



The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association

Helping the homeless through the festive season

The coldest months are the hardest for those sleeping rough on our streets. Every year in Leytonstone a local voluntary group chaired by Rev David Britten has been working tirelessly to provide beds and essential services to the most vulnerable

'Tis the season to give. And what better way to give back to the community than to volunteer or donate to a local charity led by St John's church to provide night shelter for the borough's homeless.

Forest Churches Emergency Night Shelter (FCENS) offers a safe, warm, welcoming and dry place for up to 30 rough sleepers each night from November through March, on a church hall rotation.

In addition, guests receive a hot dinner, breakfast, clothing and cleaning facilities, including showers at some venues.

With around 150 homeless people helped each year, the vital work of the charity couldn't happen without the time, compassion and donations of local people. More than 250 volunteers cook, serve and sit with those who are referred by the local authority or other organisations to the charity for accommodation.

In Leytonstone, three churches provide shelter on a rotation basis: Wesleyan Holiness, Harrow Green; Elim Church, Hainault Road; and Leytonstone United Free Church, Wallwood Road.

As well as volunteers, the charity also needs donations: food, sleeping bags and of course, money.



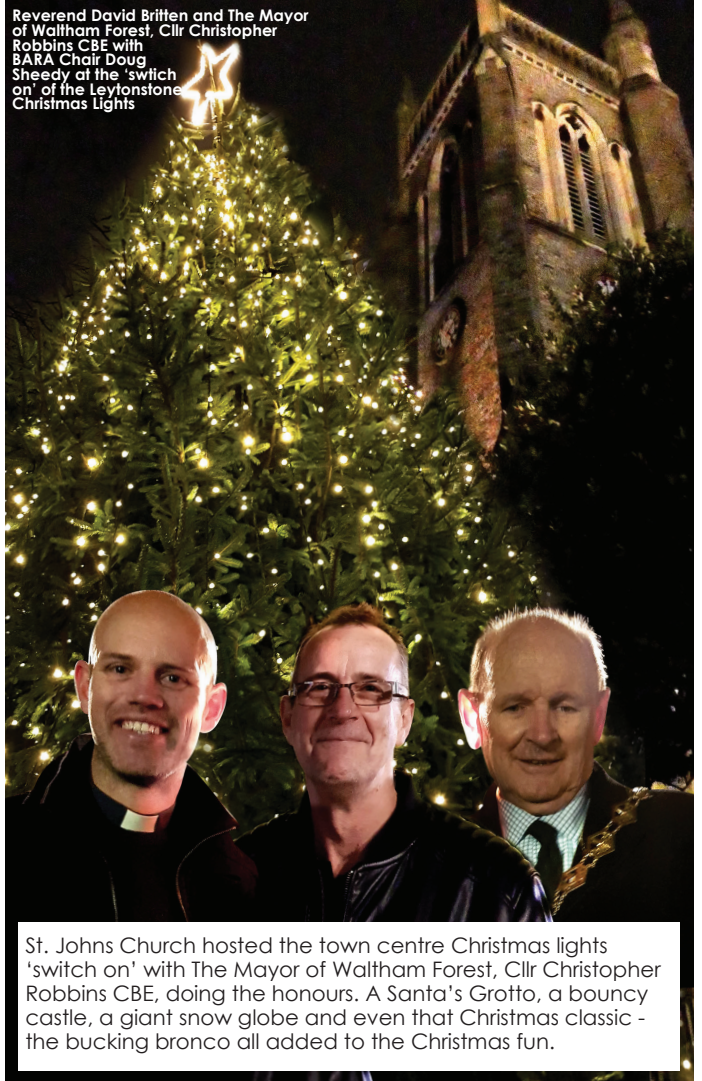
That's because it employs a full-time caseworker to help rough sleepers access housing, fill out benefit forms, overcome immigration issues, gain access to health-care including mental health services, support for substances misuse and alcohol addictions.

Last season, FCENS hosted 134 men and 26 women. Among them, 15 were housed directly into council accommodation, 32 private sector rented housing and 5 into hostels. In addition, 2 were assisted to return to their country of origin, 3 were reconnected to their boroughs of origin and 6 were referred to other shelters.

Chaired by Reverend David Britton, Vicar at St John's, the charity is continually looking for support to help run the project.

"It's a fantastic volunteer effort," he said, "both by the churches that give up their space and organise teams to host and also many people from the community who

“ We are constantly amazed, and very grateful, for the support we get from so many members of our community. ”



Reverend David Britten and The Mayor of Waltham Forest, Cllr Christopher Robbins CBE with BARA Chair Doug Shedy at the 'switch on' of the Leytonstone Christmas Lights

St. Johns Church hosted the town centre Christmas lights 'switch on' with The Mayor of Waltham Forest, Cllr Christopher Robbins CBE, doing the honours. A Santa's Grotto, a bouncy castle, a giant snow globe and even that Christmas classic - the bucking bronco all added to the Christmas fun.

willingly give up their time to volunteer. We are constantly amazed, and very grateful, for the support we get from so many members of our community."

The churches first opened their doors to homeless people in 2009 to plug a gap left by the temporary closure of the borough's only hostel for homeless people. It registered as a charity in 2012 and today it's managed by a team of seven committed trustees. On top

of the full-time caseworker, the charity employs a part-time assistant caseworker and two part-time overnight staff.

If you would like to donate you can visit the website: <https://www.forestnightshelter.org.uk/donation/>. If you would like to volunteer, please see the volunteer section of the website to find out how to apply or get in touch with David Britton (rev.britton@gmail.com).

IT'S TIME TO RENEW YOUR MEMBERSHIP

Renew your membership for 2020 to continue getting:-
Four issues of the exclusive Bush Telegraph
Discounts on many local shops and businesses
The BARA e-mail news bulletin with all the latest info
Access to BARA equipment such as gazebos and tables.

SEE BACK PAGE FOR DETAILS ON HOW TO RENEW AND JOIN



Note From The Chair



Hard to believe we're already at year's end. Maybe it's because this one was such a long time coming – but I'm happy to look back and say that our fortieth was a banner year for BARA.

In the last few months we've enjoyed one of our most popular quizzes ever – helped enormously by Zara's Treats who was on hand to provide the food. Given how popular quizzes are in our little corner of London, it's especially rewarding to see so many people turn out to support us and engage in some friendly competition. On a personal note, I'm happy to see so many people loving my home-baked lemon drizzle cake, which replaces the lemons for the team in last place. Although, maybe that isn't a great incentive for people to win...

Less indulgent, but just as worthwhile, was the litter-pick. We don't always get the best weather for our biannual outing, but rain has never dampened our spirits. It's always rewarding to see just how much we can accomplish with a bit of determination and an hour or two. Thanks to everyone who came along to grab a grabber and pick up some rubbish.

As I'm sure you're aware by now, our membership runs from January to December, so renewals will be taking place in the New Year. You'll find all the information about ways to subscribe in this very issue.

With our new membership calendar in place, it also means we're able to hold our AGM in January, which also gives us a great excuse for a get-together. Over the years, the AGM has evolved into a great members party. It's a chance to meet your neighbours, catch up with some old friends, and get to know the committee a little better. It's all happening on the 20th January (details to be found in this issue) and we'll be hosting it at Leytonstone's newest pizza place – Stone Pizza. Our thanks to Shah for providing the venue, and the food.

