	Stone Mini Market	Weekly	19:00	LeytonstoneTabletopGames
THURSDAY	<b>Quiz Night</b>	Rookwood Village	Weekly	19.30	therookwoodvillage.com
	<b>Stone Rangers: Womens' Institute</b>	Heathcote & Star	Monthly Second Wed	19.30	stonerangerswi.com
	<b>Quiz Night</b>	The Birds	Weekly	20:00	www.thebirds.pub
	<b>Creative Life Drawing</b>	The Birds	Weekly	19.30	thebirds.pub
FRIDAY	<b>Leytonstone Historical Society</b>	St Johns Church Hall	Monthly Third Wednesday	19.45	leytonhistorysociety.org.uk
	<b>Leytonstone Film Club</b>	Leytonstone Library	Monthly First Wednesday	19.45	leytonstonefilmclub.com
	<b>Open Mic</b>	Luna	Weekly	20:00	lunalounge.info
	<b>Leytonstone Royal British Legion</b>	Leytonstone Social Club	Monthly Third Wednesday	20.00	branches.britishlegion.org.uk
SAT	<b>Yoga - Hatha (9.30) &amp; Postnatal (10.45)</b>	Quaker Meeting House	Weekly	9-30 10.45	www.helenyoga.co.uk
	<b>Yoga</b>	Pastures	Weekly	12.30	jessicagreen.net/liveclasses
	<b>Leytonstone Folk Club</b>	St Johns Church	Monthly Every First Thurs	19.30	leytonstonefolk.co.uk
	<b>Music Bingo</b>	Northcote Arms	Fortnightly	19.30	thenorthcotee11.com
SUN	<b>Leytonstone Voices Adult Choir</b>	Leytonstone Social Club	Weekly	19.50	musicalminiatures.co.uk/
	<b>Queenie Karaoke</b>	The Birds	Weekly	20.00	www.thebirds.pub
	<b>Charity Quiz Night</b>	Leytonstone Tavern	Every Second Thursday	20.00	leytonstonetavern.com
	<b>2-4-1 Cocktails</b>	Rookwood Village	Weekly	All day	therookwoodvillage.com

# Adboard

## Free Member Classifieds

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

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

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

**BABYSITTER AND CHILDMINDER** Lynn Poulter of Harvey Road is a registered childminder who has vacancies for drop-off and collection at George Tomlinson and or/ Davies Lane schools -7-9am and 3-6pm. Hours negotiable also babysitting at £10 per our. Tel:020 558 0651 or lynnspoulter@yahoo.co.uk

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

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

**CAT SITTING** Responsible 17-year old will feed and spend time with your cat. Very experienced with cats and other animals. £8 per day. Can supply references from other Bushwooders. Contact Martha 07534 430729.

**COMPLEMENTARY ENERGY-HEALING/ STRESS MANAGEMENT THERAPIST** Qualified & licensed therapist & teacher. 15 years experience. Gentle, yet powerful & effective non-invasive therapy, suitable for all ages. Also treats pets. For physical & emotional issues, pain/stress relief, resilience & peace of mind. Liz Maloy Jollands: 07855 549740 lizmaloy@hotmail.com  
**50% off first treatment for BARA members.**

**DECORATOR** Interior and exterior decorating, free estimates and advice. Call Mick: 07958 940558

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

**FACE PAINTING,** Arty local teenager, experienced in face painting, available for children's parties and gatherings. Please phone 07986 123789.

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

**HANDYMAN** Juan Carlos Martin is a reliable BARA resident handyman and painter with an extensive experience in painting houses and flats, as well as repairing wood,

assembling furniture, minor plumbing and electrical repairs. handymanjcm@gmail.com 07933 482308 **15% discount to BARA members.**

**CERTIFIED COACH** One-to-one coaching to tackle overwhelm, boost confidence, achieve clarity, attain goals and help you realise your full potential. Amanda 07799 887920 Amanda@thehappinesandpositivitycoach.com -thehappinesandpositivitycoach.com

**REIKI CRYSTAL HEALING PRACTITIONER AND TEACHER** Individual healing sessions in Leytonstone and online distance healing.. For info and free initial consultation, please contact helenghanlon@gmail.com or mobile 07368872741

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

**NUTRITIONIST** Registered Nutritionist with ten years' experience in Health & Social Care working with families and young people in various capacities. Email Julia ukenglishcentre@aol.com.

**PET SITTING** -Experienced animal lover/ owner available for cat sitting and dog walking. Will feed pets whilst you are away or just late home from work. Can do morning and evening feeds, empty litter trays and will spend a minimum of 30 minutes giving out cuddles. Can do dog walking too. Honest and reliable, references available. Contact Lynn on 07542 885164.

**PHOTOGRAPHER** Relaxed and natural family and headshot photography. Specialising in helping camera-shy people get a set of photos they love. Contact Sara: 07969 910681 www.saradalrymple.co.uk hello@saradalrymple.co.uk  
**20% discount** for BARA members.

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

**PSYCHOTHERAPY** Hypnotherapy and cognitive behavioural therapy Jeannie: 020 8989 3111 Jeannie.bruce@zen.co.uk.

**TUTOR - MUSIC, ALL INSTRUMENTALISTS AND SINGERS** Beginners to advanced pros, ages 16+, singing/playing any common instrument in most western genres, including jazz (a specialism), composing and music theory. For references and more info, please see LondonMusicTution.co.uk -or call! I'll look forward to helping. Claude Alexander (Browning Road), jazz pianist 07985 763072.

