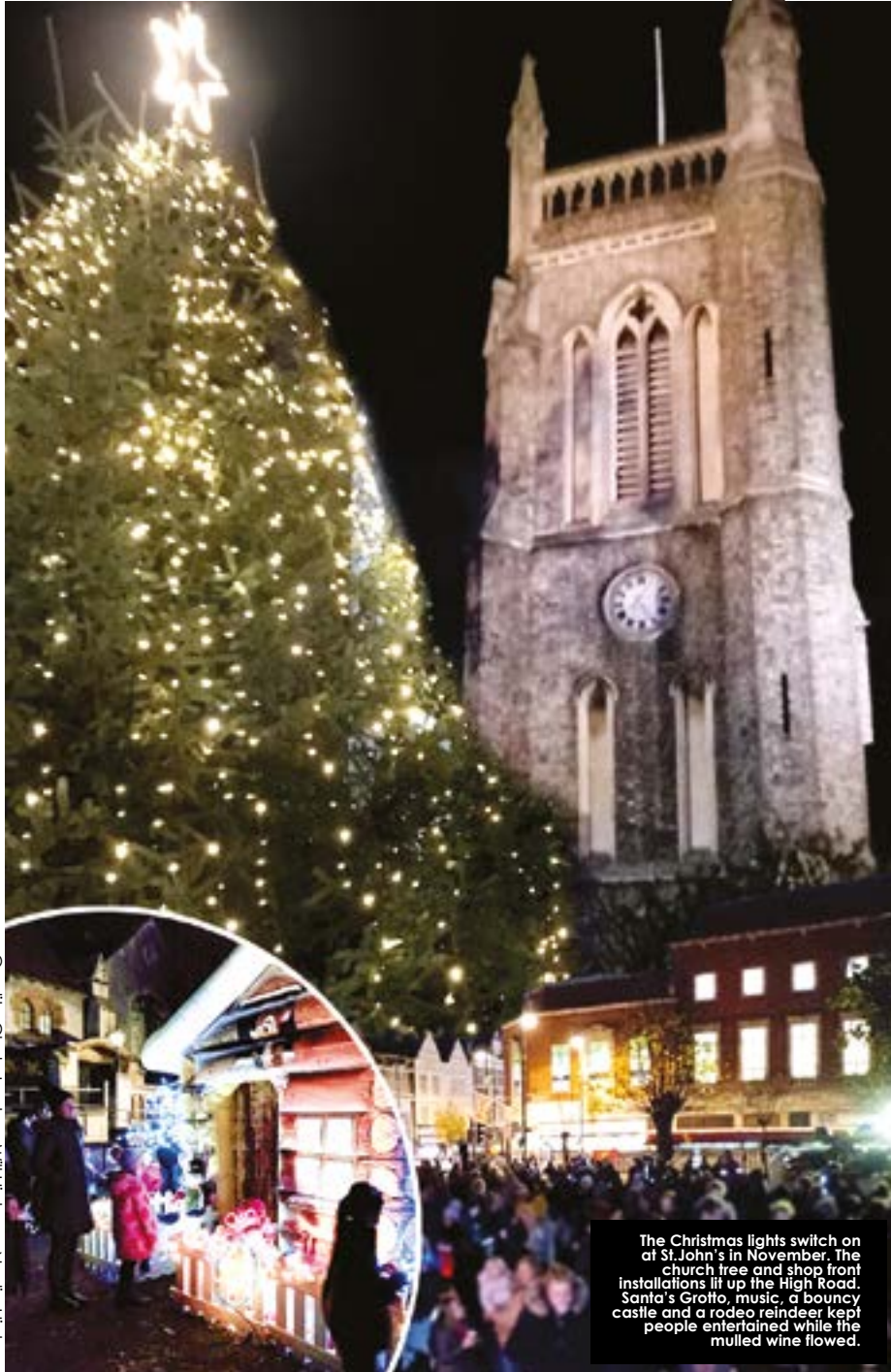




The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents' Association



Credits: Clyde Lookes, Will Higham, Nadia Higham

The Christmas lights switch on at St. John's in November. The church tree and shop front installations lit up the High Road. Santa's Grotto, music, a bouncy castle and a rodeo reindeer kept people entertained while the mulled wine flowed.