And that's all for another year. However you spend the holidays, I'd like to wish you a peaceful Christmas and prosperous New Year on behalf of the entire committee.

Thanks again for making our 40th year such a success, and I look forward to seeing you all in 2020.

Doug Sheedy

The BARA Team

BARA Committee

Doug Sheedy
Chair
Barclay Road

Andy Irvine
Vice Chair & Membership
Leybourne Road

Anna Davies
Treasurer
Browning Road

RoseMary Warrington
Environmental
88 Mornington Road

Kate Duffy
Social & BARA Website
St Augustines's Court

Katy Smith
Safer Neighbourhoods Team
Harvey Road

Janet Lee

Robbyn Linden

Annette Loakes
Planning
Bushwood

Eleanor Ross
BT Editorial
Barfield Road

Fiona Sinclair
Membership
BARA e-Mail Newsletter

James Cowen
BT Design & Editor
Lister Road

BARA Road Representatives

Aylmer Road
Alice Haigh, 31 Barfield Road

Barclay Road
Doug Sheedy, 11 Barclay Road

Barfield Road
Alice Haigh, 31 Barfield Road

Beacontree Road
Janet Lee

Browning Road
Anna Davies, 21 Browning Road

Bushwood
Brian Hopson, 49 Bushwood

Carlton Road
Alice Haigh, 31 Barfield Road

Colt's Yard
Jan Osterley, 4 Colt's Yard

Dacre Road
Alice Haigh, 31 Barfield Road

Forest View
Liz Maloy Jollands, 5 Forest View

Grove Road
Doug Sheedy, 11 Barclay Road

Hartley Road
Andrew Shields, 9 Hartley Road

Harvey Road
Katy Smith, 37A Harvey Road

High Road
Doug Sheedy, 11 Barclay Road

John Drinkwater
Anna Davies, 21 Browning Road

Leybourne Road
Joyce Quarrie, 67 Leybourne Road

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

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

Please support BARA and follow us on our social media pages



BARACONNECT@gmail.com



www.bara.london



[Bushwood Area Residents' Association](https://www.facebook.com/BushwoodAreaResidentsAssociation)



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

The dark grey streets, fallen leaves and biting cold that we are greeted to in Bushwood seem a million years from the warm and green summer. To help you through these dark months, *Kate Duffy*, presents the winners of the **Bushwood in Bloom 2019** competition

It seems such a long time ago that the BARA judges spent a Monday morning walking up and down the streets of Bushwood admiring some fabulous flowers and foliage, wonderful window boxes and gorgeous gardens.

BARA members had sent in nominations for either their own horticultural show pieces or those of others within Bushwood. The three categories were : Best Garden, Best Window Box and Best Hanging Basket with a 1st, 2nd and 3rd prize in each. Photographs were taken of all nominations and then sorted by category for the judging to take place. Finally decisions were made and BARA is pleased to announce the following winners :

Garden Winners

- 1st Mr & Mrs Gross from Michael Road
- 2nd Eleni Styli from Michael Road
- 3rd Pat Elliott from Bushwood

Window Box Winners

- 1st Liz Keates from Mornington Road
 - 2nd Jeff & Laura Minns from Bushwood
 - 3rd Sophie Kirkwood from Browning Road
- Unfortunately no hanging baskets were nominated this year so we have decided to award the prizes for this category to some special and unique gardening pieces which in their own way added to Bushwood in Bloom.

- 1st Val & Norman Haynes from Lister Road
- 2nd Jennie Hawley from Mornington Road
- 3rd Paul & Rebecca Cornwall from Bushwood

All winners have been contacted and prizes will be given out at the annual BARA AGM and party in January 2020.



Sleighbourne Road Christmas Street Party

Leybourne Road is becoming the street to beat when it comes to street parties. On the first of December they renamed their street 'Sleighbourne Road' for a Christmas themed party. Santa turned up with presents for the children along with most of the street to celebrate Christmas and community. Well done to all those who helped create such a neighbourly event.



Ron's Remembrance Day Bomb Walk

A week after his 90th birthday, Lister Road legend Ron Allen, led a group of young and old neighbours on a tour of E11 to show us where the bombs fell.

Ron Allen turned 90 in November and has spent almost his entire life living on Lister Road. He was responsible for starting BARA and he and his wife produced the first Bush Telegraph forty years ago. To commemorate Remembrance Day, Ron, took friends and neighbours on a two hour history walk of Leytonstone. Starting at the corner of Lister and Mornington, Ron led us up Lister Rd, along the high road, past the station, up to Tescos, down Aylmer and through to Bushwood. All the time we were treated to rich stories of his time as a child playing in the bomb craters and his experiences and fear during the bombing raids. Leytonstone was hit hard during the blitz which also saw two V2 rockets hit, one of them in Mornington Road on the site of St Augustins Court.

Thanks to Ron for an excellent afternoon meeting neighbours new and old, everyone had a brilliant time.

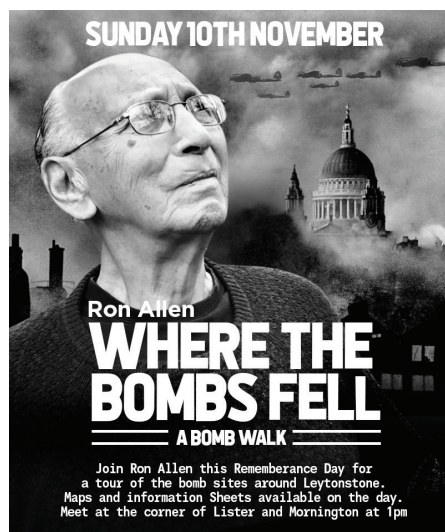
If you missed out on the tour then keep an eye out for a chance to do it next Remembrance Day. Ron said "I'll do another one next year... if I'm still here"



Outside the old 'Leytonstone Motors'



Ron explains where they used to go to enter the tube station during an air raid



BARA's biggest ever quiz night

The ex-servicemens club remains our ideal venue for the BARA quiz and our autumn quiz was the biggest ever. Kate Duffy reports on an evening of quiz fun.

What a fantastic turnout for our 40th anniversary Autumn Quiz on 17th October at one of our favourite venues, The Ex-Servicemens Club in Harvey Road. It was the busiest quiz to date with over 70 quizzers in attendance. We had a lot of new faces and also some local businesses taking part this time. Our resident Quizmaster Paul set five rounds of ten questions and also a bonus Who Am I round for extra points. At half time we sold raffle tickets



Quiz Winners

totalling over £100 and set out some fantastic prizes of wine, chocolate and a fruit hamper. We were also thrilled to have an original Leytonstone print from Bushwooder Helen Westerby which unsurprisingly was chosen by the first raffle ticket winner. The scores were revealed at the end of the last round and then Paul added a twist : gamble your points on one last question making first to third place all to play for! The winning team won six bottles of wine and the losers won the much coveted dozen lemons that our talented Chair had baked into individual lemon drizzle cakes. For this quiz we were thrilled to have Zara's Treats providing a fantastic Caribbean buffet – we will definitely be inviting Zara back to cater for a future event. Big thanks go to Paul our quizmaster, Anne and Lindsey for running the bar and to all those committee members who helped organise the event. Look out for details of our Spring Quiz in a future edition of the Bush Telegraph.