**TUTOR - SCIENCE** 1-to-1 online and face-to-face tutoring for GCSE Science, Biology, Chemistry and Physics. QTS secondary school teacher with 10+ years experience in state and independent schools. Face-to-face tutorials take place in Bushwood. Please email Suzanne Veitch contact.e11tutoring@gmail.com

**TUTOR FOR PHYSICS** (GCSE to undergraduate) and Maths (KS3 to GCSE) offered online, using Skype. Qualified teacher, also PhD Physics. Fees according to level, with **10% discount for BARA members.** Phone 07828 134730 or email sajidajamila@gmail.com.

**TUTOR IN ENGLISH AND HISTORY** from 11+ common entrance, to GCSE and A Level (online at present). £30 per hour minus **10% for BARA members.** Qualified and experienced teacher. Phone Lorraine on 07775 700722.

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

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

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

**MASSAGE THERAPY** CThA licensed massage therapist offering treatments at your home or my home studio. Whether you like deep or light pressure, together we'll find the best approach for your individual needs. BARA members receive **10% off first booking** and then an ongoing 5% off single treatments. 07734703676 www.rosieravenmassagetherapy.com

**ELECTRICIAN - D GREENE ELECTRICAL** Bushwood based electrician-friendly, professional service for all domestic electrical needs from simple installs and appliances, to complex rewiring of kitchens, home office, extensions, gardens etc. Call Daniel on 07889 646828.

**INDIGO ELECTRICAL** We are a local, family-run business who specialises in small electrical jobs. Registered, qualified and fully insured. Call Tony on 07766 307028  
**10% BARA discount**

**GAZEBO** BARA's dazzling fleet of gazebos can be hired by our members at the rates of £10 for the new pop-up model, £7 for the standard version or £15 if you need both. Other community organisations can hire them for either £10 individually or £15 together. BARAconnect@gmail.com

# Shops & Services

## Local Businesses Offering Member Discounts

**PERSONAL TRAINER AND CANCER REHAB SPECIALIST** Simon Watts: personal trainer specialising in exercise for cancer rehab, injury rehab and strength training for healthy ageing. Train at home with resistance bands, dumbbells and bodyweight. Yes you can exercise during cancer treatment, or start weightlifting in later life. I'll show you how. info@yesyoucan.fitness 07535 495488. 5% BARA discount

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

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

**CARPENTER** All areas of Carpentry and Joinery. Bespoke made-to-measure to suit your lifestyle. Flooring, doors, kitchens, bedrooms, storage, conversions, property maintenance. Dan Harrison 07445 267672 Harrison.carpentry@outlook.com 10% discount for BARA members

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

**MAMMOTH TAP** Arch 1 Station Approach 10% off drinks on Wednesday

**LUNA** 7 Church Lane 10% off drinks every day

**O42 RESTAURANT** 885 High Road Leytonstone 15% off food orders

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

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

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

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

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

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

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

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

**EONCE CHOCOLATE** Exceptional chocolate on the doorstep. Bushwood's own bean-to-bar, quality, hand-made chocolate from beans sourced in Ecuador and Venezuela. Mini and 65g bar collections available. www.eoncechocolate.co.uk. 07477 107239. 20% discount on all collections with code BUSHWOOD20.

**BAXTER PHYSIOTHERAPY CLINIC** Back and neck problems and all other muscle and joint issues treated. Over 30 years experience. 2 Bushwood 020 8989 2292 or 07778 403237 £10 discount on all sessions

**MARC ROBERTSON HOMEOPATH L.C.H.E.999** www.effectivehomeopathy.co.uk 07903 274852 Homeopathy clinic based in E11 10% discount

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

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

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

**STONE MINI MARKET** 5% discount on everything

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

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

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

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

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

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

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

**SCHEMA STUDIO ARCHITECTURE AND INTERIOR DESIGN** www.schemastudio.co.uk

020 7405 4000 / 07436 535 471 mark@schemastudio.co.uk 10% discount

**TRADING PLACES ESTATE & LETTING AGENTS,** Letting Agents 020 8558 1147 jennifer@tradingplacesproperty.com 10% off standard sales and letting fees

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

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

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

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

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

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


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

**BREAKAWAY SUPPORTED HOLIDAYS** Organises supported holidays for adults with learning disabilities 01245 260330 Monday to Friday 10am-3pm. BARA members can request a brochure and Katy will drop it through your door 10% discount on 2023 holidays www.breakawaysupportedholidays.co.uk

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

**Businesses listed provide discounts to BARA members as a service to the community. Please make sure you use your 2023 membership card. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email BARAconnect@gmail.com**





# WHERE THE BOMBS FELL


Ron Allen

## FROM THE BATTLE OF BRITAIN TO THE BLITZ

Join Lister Road's Ron Allen for a guided tour of the World War 2 bomb sites around Leytonstone

Maps and information Sheets available on the day  
Meet at the corner of Lister and Mornington at 1pm

### SUNDAY 3rd SEPTEMBER



# BARA FOOD BANK COLLECTION LOCATIONS

BARA has drop-off points in front gardens within the Bushwood area (see map, right). All dried and tinned goods are welcome including tinned vegetables, fruit, fish and meat; pasta, flour, long-life milk, tea, coffee, cereals, pet food, cleaning products. Standard sizes are preferred.





## Would you like to sell or rent your home?

Don't rely on instant online valuations.  
*There is no substitute for great local knowledge.*

# Theydons.



EST.1992

10% off our standard fees for BARA members.  
Book your free valuation with the local property experts today.

020 3972 2001 ■ hello@theydons.com ■ theydons.com ■ @theydons