Website redesign

Our website has received a much needed update. We've dragged it from 2003 and brought it up to date so it's leaner and clearer for the modern web user.

These days a residents' association is only as good as its communications with its members. Something that was really brought home during the lockdown. Later in the paper you'll read how we've been encouraging more WhatsApp groups. And we've spent time rebuilding our website to make it much easier to share and find things.

Our new layout has been designed to be suitable for using on a phone, the most popular way people browse the web in 2021. Key information is easier to find so its very simple to access the Library of Things, Road Rep contacts and the much requested Tradesperson List. Those with a need to waste some time can even look through the Bush Telegraph archive which goes all the way back to 1979. Smartphone owners can make a home screen shortcut and use it like an app so they can quickly check for a tradesperson or shop discount.

Take a look at - www.bara.london



IT'S TIME TO RENEW YOUR MEMBERSHIP

Renew your membership for 2022 and receive:-

- Four Issues of The Bush Telegraph
- Access to the BARA Facebook page
- Access to the Library of Things
- Discounts at many of our local shops
- Our regular, info packed email bulletins with all the news, events and happenings in the area



Note From The Chair



The BARA Team

BARA Committee

Doug Sheedy
Chair
Barclay Road

Andy Irvine
Vice Chair & Membership
Lebourne Road

Anna Davies
Treasurer
Browning Road

RoseMary Warrington
Environmental
Mornington Road

Kate Duffy
Social & Facebook
St Augustines's Court

Katy Smith
Safer Neighbourhoods Team
Harvey Road

Janet Lee
Secretary

Will Higham
Town Team &
High Street Liaison
Lebourne Road

Nadia Higham
Lebourne Road

Robbyn Linden
Aylmer Road

Annette Loakes
Planning
Bushwood

Fiona Sinclair
Membership
BARA e-Mail Newsletter
Lebourne Road

James Cowen
BT Editor
Library of Things
Website
Lister Road

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

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

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

Please support BARA and follow us on our social media pages



BARACONNECT@gmail.com



www.bara.london



[Bushwood Area Residents' Association](#)



[@BARA.e11](#)

BARA Road Representatives

Aylmer Road
Alex Maws, 1 Aylmer Road
Barclay Road
Doug Sheedy, 11 Barclay Road
Barfield Road
Alex Maws, 1 Aylmer Road
Beacontree Road
Janet Lee, drop at 14 Beacontree Rd
Browning Road
Anna Davies, 21 Browning Road
Bushwood
Brian Hopson, 49 Bushwood
Carlton Road
Alex Maws, 1 Aylmer Road
Colt's Yard
Jan Osterley, 4 Colt's Yard
Dacre Road
Alex Maws, 1 Aylmer Road
Forest View
Liz Maloy Jollands, 5 Forest View
Grove Road
Doug Sheedy, 11 Barclay Road
Hartley Road
Andrew Shields, 9 Hartley Road
Harvey Road
Katy Smith, 37A Harvey Road
High Road
Doug Sheedy, 11 Barclay Road
John Drinkwater
Anna Davies, 21 Browning Road
Lebourne Road
Joyce Quarrie, 67 Lebourne Road
Leyspring Road
Use any Road Rep until new rep is appointed
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

WORD ON THE (HIGH) STREET

BARA's William Higham looks at the latest High Street news from Leytonstone Town Team.

With Christmas coming up, I'm starting this month's column with an appeal. If you're going to buy anything in the run up to Christmas, think to yourself if you might be able to get it locally. And if you can, please do. Not only is it a chance to make some great local shopkeepers very happy. It will also help sustain your local area. For every £10 spent locally, approximately £4 stays in the local economy. Indeed, according to Waltham Forest Council, if every household in the borough spent just an extra £10 per year locally, it would provide the equivalent of a one million pound injection into the local economy. The more we all shop and help out locally, the stronger we make our favourite shops and cafes, and the more interesting national and independent retailers we can encourage into the area. And don't forget to use your BARA discount card! There's details of all the savings you can make at the

back of this issue.