The real winners with Doug's Lemon Drizzle Cake

A Leytonstone mixed up choir

Parents have been getting together at the end of school on a Friday and it's nothing to do with the children. Amy Barbour writes why she and a group of Davies Lane parents are hoping to take their singing to the next level.

Singing is a great way to relieve stress and improve your mental health. We've been taking part in a five week singing project under the guidance of *Jeremy Haneman* from *Together Productions*, a London based community interest company that uses the arts and music to effect social change.

When we were invited to take part almost everyone responded with 'I'd love to but I can't sing'. Five hour long sessions later and we are all confidently singing South African, Zulu and African American spiritual songs. And each of us busy exhausted parent's leave the school at 4.30 feeling happier, more confident and joyful.

With a small pot of funding from Waltham Forest as part of the Borough of Culture this was a pilot to develop a **Mixed Up Chorus** in Leytonstone. The **Mixed Up Chorus** is an already existing choir in north London run by *Holly Jones* and *Jeremy Haneman* of *Together Productions* to build community and create positive social change. Their projects connect individuals and organisations who might not otherwise meet, and nurture relationships and understanding, with a particular focus on offering visibility and opportunities to the marginalised – refugees, migrants, religious minorities for example.

The aim of the **Mixed Up Chorus** (MUC) is to connect diverse people and communities through music. Currently running in north London it has over 60 members. Samim Patel a parent at Davies Lane and long time Leytonstone community member has been working hard to mobilise parents and others to come and sing together. At an evening pilot session this week she managed to organise over 30 people to come along and sing together for the first time.

As you may be aware singing is known to reduce stress, build confidence and self esteem and perhaps most importantly, in these politically divisive times, to bring communities together. We are really hoping to bring the **Mixed Up Chorus** to Leytonstone more permanently. We are currently seeking more funding to set us off and will use a sliding scale subscription for membership. Those who can and are willing to will pay what they can, but this will be voluntary.

We are also really committed to creating a mixed choir so we are inviting you to join, however you identify and we are particularly keen to hear from those who identify as being from black, Asian and minority ethnic (BAME) backgrounds; LGBTQ+; and those with disabilities.

However, you identify please try to ignore the voice in the head that's telling you, you can't sing and come and give it a go, from experience I can promise you singing in a choir with others is a really special joyous thing to do.

<http://togetherproductions.co.uk/projects-mixed-up-chorus.html>

The
Mixed Up
Chorus



SHAPING UP ON THE HIGH ROAD

Not one but two new and very different fitness centres will open shortly on the High Road. Andrew Shields laces up his trainers to find out more

BARA residents with long memories may remember that the site now occupied by the Walnut Tree pub was previously a gym. Not just any old gym, mind you: this was Hyams International Gymnasium, a standout location for London body builders.

The 1989 'Time Out Guide to Sport, Health and Fitness in London' described it as 'a vast centre. The gym, on the first floor, is big enough to train a battalion. It's a family-run business, friendly and down-to-earth'. However, there was also a note of caution: 'The members are mainly men, who apparently intimidate many of the women into quick retreat'.

As the next decade dawned, rave culture found a home at Hyams. All-night warehouse parties included the launch of Phaze Two in October 1992, with DJs, MCs, a laser show and 'sensible security' for 'thousands of ravers'. The flyer for 'Future', a New Year's Eve 1992 party run by Meltdown Productions, even promised coaches running from Kent and included a location map extraordinarily similar to the graphic used by BARA...

As rave declined so did Hyams, and Wetherspoons moved in. The only remaining option for Bushwooders seeking a fitness fix was

Cathall Leisure Centre, a bus ride away. The years since have brought a clutch of small personal training studios, the growth of yoga and Pilates classes in various pubs and church halls, the wonderful ParkRun on the Flats, and Radical Fitness for dedicated gym rats – but never a commercial fitness chain.

Now, however, our stretch of the High Road is to benefit from two exciting additions aimed

Community-Focused Fitness

at everyday exercisers rather than the hardcore muscle crew.

Work is underway to kit out the Fitness Hub East London in what used to be the Radical Fitness premises. The more holistic approach to health and well-being taken here is the brainchild of Dave Appanah and George Lopez, both chartered physiotherapists at the highly regarded Orient Physiotherapy Clinic further down the High Road.

A new year opening is the aim, ideally in time for those well-intentioned resolutions. However, the building refurbishment has taken longer

“ We hope to create a facility that’s at the heart of the community – a genuine hub

than expected due to the need for extensive remedial structural work.

The plan is for pay-as-you-go with different package options, as well as memberships, and a programme based around popular studio activities including yoga, Pilates, boxing, Zumba, barre, spinning, HIIT, calisthenics and dance. This will also be the new location for Orient Physio.

“We hope to create a facility that’s at the heart of the community – a genuine hub,” says George. “A place where you can get your endorphins flowing then enjoy a smoothie and a chat in the relaxation area. It will be an evol-

No-Frills Workouts

ing concept: we will add to the programme as we find out what activities local people want.”

Following a protracted planning process which saw their original application refused, PureGym will be opening in what is currently the Peacocks store. PureGym is a UK-wide chain with a clear USP: no contracts, no frills, no fluffy towels and very competitive pricing.

According to their business profile on the Best Companies website: ‘PureGym offer really great fitness facilities with enthusiastic, supportive staff. They provide 99 per cent of what 99 per cent of the population could possibly want for a truly great workout. Each gym offers over 220 pieces of fitness equipment and up to 80 group exercise classes each week. PureGym’s current membership is 450,000, growing by 75 per cent a year.’

Exactly what facilities will be offered at the Leytonstone centre are currently unknown. However, it is likely to be a mix of cardio equipment, fixed and free weights and instructor-led classes, with personal trainers available. There’s no opening date yet, nor any indication of cost. The Ilford centre is priced from £14.99 per month while the soon-to-open Romford gym will be from an even leaner £10.99 per month. You can register for updates at www.puregym.com/gyms/london-leytonstone

One feature that has elicited something of a mixed response is the possibility of 24-hour opening – usual practice at other branches of PureGym. Shift workers and night owls will love the chance to work out at 3am, some local residents may be less happy if there’s an increase in late-night noise.

Research has shown that one of the biggest barriers to exercising regularly is travel time to a suitable venue. Come 2020, BARA members will have absolutely no excuse – in fact, a brisk walk to PureGym or the Fitness Hub will be the perfect warm-up!

BARA litter pick ends in police drama

A big crowd turned out for November's litter pick, discovering everything from stolen goods, thigh length boots, bottles of urine and a bomb. Katie Smith reports

On a dull day in November 30 BARA residents and some children ventured onto Bushwood to do the autumn litterpick. It was a great turnout and we cleared a lot of rubbish including an oven and other strange items. We discovered two encampments, one was empty but the other had someone living in it and we made sure that the local council homeless unit were informed to assist them. One resident also returned with a bag of rubbish and announced she thought she had two bombs in her bag. Thankfully one was just a motor but the other looked like an anti-tank shell so the emergency services were contacted and turned up to take care of it. They moved everyone back a safe distance and closed off the nearest



roads. Thankfully it was only a dummy shell. Exciting Sunday morning and the kids certainly enjoyed the excitement. Thanks to all those who helped on the day, another great clean up.



The Leytonstone & Wanstead Synagogue
Fillebrook Road

VOLUNTEERS RESTORE SYNAGOGUE

Alex Maws meets the Bushwooders taking on the restoration of the Leytonstone and Wanstead Synagogue

When Ruth Solomons and her fiancé Phil Schryber moved to Bushwood three years ago, the Leytonstone and Wanstead Synagogue (LAWS) was so obscure it wasn't even listed on Google Maps.

Although LAWS has existed since 1932 and has been in its current building on the corner of Fillebrook and Drayton Roads since 1954, the synagogue had fallen into such a state of disrepair that most passers-by assumed that it was derelict.

In 2017 LAWS was on the verge of closing down. With religious services held there infrequently and for an ever declining number of worshippers, it was assumed that there was not a sizeable enough local Jewish community to justify keeping it open.

Enter Ruth and Phil, who sought to make a case to the Federation of Synagogues, the umbrella national organisation to which LAWS is affiliated, that the synagogue should remain open. They began by researching census data that actually showed quite a large number of Jews living within a 30-minute walk and unserved by any other synagogues. In turn, officials at the Federation set a target: that the synagogue should achieve a minyan (a quorum of 10 congregants) for weekly Shabbat (Sabbath) services. Undaunted, the pair sought to find creative ways of reaching out to local Jews,



ranging from establishing an online presence for the synagogue to chatting with shoppers in the kosher foods section of Tesco.

Their efforts brought together a group of volunteers who have helped restore the synagogue. So far, this has involved fixing the leak-

ing roof, plastering walls and painting, with many more repairs still to come.

"One day when our gardening group was outside clearing away years of overgrown shrubs, a woman stopped by and asked why we don't sort out our broken stained glass window," Ruth recalls. Indeed, the hole in the window was the most obvious outward symbol of a neglected building. This inspired the community to launch an online crowdfunding campaign, which ultimately generated the funds needed to hire a local artisan Bryan Paveley from Ark Stained Glass, based in the nearby Norlington Road studios, to make the repair.

The revival of the physical structure has taken place in tandem with a revival in community life as well. Shabbat services are now held weekly; celebrations are organised to mark Jewish festivals; and the Synagogue hosts a range of social and educational events.

In the Jewish tradition, travelling by car, using technology or spending money are forbidden on Shabbat – which presented a particular problem when it came to finding a Rabbi to lead this growing community. Fortunately, Ruth and Phil persuaded Rabbi Zalmy Brackman, who lives in Stamford Hill, to take on the role. For the past two years, Rabbi Brackman has walked the nine miles round trip every weekend to lead services for LAWS worshippers.

This month, LAWS' Chanukah celebrations will form part of Waltham Forest's year as the London Borough of Culture. The synagogue received funding to erect a giant menorah (a ceremonial nine-branched candelabra) at the junction of Grove Green Road and Fillebrook Roads, opposite Leytonstone station. It will be lit for eight nights beginning on 22nd December. On 29th December at 4.00pm, LAWS will host a Chanukah celebration, open to all who wish to attend, alongside this new menorah. There will be traditional Jewish music and the customary Chanukah fried foods such as doughnuts and latkes (potato pancakes).

To learn more about the history of the synagogue or to find out more about upcoming community events, visit www.lawsynagogue.org. Or take a stroll over there to appreciate the building's spruced-up façade. You can find it easily using Google. Thanks to Ruth and Phil, LAWS is now very much on the map.

Bushwood Planning Report

The BARA Committee maintain an overview of planning applications and decisions in the local area including Leytonstone High Road.

The Bushwood Planning Report details recent planning issues which the committee feel are of interest to BARA members. We welcome your feedback, especially if you feel there is a planning issue we have missed or if you would like to draw attention to something you may like us to include in future planning updates.

To get in touch please contact us directly on: baracconnect@gmail.com

London City Airport

London City Airport's draft master plan 2020-2035 consultation has now closed. The Airport are now considering the feedback and are planning to publish a consultation report and final master plan in the new year. Although BARA did not provide a response to the consultation we are aware that the London Borough of Waltham Forest provided a robust response to the consultation.

Harvey House, Harvey Rd

As BARA have noted in this update previously, this is an application for a proposed nursery. BARA Committee submitted a letter of objection raising concerns about the owner's disregard of planning rules as building continued despite cladding which required additional planning permission. The owner has since apologised to the Planning Committee and to the Chair of the Committee separately.

The Bara Committee also raised concerns about the potential increase in parking at drop-off and pick-up times as these will fall outside of current controlled parking zone hours. We await the decision of the Planning Committee due to be heard on 3rd December.

Pure Gym (site of Peacocks Retail on Leytonstone High Road)

As BARA residents may well be aware, Pure Gym won their appeal and now plan to open a gym on the current Peacocks Retail site.

Rear of 69 Browning Road

This planning application was for the building of two, four bedroom houses consisting of two-storeys at the rear of 69 Browning Road. BARA had previously submitted planning objections to this development. However, the Planning Committee heard a renewed planning application on 12th November. Residents galvanised and showed up in force for the planning meeting. Councillor Loakes and three residents spoke against the application and there were approximately 20 residents in the gallery demonstrating it was a significant issue for residents. Jointly, they successfully convinced the Planning Committee to refuse the application. In summary, on the basis that the proposed development:

- Was out of keeping with the prevailing character of the surrounding area;
- Lacked sufficient information about surface water and flooding as owners were planning to excavate properties to include basements;
- Did not provide adequate evidence that there was suitable access for fire services.



Khalil and Salma with their Mornington Road hives
Inset: Uncapping the racks

SHOW ME THE HONEY

Something sweet, natural and delicious is being made in Bushwood. James Cowen meets the local honey makers.

What started as a bit of fun to tackle a hayfever problem has turned from a hobby into a fledgling business. Salma and Khalil Attan got into the honey business after Khalil had read his hayfever could be helped by eating honey made from the local pollen.

After an introductory course ten years ago the Mornington Road family have continued to grow their hives and are now producing over five hundred jars of their own honey each year.

They have ten hives at their house as well as another thirty at various allotments around the area. Honey production depends on the conditions from year to year and this year has been a good one. A warm summer and lots of flowers make the best conditions and its during these warm months that the bulk of the honey production is done.

Bees fly from flower to flower collecting nec-

tar in their stomachs which is passed to honey making bees when they return to the nest. The honey is stored in wax honeycomb storage cells and capped with beeswax. They can fly up to 3 miles in any direction so if you see bees in your garden, they could be making honey you could buy.

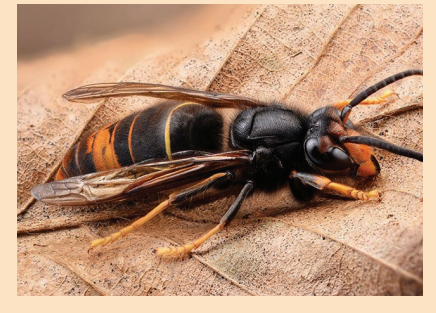
Khalil demonstrated how the honey is extracted. A tool is used to break the seal on the racks of honeycomb which are then loaded in to a centrifugal drum. The spinning drum spins out the honey and it collects around the drum wall, pours down and is collected from a tap. The honey is then decanted straight in to jars and is ready to eat.