Nick Chapman was kind enough to let the Town Team use To Be Consumed for its Christmas Social earlier this month. It was a great event – and not just for the delicious cold meats, cheeses, wines and beers Nick laid on. It was a chance for many local retailers to get together and chat about their hopes for Christmas and the New Year, swap nostalgic stories about their time in Leytonstone, and bounce a few ideas around about how to get more people through their doors. I had some great conversations with people from Theydons Estate Agents, Mario's Hairdresser's and Panda Dim Sum Restaurant. One thing that came through loud and clear is how much they all value the support they get from their local resident regulars.

I hope you've had a chance to enjoy some of the 'Winter in the Stone' events. The Town Team exists to boost the High Street. So that's about helping our local businesses compete, and promoting events to get people buzzing about Leytonstone. There have been several Town Team dos lately. As well as a presence at the Christmas Lights event at St Johns Church, the team's been involved in things like mini-events for Small Business Saturday and OurPledge's Forest festive Fun at the Stone Minimart (which is itself expanding in the New Year). There's still time to head down to the Leyton & Stone Christmas Market too, which is taking place at St John's Church from 11.00-15.30 on Saturday December 11th. To find out what's happening next on and around the High Street anytime, check out the Town Team events website:

www.leytonstoneevents.co.uk/events

There have been some great foodie openings on the High Street recently. Hot new Indian vegetarian restaurant Spice Box opened last



month to great reviews. Dolce has turned itself from a great deli into a great Tapas restaurant, rechristening itself 'La Rioja' along the way. And fingers crossed we might be about to see a new independent Taco restaurant in the area very soon ...

A quick reminder to any retailers reading: the Town Team's Waltham Forest Council members Jenny and James will be launching their retail survey around High Street rents and conditions in the New Year, along with the High Street 'health check'.

And don't forget, any member who'd like to help out in boosting our High Street can email me at william@next-big-thing.net

For more info on the benefits of shopping local, visit the Waltham Forest Council website. And do tag [@leytonstonecouncil](https://twitter.com/leytonstonecouncil) on any photos you post online of Leytonstone shops or local events.

Farmer's Market

Leytonstone Farmers Market has been a great success.

Leytonstone farmers market is right next door to the children's park and skate park on Cann Hall Road, near Jubilee Pond and Wanstead Flats. In the grounds of Buxton School every Sunday 10am-2pm rain or shine with a huge array of seasonal, local, homemade foods including seasonal fruit and vegetables, free range and organic meat, poultry and eggs, seasonal fish and shellfish, breads, cakes, cheese, dairy and much more.

To see the stalls that will be attending each week then go to www.lfm.org.uk/markets/leytonstone-farmers-market



Bushwood put on a great show over Halloween making up for last year. The streets full of excited children and parents was a wonderful sight. One Bushwooder said "BARA parents - you should be so proud of your scarily beautiful Halloween children - amazing costumes & so well behaved standing politely at the front door, all saying thank you & sharing sweets. Do say well done to them all!"

Feed Me

Recently Leytonstone has seen a welcome boom in places to eat out. We now have a huge range of different cuisines to choose from. We thought we'd take a look at some of the newest so you can go and check them out for yourselves.

Sushi Ginger



This sushi restaurant snuck out earlier this year and serves a wide selection of sushi and Japanese food. It's hidden at the top of the high road near the roundabout and well worth discovering.

Cuisine: Sushi, Ramen, Japanese grills

Takeaway: Yes

Location: 748 Leytonstone High Road
Opening Times: 5pm-11pm Wednesday to Monday. Closed Tuesday.

Instagram: @sushingingerlondon

Exceline



This award winning restaurant began in Hackney and now resides in the beautifully decorated 'Hitchcock Birds' building in Leytonstone. Dishes include Stewed Oxtail, Pork Muchomo and the charcoal platter Haraabee Nyamachoma.

Cuisine: East African

Takeaway: Yes

Location: 527-529 Leytonstone High Street.