At the moment the honey is not available in any shops and they don't have a website. However, you can still buy it by getting in touch with Salma on 07814 700 974 or dropping round to 79 Mornington and buying a jar. I'm sure they'd love to show you the hives and talk bees. They also sell bees wax blocks which have many uses around the house and can also be melted and made into candles.

Hornet Watch

Bee keepers have been troubled by a highly aggressive predator that preys on honey bees and pollinators. Originally from Asia and introduced accidentally in France they spread rapidly and have been spotted in the UK since 2016.

They are most likely to be seen near hives in suburban areas in the south of England. It has distinctive markings on its abdomen, almost entirely black with the 4th segment being yellow. If you spot the hornet its important to report it to alertnonnative@ceh.ac.uk You can also download the free app for your phone Asian Hornet Watch. For more info nonnativespecies.org/alerts/asionhornet



There is a range of honey to choose from and it comes in large or small jars. The medium is £5 and the large is £7. An ounce block of beeswax can be bought for £1.50.

Khalil and Salma, who grew up in Leytonstone, also run a course with Epping Forest Beekeepers that runs throughout the summer. The course fills up quickly and you have to book a year in advance to get a place. It appears urban beekeeping is on the up so if you're interested in getting in to bees - find more details at <http://eppingforestbeekeepers.co.uk>

School Streets Consultation

BARA have been informed that Waltham Forest Council (WFC) intends to consult with local residents in roads around both Davies Lane and George Tomlinson Primary Schools (many of whom will be BARA Members and parents of children at these schools) early in the New Year on the introduction of 'School Streets'. We thought it would be helpful to give BARA members a heads up of this proposed consultation and some of the context and background.

This consultation is likely to affect BARA members who are parents with children at those schools and who are residents living in roads affected by the proposed changes. We believe that the roads most likely to be consulted on the 'School Streets' proposal within the Bushwood area will be:

- Lister Road**
- Michael Road**
- Barclay Road (but to a lesser extent)**
- Bottom part of Bushwood (from the barrier towards Mornington Rd)**
- Mornington Road (from Barclay Road down towards Davies Lane School)**

Other roads including Davies Lane will also be consulted for Davies Lane Primary School and roads around George Tomlinson Primary School.

The consultation is likely to ask residents to consider access to non- local vehicles to those roads to be limited from using those roads at the start and end of the school day with the times tweaked to accommodate the individual schools start and finish time and in operation during term time only and excluding weekends, therefore limited to when the school is open. Residents and business vehicles registered in those roads will not be affected.

What is a 'School Street'

A 'School Street' is an initiative to improve road safety and reduce congestion to make it easier, more convenient and safer for pupils and their parents to walk and cycle to school, rather than drive. It also aims to help improve air quality and help introduce more exercise and regular physical activity into younger residents daily lives, helping address the well documented growing levels of inactivity amongst our children and



young people. School Streets involve temporarily closing one or more roads surrounding a school to non-residents vehicles for a short period at the start and end of the school day, typically one hour, with emergency vehicles being exempt. The enforcement of a 'School Street' is undertaken by CCTV.

Context

Waltham Forest has already installed two School Streets in Leyton, with very positive impacts and a third is planned for Walthamstow. Other London Boroughs are rolling them out and Waltham Forest is currently in

discussion with 20 other schools on the introduction of a School Street. In the era of a Climate Emergency, reducing short distance car journeys for trips like the school run, is one of the easier changes that can be made to help reduce our impact on the environment. Taking unnecessary vehicle movements with their emissions and the associated parking stress out of BARA roads on a daily basis has the potential to improve the living conditions and health and well-being of residents in those roads.

<https://walthamforest.gov.uk/schoolstreets>

BARA MERCH NOW AVAILABLE

Nobody asked for it but we did it anyway and opened the doors to our online shop.

We thought it would be fun to have some iconic BARA themed merchandise so you can really show off to your friends that you live in the best neighbourhood in E11. We currently have the beautiful BARA mug and tote bag featuring the Bushwood area streets as well as our famous Cats of Bushwood poster. You can now also buy the freshly minted Dogs of Bushwood poster too and complete the collection. Posters include a charity donation and the cat poster has raised and donated £94 to the Celia Hammond Cat Charity based in Canning Town.

Also on the store is the opportunity to buy a membership for your neighbour which includes a mug and bag. What a way to welcome someone just moving into your street.

All proceeds of the BARA store go back into BARA to help fund events like the 40th Party in the Park in the summer, printing the BT and buying equipment like the BARA gazebo which can be loaned out to BARA members.



Visit <http://www.bara.london/bara-shop>

Leytonstone Fitness Planner

Finding it hard to make time to keep fit? Our guide to the fitness week in Leytonstone just might be what you need. Please see venues for further details, some classes may be subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	KEEP FIT FOR WOMEN BOOT CAMP LMCC 9.30-10.30am (Lead by female instructor) ZUMBA Lister Hall 10.30AM	PILATES St John's Church 9.20am CHAIR BASED PILATES St John's Church 10.35am KEEP FIT FOR WOMEN-BODY CONDITIONING LMCC 9.30-10.30am Lead by female instructor	OVER 50s BADMINTON Pastures Youth Centre, Davies Lane 10.30am	YOGA Quaker Meeting House 9.30-10.30am KEEP FIT FOR WOMEN- LEGS, BUMS AND TUMS LMCC 9.30-10.30am Lead by female instructor	ZUMBA Leytonstone Library 10.30AM TAEKWONDO LMCC 10.30am-12.30 Lead by female instructor Ages 10+ Ladies Only	VINYASA YOGA The Birds 7.30am PREGNANCY YOGA The Birds 8.30am YOGA Le Petit Corner 8am - 9am	YOGA Le Petit Corner 9am - 10am YOGA The Relaxation Place 11am-12.15pm
	PILATES St John's Church 6.40pm VINYASA FLOW YOGA The Birds 7.30-8.30pm MINDFULNESS Orient Physiotherapy 7-8pm, 8-9pm ZUMBA St John's Church 8pm YOGA The Relaxation Place 7.15-8.15 TAEKWONDO LMCC 7.00-9.00pm, ages 10 years+ Male Only	PREGNANCY YOGA Quaker Meeting House 6.45-8pm ZUMBA St John's Church 7.30pm SALSA FOR BEGINNERS O'Neils Music Room 7.45-8.30pm YOGA Quaker Meeting House 8-9.15PM SALSA CLASSES (all levels) O'Neils Music Room 8.30pm with social dancing until 11pm	KEEP FIT FOR WOMEN - PILATES LMCC 5.00-6.00pm Lead by female ADULT TAP DANCE CLASS Leytonstone Library 6.15-7.15pm (Ages 18+ years)	YOGA The Relaxation Place 7.15-9.15pm BUSHWOOD FOOTBALL Leytonstone School 7pm-8pm See page 13	VINYASA FLOW YOGA The Birds 7.30-8.30pm SOOTHING SLOW FLOOR YOGA The Birds 9.30-10.30AM	St John's Church Hall (entrance by Matalan) 829-877 High Road Leytonstone The Birds 692 High Rd Leytonstone Orient Physiotherapy 721 High Road Leytonstone Lister Hall Behind Lister Rd methodist Church 578 High Rd Leytonstone LMCC (Leytonstone Muslim Community Centre) 2A Carlton Rd Quaker Meeting House Bush Rd O'Neils Music Room 762 High Rd Leytonstone The Relaxation Place 740c, 740d High Rd Leytonstone, Le Petit Corner 734 High Road	
EVENING							

BARA Social

Community Event Listings

BARA Groups

Bara Football

When: 7-8pm every Thursday
 Where: Leytonstone School
 Contact: contact@jakegreen.co.uk
 The Details: 5 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.

Board Gaming

When: 7.30 - 11pm Last Wednesday of the month
 Where: The North Star Pub, Browning Road
 Facebook - Leytonstone Tabletop Games
 Twitter - @LeytonstoneGame
 The Details: Leytonstone Tabletop Games is heading into its 5th year and has a strong community of regular gamers. As well as the monthly games night based around casual and fun games we also organise nights for more serious longer form games. No booking, no cost, just turn up at the North Star. No knowledge necessary just an enthusiasm for all types of games and meeting people.

Cycling

When: Every Saturday Morning 8.30am
 Plus Social rides on 1st Sunday of month
 Where: Meets mostly at McDonalds
 Contact: NorthStarVelo.com
 The Details: Long running East London cycling group catering for all types of rider

BARA Pets

When: All times
 Contact: jo.pilc@hotmail.co.uk
 Details: Providing help with locals pets from feeding when away or offering company when out on a particularly long day.

Photography

When: Every 4 or 5 weeks
 Where: The Walnut Tree and beyond
 Contact: Brian Hopson bushwooder@gmail.com
 Details: The BARA Photogroup is a small but enthusiastic band of photographic enthusiasts which encompasses various levels of expertise. It's very informal and tries (often successfully!) to go on a photographic expedition every 4 or 5 weeks, visiting places such as Little Venice, Soho and sites in our own area (eg upstairs at the Red Lion) to take pictures. Between outings, we also take pictures independently on a chosen theme such as "winter" or "light" or "plants". About a week after an outing, we meet in the Walnut Tree with a MacBook on which we can display a selection of our pictures to discuss the photographs we've taken

Pub Quizes in E11

The pub quiz has blown up in Leytonstone with pubs offering much more than the standard quiz. Personalities and gimmicks refresh the dry format and you can quiz nearly every night in Leytonstone!

- The Red Lion** - Monday 8pm hosted by Keith from the Office
- Heathcote & Star** - Tuesday 8pm
- The Birds** - Wednesday 8pm Hosted by Boogaloo Stu
- The Northcote** - Thursdays - Music Bingo 8pm
- Leytonstone Tavern** - First Thursday of the month
- Burgess&Hall** - Second Wednesday of the month



Events Diary

Never be bored again, the BARA events diary is your guide to the Leytonstone social calendar for Autumn. A huge selection of events from comedy and live music to markets and exhibitions

Wed 11th Dec	George Tomlinson Christmas Fair	George Tom Sch	3.30pm
Thu 12th Dec	Tom and Adams Winter Wine Tasting	Theatre of Wine	7.30pm
Fri 13th Dec	Forest Uprising - Borough Culture	Leyton Sports Grnd	5pm
Sat 14th Dec	Forest Uprising - Free Finale	Leyton Sports Grnd	5pm
Sun 15th Dec	Forest Uprising - Light Show Event	Leyton Sports Grnd	5pm
Sat 14th Dec	DJ TBX	Heathcote&Star	8.00pm
Sat 14th Dec	Wanstead Winter Wonderland	ChristchurchGrn	7pm
Sat 14th Dec	What's Cookin' - We Shall Overcome	Ex Servicemans	8pm
Sun 15th Dec	Green Drinks- Meet up for green minds	Walnut Tree	8pm
Sun 15th Dec	So Board - Board Games	The Birds	11am
Sun 15th Dec	Burgess&Hall Christmas Party	Burgess&Hall	1pm
Sun 15th Dec	Leyton&Stone Designers Market	Leytonstone Library	11am
Sun 15th Dec	Carol Service & Lighting of the Tree	StJohns Church	4pm
Sun 15th Dec	Walking in the footsteps of Hitchcock	Le Parisien	12pm
Tue 17th Dec	Gingerbread and Cookie Decorating	Heathcote&Star	4pm
Tue 17th Dec	Acoustic Sanctuary - Christmas Party	Luna Lounge	7pm
Tue 17th Dec	Outerfocus Podcast Recording Party	Wanstead Tap	7.45pm
Wed 18th Dec	Sorry We Missed You Charity Screening	Wanstead Tap	7.45pm
Thu 19th Dec	Knit and Chat at the Stone	Leytonstone Library	1pm
Fri 20th Dec	Bethnal Green Big Bang Xmas Gig	Luna Lounge	8.00pm
Fri 20th Dec	Stav Bee - Artist, DJ, Queen of the Clubs	Heathcote&Star	8.00pm
Sat 21st Dec	Into the Forest - Winter Solstice	Quaker House	4pm
Sat 21st Dec	The Tap Christmas Cracker	Wanstead Tap	8.00pm
Sat 21st Dec	Chicken Shack Christmas Record Hop	Plough&Harrow	8.00pm
Sun 22nd Dec	A Christmas Carol: With Music & Ghosts	Wanstead Tap	4.30pm
Mon 23rd Dec	Reindeer Food & Crackers	Heathcote&Star	4pm
Mon 23rd Dec	Christmas Jumper And Craft Session	Leytonstone Library	10.3am
Tue 24th Dec	The Christingle Service	StJohns Church	10.3am
Tue 24th Dec	Midnight Mass	StJohns Church	11.30p
Wed 24th Dec	Family Christmas Day Service	StJohns Church	11.30p
Sun 29th Dec	Big Ol' Quiz of the Year	The Birds	4.30pm
Sun 29th Dec	The Leytonstone Menorah	Grove Green Road	4.30pm
Mon 30th Dec	New Years Craft Session	Leytonstone Library	10.3am
Tue 31st Dec	NYE2019 with Midnight Mass	Heathcote&Star	8.00pm
Tue 31st Dec	Naughty Noughties New Years Eve	The Birds	8.00pm
Tue 31st Dec	NYE Day Party for Families	Leytonstone Tavern	3pm
Tue 31st Dec	NYE Eve Party for Adults	Leytonstone Tavern	7pm
Tue 31st Dec	Gatsby - Speakeasy, DJs, Silent Disco	The Red Lion	7pm
Tue 31st Dec	What's Cookin NYE: Hipbone Slim	Ex Servicemans	7pm
Wed 1st Jan	NewYearConcert London Gala Orch.	StJohns Church Hall	3pm
Thu 2nd Jan	Vintage Tea	StJohns Church Hall	3pm
Fri 10th Jan	Woodside Players - Cinderella	Welsh Church Hall	8pm
Sat 11th Jan	Woodside Players - Cinderella Matinee	Welsh Church Hall	2.30pm
Sat 11th Jan	Woodside Players - Cinderella	Welsh Church Hall	8pm
Wed 15th Jan	Green Drinks- Meet up for green minds	Walnut Tree	8pm
Thu 16th Jan	Comedy - Jo Brand	The Red Lion	7.30pm
Fri 17th Jan	Woodside Players - Cinderella	Welsh Church Hall	8pm
Sat 18th Jan	Woodside Players - Cinderella Matinee	Welsh Church Hall	2.30pm
Sat 18th Jan	Woodside Players - Cinderella	Welsh Church Hall	8pm
Sun 19th Jan	Jive in the Ballroom	The Red Lion	3pm
Sun 19th Jan	So Board - Board Games	The Birds	11am
Sun 19th Jan	Doggy Brunch	The Birds	11am
Mon 20th Jan	BARA Members Party & AGM	Stone Pizzeria	7.30
Sun 26th Jan	Big Ol' Marvel Movie Comics Quiz	The Birds	7.30pm
Wed 29th Jan	Board Game Night	The North Star	7.30pm
Fri 31st Jan	The Heliocentrics	The Red Lion	2.30pm
Sat 1st Feb	Comedy - Tony Law and Guests	Wanstead Tap	7.00pm
Sun 1st Feb	Spice Girls Brunch	The Birds	11am
Thu 6th Feb	Vintage Tea	StJohns Church Hall	3pm
Fri 7th Feb	Knit and Chat at the Stone	Leytonstone Library	1pm
Sat 15th Feb	March of the Modcasters	The Red Lion	11am
Sat 15th Feb	Green Drinks- Meet up for green minds	Walnut Tree	8pm
Sun 16th Feb	Jive in the Ballroom	The Red Lion	3pm
Sun 16th Feb	So Board - Board Games	The Birds	3pm
Fri 21st Feb	Music of Ella & Sarah Jazz Night	Wanstead Tap	8pm
Mon 24th Feb	Suntrap Roadshow Natural Heritage	Leytonstone Library	10am
Wed 26th Feb	Board Game Night	The North Star	7.30pm
Sun 1st Mar	Doggy Brunch	The Birds	11am
Thu 5th Mar	Vintage Tea	StJohns Church Hall	3pm
Sat 11th Mar	Saved By The 90's Bottomless Brunch	The Birds	11am
Wed 25th Mar	Board Game Night	The North Star	7.30pm