Opening Times: 11am-7pm. Closed Monday

Website: homeofeastafricanuisine.com

Spice Box



Grace Regan opens her second vegan curry restaurant to compliment the Walthamstow branch. Curries include mushroom keema, jackfruit vindaloo, vegetable dhanakak and chick'n korma. You have to try the onion bhaji and starter sharing plate.

Cuisine: Vegan Curry

Takeaway: Yes -includes Tiffin scheme

Location: 686 Leytonstone High Road
Opening Times: Wed-Sun 5.30pm to 9pm
Sat-Sun 10am to 2pm

Website: eatspicebox.co.uk

La Rioja



Dolce Patisserie has been rebranded as the brilliant tapas restaurant La Rioja. Bushwooders are raving about the food, make sure you try their tortilla & meatballs.

Cuisine: Large and small tapas plates

Cocktail Happy Hour: 5pm-8pm Thurs-Saturday. Two cocktails for ten pounds

Location: 735 Leytonstone High Street.

Opening Times: 4pm-10pm. Tuesday-Friday

1pm-10pm Saturday and Sunday

Instagram: @lariojalondon

Website: www.lariojalondon.co.uk

Phone: 07425 380149

Bocca Bocca



An instant hit in E11, this pizza place was reviewed in our last issue. A warm, friendly addition to the high street making excellent pizzas along with a range of starters.

Cuisine: Handcrafted pizzas

Location: 781 High Road

Opening Times: 5pm-10pm. Mon-Thur

Fri-Sun 12pm-10.30pm

Website: boccabocca.co.uk

The Hitchcock Hotel



The grand Alfred Hitchcock pub has changed hands many times and never really found its groove. Now rebranded as a boutique hotel The Hitchcock Hotel offers 25 New York style loft rooms and indoor and outdoor a la carte dining.

Location: 147 Whipps Cross Road

Opening Times: Monday-Tuesday 5-10pm

(Bar food only). Wed-Sunday opens at 11.30

check website for closing times.

Website: www.thehitchcockhotel.com

DON'T FORGET

Mora

487 Leytonstone High Road

Chef Carlo Usai specialises in handmade fresh pasta and modern Italian dishes with a touch of Sardinian cuisine.

The Olive

27 Kirkdale Road

Highly rated Leytonstone favourite serving great Turkish food with a lovely ambience.

Panda Dim Sum

767 Leytonstone High Road

Panda has become one of the most popular places in town with its homemade dumplings. Very popular so you will need to book most nights of the week to guarantee a table.

Kera Spice

715 Leytonstone High Road

Delicious South Indian food specialising in Dosa and Kerala curries.

La Bella Vita

853 Leytonstone High Road

Specialises in steaks and grills. The lamb chops and seafood pasta are amazing.



CENTURY

A HUNDRED YEARS OF LEYTONSTONE EX-SERVICEMAN'S CLUB

Leytonstone Ex-Servicemen's Club turned one hundred this year. Alex Maws takes a look at how this enduring Bushwood club began

Chelsea Pensioners, Pearly Kings and Queens and celebrants decked out in 1920s fancy dress were all on hand over the August Bank Holiday Weekend to celebrate the 100th anniversary of the Leytonstone Ex-Servicemen's Club.

The Club was originally founded to provide a place to meet, socialise and celebrate the return of ex-servicemen and their families as they returned from the World Wars I & II.

The building itself has gone through many changes over the years. Club Manager Sharon Crowe reports that "The club started out as a wooden hut and was there to serve the community and the poor with hot meals and food. As it got more popular, they built on a structure at the back that had a boxing ring. From there, an upstairs was built on."

Along with those structural changes have come changes to the club's core mission and membership as well. Today, very few members are ex-servicemen or ex-servicewomen. The Club has widened its membership policy to reflect the changing and exciting change in local people living and doing business in and around Leytonstone.

Indeed the Club is in the process of rebranding itself as the Leytonstone Social Club to reflect this. New members can join for £40 per year and women over 60 and men over 65 can join for £20 per year. Membership includes discounted drinks, access to members-only events and talks, coffee and co-working space during the day. More information can be found online at www.leytonstonesocial.club.