Christmas Event
 New Year Event
 BARA Recommends

Please see venue for further details, events may be subject to change

Adboard

Free Member Classifieds

ACCOUNTS & BOOKKEEPING Efficient & painless accounting for your self-assessment, small business or tax return needs. One-off, occasional or ongoing jobs. Excel, Quick-books, Sage. Qualified through experience. Reasonable rates.
Ruth: ruthld@yahoo.com

AVON Patricia Roche: 020 8989 9728 (eve).

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 is a sensible, caring university student with two younger sisters and lots of experience of babysitting (including young babies). Regularly looking after children in Bushwood, Pippa, lives locally and is available at short notice. Available for Fri, Sat and Sunday evenings and some week nights at a rate of £6 p/h. Please contact Pippa on 07487 670 970. 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

BUILDER carrying out full renovations, extensions and loft conversions. Design service available - full plans produced. Any renovation work undertaken, kitchen and bathroom refurbishments, decorating. 10% discount offered to members.
Jacob Holbrook 07960114365

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

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

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
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lizmaloy@hotmail.com
20% discount 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.IfDoesTheJob.com

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

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

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

MASSAGE THERAPY Alleviation of aches, pains, injuries and stress. Specialist therapist and lecturer in holistic, therapeutic, deep-tissue, sports injury, remedial and Indian head massage. Relief from existing problems or simply de-stressing and pampering.
Helen 020 8989 3840

MINDFULNESS MEDITATION Retreat days, 8 week Mindfulness – Based Stress Reduction courses and FREE monthly mindful walks in Wanstead Park. For further details please contact elizabethkeates111@gmail.com or 07885519226

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

PAINTER AND DECORATOR Rob Baker, qualified painter and decorator, handyman and BARA resident. Reliable, tidy and a perfectionist in his work. He can also repair wooden window frames, repair plasterwork, assemble furniture, erect drylining etc. 07921809990.

PET SITTING – Experienced animal lover/owner available for cat sitting and dog walking. Will feed your pets whilst you are on holiday or if you are going to be late home from work. Happy to feed pets morning and evening, clean litter trays and draw curtains put on lights in winter and will spend a minimum of 30 minutes giving out cuddles on each visit. Happy to 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

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
tpreedy@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

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

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

TUTOR - ENGLISH - experienced and qualified English teacher tutors all ages/exams. I also have experience working on Masters' essays and PhDs - I can provide references for all three. £20 p/hr. Email Laura on laurathorogood@gmail.com

TUTOR – ALL INSTRUMENTALISTS AND SINGERS Beginner to advanced, ages 6+; practical development, improvising (singers: vocalese and scatting), exam/audition prep; jazz specialist, DBS(CRB) certified,
www.londonmusic tuition.co.uk
Claude Alexander, jazz pianist

TUTOR – MUSIC Piano, recorder and clarinet. Beginners to advanced. Email Joanna Brown on jo.clarinet@btopenworld.com

TUTOR – PIANO All levels of piano taught. See www.pianoheads.co.uk for piano sheet music. Liudmila: 07919 622293

TUTOR - SCIENCE Local very experienced and enthusiastic science tutor and has availability for new students. Both GCSE science and A level Biology students welcome. See Nel's page on First Tutors: <https://www.first-tutors.com/uk/tutor/nel.biology/> or contact her on: 07737767214.

TUTOR - SCIENCE 1to1 & group tutoring for GCSE Science, Biology, Chemistry & Physics and AS Level & A Level Biology. QTS qualified sec school teacher with 10+ years experience in both state and independent schools. All classes in Bushwood. Please email Suzanne Veitch on contact@e11tutoring.co.uk

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

YOGA

Mindfulness Yoga:
Tuesday 8pm & Thursday 9.30am
Pregnancy Yoga: Tuesday 6.45pm
Postnatal: Thursday 10.45am
All classes held at the Quaker Meeting House
Info www.helenyoga.co.uk/07956 807675

Local Businesses offering Member Discounts

Shops & Services

KERASPICE

715, High Road Leytonstone 020 8539 1700
10% off food orders only
(eat-in or collection)

LA BELLA VITA

Italian Mediterranean restaurant
853 High Road Leytonstone
10% discount

LE PETIT CORNER

734 High Road Leytonstone,
5% discount on food and drinks

LEYTONSTONE POP-UP CINEMA

www.leytonstonefilmclub.com
£1 member discount

LUNA LOUNGE

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

NORTH STAR PUB

24 Browning Road
10% discount on food orders

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.

PETCH SAYAM THAI RESTAURANT

682 High Road Leytonstone 020 8556 6821
10% discount

SAN MARINO CAFÉ

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

STAR OF INDIA

875 High Road Leytonstone 020 8989 4028
15% on dining in (except buffet nights and other promotions), 10% on takeaways

SUNFLOWER CAFÉ

777 High Road Leytonstone, 10% discount

THE EX-SERVICEMEN'S CLUB

Venue and bar 2 Harvey Road, 020 8539 2954
10% discount on joining fee

WOODHOUSE PLAYERS

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Free programme and drink

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20% discount

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Homeopathy clinic based in E11
10% discount

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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)

ENERGY HEALER/THERAPIST - (See Adboard)

Liz Maloy Jollands: 07855549740 lizmaloy@hotmail.com 20% discount for BARA Members.

MARK RAHAMAN DIP PT, MRNT, IHHHT

Fully qualified personal trainer & sports therapist:
07956 239690 Rates negotiable

ORIENT PHYSIOTHERAPY

721 High Road Leytonstone 07776 157606
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STUDIO ELEVEN

745 High Road Leytonstone
0208 556 7199 www.studio11.london
15% off haircuts (excludes other offers)

STONE MINI MARKET

5% discount on alcohol drinks
Kids: bring your own bag or a recycle bottle/
Jar for 0.10p sweet

DAC PLASTERING

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

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020 8539 2647 10% discount.

E & D MOTORS

Highly recommend Shaun at E&D garage for
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www.burgessandhall.com
5% discount off wine case prices

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

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556 High Road Leytonstone 0207 0187420
25% off weekly tasting events
www.theatreofwine.com/weeklytastings

ZAIN CARDS, GIFTS & BALLOONS

48 Church Lane, Leytonstone. 020 8539 2627
10% off Cards & Gifts in store
15% off web store with code 'BARA'
www.affinitygifts.co.uk

NEW LOCAL HISTORY AND DRAMA COURSES

The local WEA branch will be running two
new courses in the spring, one about the East
London docks and one on the plays of John
Byrne.

The development of London's docks and port
economy - with particular reference to the
Walthamstow area - takes place from 7.30-
9.30pm for 11 weeks from Tuesday January 7
at Shern Hall Methodist Church Hall,
Walthamstow, E17 9HX. Course reference
C2420842.

The Slab Boys Trilogy by John Byrne is from
10am to 12 noon at the Greenleaf Centre,
Walthamstow, E17 6QP, also on Tuesdays from
January 7.

The 11-week course involves reading, discuss-
ing and (for those who want to) workshop-
ping. Course reference: C2420841.

Cost: £97.90 but may be free if you get in-
come-related benefits.
Book by phoning 0300 303 3464 or enrolonline.
wea.org.uk

For more information contact: WEA Waltham-
stow Branch Secretary on
walthamstow.branch@wea.ac.uk
or call 0203 994 6708.

*If you would like to offer a discount add
yourself to the listings please email BARA-CONNECT@gmail.com*

*Businesses listed provide discounts to BARA mem-
bers as a service to the community.
Terms and conditions are subject to the business-
es' needs and are subject to change.
If you experience any problems please email
BARAconnect@gmail.com*

BARA MEMBERSHIP FOR 2020

Membership for 2020 is up for renewal. If you want to resubscribe, new to the area and want to join or maybe your subscription has lapsed and you don't want to miss out on all the benefits then here's how to do it

Active for forty years, BARA is a residents' association open to all residents of the Bushwood area of Leytonstone. We represent over 500 households in the area and continue to grow year on year. If you are new to the area or haven't engaged with the association in the past, here are some reasons why you might consider joining!

BARA DISCOUNT CARD

As soon as you join you'll receive a membership card which will entitle you to discounts with many local shops, restaurants, services and tradespeople. You could save the cost of your annual membership over one meal out!

THE BT AND BARA NEWSLETTER

You will get quarterly copies of this fantastic publication full of local news & stories. BARA also sends out a regular email newsletter to keep members fully updated on what's going on in the Bushwood area throughout the year.

WE'VE GOT YOUR BACK

BARA is run by a dedicated committee of local volunteers that live in the area and understand the concerns and challenges of all residents. We are actively involved with the local authority on issues such as planning and parking to ensure that the resident view is heard. We attend local consultation and ward forum meetings and then feedback to you and have strong links with the local Safer Neighbourhood Team.

GET TO KNOW YOUR NEIGHBOURS

Members receive invites to exclusive social events, parties, quizzes, guided tours, kids' events & more. For those that are new to the area, these events offer a great way of meeting your neighbours and making some local connections.

BARA FACEBOOK GROUP

Once you're a member, you can join our Facebook Group which keeps you linked in and connected with your closest neighbours in real time.

IT'S REALLY CHEAP!

You get all of the above and more for only £3 per year (£3.30 by Paypal)

How to Join for the first time

Deliver by hand:

Pop £3 into the envelope provided and drop it through the door of your Road Rep (see p2). Please make sure that we have your address, name(s) and any email addresses that you want added to our distribution list very clearly written on the front

Online:


Go to www.bara.london and click on the 'Join Now' button. This will take you to our online membership system where you can register and pay for your subs by Paypal (please note the email address you register with must be the same one that is linked to your Paypal account).

Renewal for current members

2019 & 2018 Members for whom we have email addresses for, will receive an automatic renewal reminder from our membership system (the current membership year ends on 31.12. 2019). If you have a Paypal account associated with the email address that the renewal has come to, then you can use this link to pay your subs online. (Please note that online subs are £3.30 to cover Paypal admin costs)

You are also welcome to continue to pay by putting your £3 in the envelope provided (with all details filled in) and dropping it to your nearest Road Rep (see p2 for details).

N.B. Any members who haven't renewed by 31st January 2020 will be removed from our Email and Bush Telegraph distribution lists from that date.



BARA
Bushwood Area Residents' Association

**THE
BARA
MEMBERS
PARTY**

**PLUS
BARA ANNUAL
GENERAL MEETING**

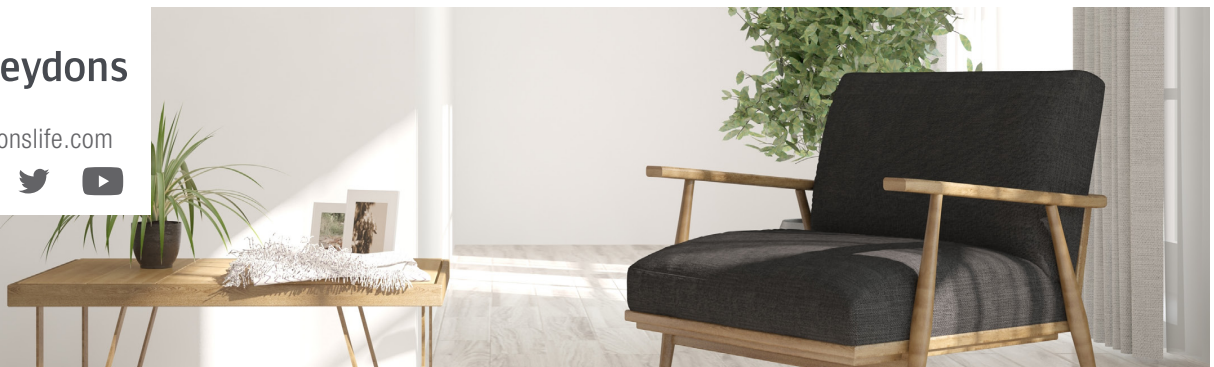
**FOOD
DRINKS
FRIENDS
NEIGHBOURS**

**20TH
JANUARY
STONE
PIZZERIA
AGM @ 7.30
PARTY @ 8.00**

**ALL BARA MEMBERS WELCOME
ENJOY A FREE DRINK AND SNACKS**



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