Many BARA members may have had occasion to attend regular gigs put on by What's Cookin' and the East Side Jazz Club over the years, in addition to occasional BARA quizzes. Inspired by the warm welcome I've always received on these occasions, your intrepid correspondent has recently joined as a member and can confirm that it is also an entirely enjoyable place to meet with friends and neighbours for a quiet drink as well.

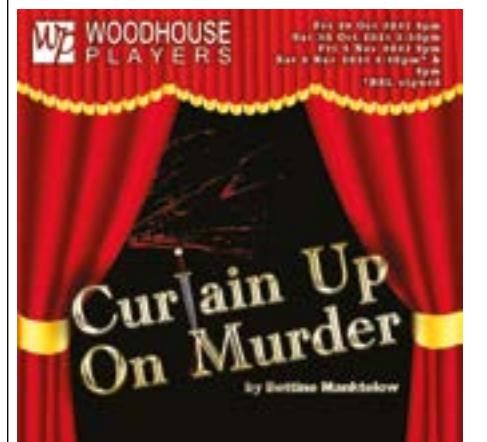
As the Club launches into its second century with a new name and identity, our neighbourhood can take pride in being home to this storied community institution.



"The club started out as a wooden hut and was there to serve the community and the poor with hot meals and food"

Woodhouse Players return

We featured an interview with the Woodhouse Players back in March 2020 when they were prepping their spring show. That show didn't go ahead and their plans for the year were shelved. Things are back in full swing now and they've just finished their first show since lockdown. The murder mystery "Curtain Up On Murder" was a welcome return and was fully sold out. They will be following this up with a panto in January and tickets sell fast so keep an eye on the website if you want to get some.





APPY TALK

Street WhatsApp groups in Bushwood are linking neighbours and streets together and creating closer communities. Joyce Quarrie investigates and encourages people to start groups in their own road.

Anxiety, stress, depression, loss. All symptoms stemming from the Covid pandemic that has affected us all. And we can't be sure that we won't have further restrictions in the future bringing more difficulties with which to deal. So feeling part of a community becomes more important and knowing you have local neighbours who can help goes a long way to alleviating some of the problems. Despite the challenges it hasn't all been negative and we have seen and heard many examples of communities coming together to help each other out in these difficult times.

Waltham Forest Council provided much needed care across the borough in many ways including recruiting a bank of volunteers who spent time telephoning people who had registered as being vulnerable. Every day for months volunteers gathered in the empty, and rather austere, former magistrates courts office in Walthamstow telephoning people to check if they needed help with shopping, collecting prescriptions or asking those who lived alone if they had support from family and friends or whether they had issues that were difficult to deal with because of the pandemic. It was marvellous to see the number of people who volunteered and how the community looked after and cared for its vulnerable residents.

On a more local level were people in small-

“ Our street invented itself through the street party Whatsapp group. We post all sorts of things from spare cornflakes or food going out of date to people having a clear out

er communities able to help each other? Here in Bushwood some street WhatsApp groups were created or developed from existing apps to help residents help each other where necessary. And they have often developed into social groups that are growing all the time.

LEYBOURNE ROAD

The Leybourne Road WhatsApp group started when street resident, Suzanne, decided to organise a street party in 2018. This became a regular quarterly event – there was even a Christmas Sleighbourne Road party complete with Santa! During lockdown people would post when they were due a supermarket delivery and offered to add to the order for neighbours. When flour was in short supply word went out letting people know where they had seen new stocks. Neighbours shared the best hours for shopping at Tesco to avoid the long queues. Another Leybourne resident, Nadia, says: “Our street invented itself through the

Bushwood Whatsapp Groups

We asked people if they had a street WhatsApp group or if they wanted to start one. This is our current list of roads with groups or people that have put themselves forward to start one.

Aylmer & Other ABCD	Louise Armstrong
Hartley	Contact for details
Leybourne	Nadia Higham
Leyspring	Awaiting Info
Bushwood	Agnes Kunstler
Michael Road	Sue House
Mornington Road	Rosemary
Lower End	Warrington
Mornington Road Upper End	Kate Duffy
Stanmore Road	Amanda Campbell
Lister Road	James/Helen
Barclay Road	Lily Lowe Myers
Harvey Road	Katy Smith
Browning Road	Anna Davies

If you want to join a road group please drop us an email with your phone number and we'll pass it on so you can be added. Alternatively if there isn't one we can help you get one going. Email us at BARACONNECT@gmail.com

street party Whatsapp group. We post all sorts of things from spare cornflakes or food going out of date to people having a clear out and hoping to recycle rather than throw things away”. There is even a splinter group – Children of Leybourne – for toys and sometimes clothes as there are quite a lot of young children on the street. Nadia thinks she knows more people because of the app and would be keen to see more socialising “It would be nice, to have occasional summer picnics on the Flats for example”. The Leybourne Road app has 32 people on it and is well used.

Ian Ellis lives on Leyspring Road. “It is a pretty social road so our WhatsApp group was set up before the pandemic and now there are 19 people in the group. It was useful when Covid hit and people could connect with neighbours without breaking any rules”.

It proved useful recently when some of the street's cellars flooded. People in the street were able to share tools and equipment. Ian says: “During Covid we would wave across the road during clapping for the NHS. I feel the WhatsApp group has added a bit more”.

Christmas Day last year saw Leyspring people raising a glass together on the street – socially distancing of course. This summer they had their own mini-Bake Off competition. When there was a problem with a water main earlier this year Leyspring people could ask if it was an individual or street problem. “It's an informal broadcast channel like a bulletin board” says Ian who has lived in the area for five years.

PARTY STREET

Lister Road seems to be the party street. On Guy Fawkes night they enjoyed hot dogs and sparklers over a few beers, birthdays see people gathering in the street and on VE day this year they had a 1940s party. The Lister Road WhatsApp started during Covid to help support the more vulnerable but also to keep in touch so they could shop for people if they had to isolate. Most people have found it useful. There are 52 people in the group and it's active most days with chit chat, recommendations and advice as well as keeping an eye on the most vulnerable on the street. Next year Lister residents are planning a street party.

Other streets in the BARA area with street apps are Aylmer Road (who would welcome people from Barfield, Carlton and Dacre Roads) and Hartley Road. And Bushwood, Michael Road and Mornington Road are interested in setting up groups (see panel for contact details). We haven't heard of groups on Beacontree Road, Forest View, Grove Road, John Drinkwater Close or Woodville Road. If anyone on these streets wants to know more then contact us at BARAconnect@gmail.com and we can help. It's a simple operation and once you have a few names the groups run themselves.

GET INVOLVED

The nice thing about these apps is you can be a passive member and enjoy news of what's happening on your street without being actively involved or you can join in the chat when it's relevant to you. And there's always the opportunity to get involved in activities and make new friends. You can drop out at any time.

We've all heard and seen the stories of how neighbours have got to know neighbours; communities that have come together to help each other out and people going out of their way to make sure vulnerable, frail or elderly people are taken care of and watched over. This is your chance to be as much or as little involved with the BARA community through a street WhatsApp group as your time allows. If you are not in your local group then check the list on this page. And if your street hasn't got one why not start one up?

A BETTER COMMUNITY

Build, Dreams, Create, Change
This is a National Lottery scheme to inspire change and encourage communities to think about how they might use some of the £30million raised for good causes each week.

Four installations have been unveiled across the UK showcasing the words Build, Dreams, Create, Change. The London installation is in Trafalgar Square. Research carried out for the National Lottery showed that almost 20 per cent of those polled said their community needs a friendlier neighbourhood and 16 per cent want more social schemes and venues, with almost 50 per cent saying that they're now more interested in their community since the pandemic. Half of those polled believe improvements to their community would result in a happier atmosphere.

A London survey carried out by OnePoll showed 25 per cent of respondents agreed the coronavirus outbreak has led to conversations with neighbours who they hardly knew before. And 64 per cent believed that COVID-19 has brought their community closer together. Some 30 per cent of respondents had started checking in on older relatives and 23 per cent were doing the same for neighbours. A third of survey participants had started grocery shopping for neighbours and family members who are unable to leave the house.

People have donated to a food bank, volunteered for a charity, or decided to patronise a small business instead of a chain store. Over 40 per cent of respondents' communities or neighbourhoods have set up a help group locally.



THE HISTORY OF OUR HOMES

Were you impressed by the David Olusoga TV series which traced the inhabitants of a single house in Leeds? Have you thought who might have lived in your house a hundred years ago? Neil Williams and David Irwin thought it might be interesting for all their neighbours along Leybourne Road to find out about previous occupants.

We began by transcribing the available census data, the 1939 Register and many of Kelly's Street Directories. We also looked at maps to see which houses were built first -- and got side-tracked into front-door and bay-window design! We have even looked at newspaper articles and advertisements which mention Leybourne Road and uncovered bankruptcies, accidents and some fare-dodging.

Next year, the 1921 Census data will be released – but at first it will cost £3.50 to look at each household's schedule. This might fill some gaps in our knowledge as to when people moved in and out, and give some 'colour' to the otherwise dull list of names.

So far, we've found that there were 163 people living in 37 houses in 1901. By 1911 both these figures had doubled due to the growth in jobs in the City and locally. The number of servants (12) didn't change much over the decade, and whilst the number of children also doubled (71 to 145) as more houses were built,

the average number of children per family remained at the proverbial 2.5. 16 families had over 6 children, and one family had 10!

For instance at number 34 the first residents were the Powell family, William, his Yorkshire wife Sarah, and their daughter Ivy. They lived in the house from ca. 1899 until at least 1912. In 1901 their servant Bertha Hancock probably lived there too. The census shows us that they had also had 2 other children who did not survive childhood. William was variously a clerk, a factory manager, a warehouseman and a foreman shirtmaker. He was a Freemason too. By 1911 Ivy had left home & later had an illegitimate daughter in Grimsby who was adopted by a family that emigrated to Canada. By 1939 Ivy was living nearby with her father's second wife Miriam. Ivy died in Redbridge in 1979.

We'd like to share more of what we have found with you, maybe in a booklet or on website. Any web-designers out there, or anybody good at infographics and data presentation? Perhaps you have memories of former Leybourne Road residents, or have papers or deeds which we could look at to build up an even fuller picture. Already we have some house-price data.

Would you be curious to know who lived in your house, perhaps research their story? If you have information to contribute to the project, want to know how we've gone about it so far, or have advice and expertise to share, please get in touch: leybourneroad@virgin-media.com

Bee Friendly Streets

Waltham Forest has recently launched its #BeeFriendlyStreets initiative and its proving to be very popular. A scheme to encourage residents to help keep their street green and encourage our stripy pollinator friends

By volunteering to make your street a #Bee-FriendlyStreet, it will allow Waltham Forest Council to ditch the chemical sprays that are often used on our roads. Volunteers from the street replace the chemicals with traditional hand weeding control methods to create greener, safer streets for our pollinators that will allow them to thrive and survive.

#BeeFriendlyStreets is the latest commitment from Waltham Forest Council in response to the climate and ecological emergency and builds on the banning of chemical pesticides, especially the widely-used weed spray Glyphosate, in the boroughs parks, open spaces and other locations that was introduced in 2019 and the subsequent reductions in the number of annual weed sprays.

To create a #BeeFriendlyStreet, at least five

households from each street will need to apply to volunteer, but the more the merrier! The Council will then give successful volunteers in the #BeeFriendlyStreet instructions, equipment, and guidance on how to control the weed growth on their streets and roads. For more information about applying for Bee Friendly Streets in your area, please contact: beefriendlystreets@walthamforest.gov.uk If you can email in with the names, addresses and emails of your 5+ households, it will make it a lot easier to help make your #BeeFriendlyStreet happen.

To ensure #BeeFriendlyStreets aren't sprayed accidentally they will be designated with a logo at the entrances to the street and on any relevant street furniture such as street signs.

At the time of writing so far 37 roads in Leytonstone, Leyton and Walthamstow have got themselves together with the required numbers of volunteers. Six of which are in the Leytonstone Ward, of which 5 are in the Bushwood area- Harvey, Hartley, Beacontree, Leybourne, and Leyspring Rds. A further 25 have expressed an interest and have nearly got the numbers. Nine of which are in the Leytonstone Ward, of which 5 are in the Bushwood area Mornington, Woodville, Alymer and Bushwood Rds.

Cllr Clyde Loakes our local Leytonstone Cllr who created this initiative and who is overseeing it said "It would be great to get these 4 over the line and fully signed, but wouldn't it be brilliant to get every road in the BARA area signed up, making it Waltham Forest's first #BeeFriendlyNeighbourhood!"

BeeFriendlyStreets will also be encouraged and supported to have appropriate formal and informal planting in tree pits and tree bases.

For more information on Bee Friendly Streets go to: Bee Friendly Streets (walthamforest.gov.uk) To apply to be a Bee Friendly Street contact: beefriendlystreets@walthamforest.gov.uk



SIGN UP YOUR STREET

The following roads are complete and have at least five volunteers but would really appreciate more neighbours joining them

- Beacontree**
- Harvey**
- Hartley**
- Leyspring**
- Leybourne**

The following roads have people interested but haven't yet met the five needed. Can you help?

- Aylmer**
- Bushwood**
- Mornington**
- Woodville**

If you would like to get involved and your road is not signed up then get in touch. Come on Lister, Barclay and Michael Road.

USED STAMPS WANTED



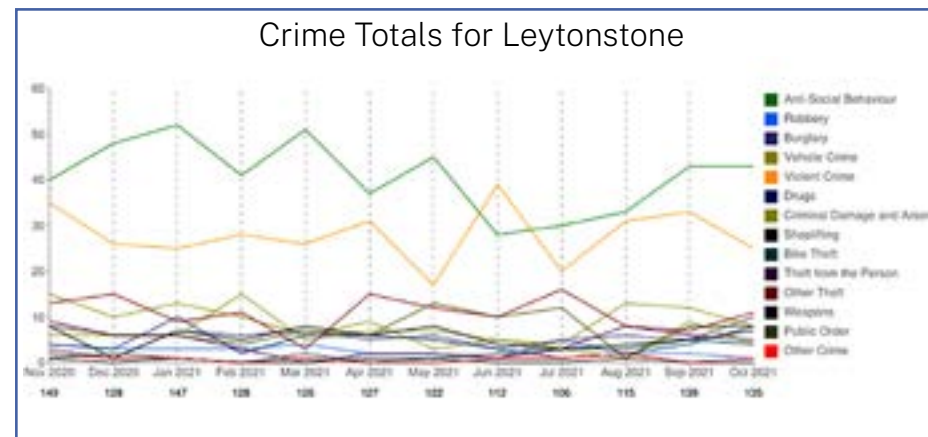
The Royal National Institute for the Blind collects used stamps to raise funds for the charity. Any stamps are accepted, ideally with a 5mm border. Start collecting and drop them off at 67 Leybourne Road.

SNT REPORT

BARA's Katy Smith attends the regular Safer Neighbourhood's Team for Leytonstone Ward Panel

There was a meeting of SNT Ward Panel Chairs on 11 November when we met the new SNT Inspector. He advised that the Leytonstone Ward will have a new Sergeant joining at the end of November. Sgt. Jallal will head up the Wards of Leytonstone, Cann Hall and Cathall. Leytonstone still had the same two DWOs (Dedicated Ward Officers) but our PCSO, Anabell Hassan, is leaving the Team after 16 years on the Neighbourhood Section. Anabell will be sorely missed as she has worked closely with residents in the Ward over her time working on the Leytonstone Neighbourhood Team. She is moving to a new job with Waltham Forest as an Anti-Social Behaviour Officer so hopefully we will still see her around.

The Ward Panel Chairs discussed the issue of DWOs being abstracted to the Response Teams due to the Response Team Officers being abstracted to duties at demonstrations in London. We advised the Inspector that the Met Police Commissioner had promised that DWOs would not be abstracted from the



Wards to cover Response Team Officers. We also raised the issue of new officers only staying on the Neighbourhood Teams for 6 months therefore not having enough time to really get to know their Neighbourhood or for residents to get to know them. There is also the issue of the new officers being probationers and due to more experienced officers being moved away they are left to take decisions on their own that they may not have the experience to deal with. Ward panel Chairs felt that they had to voice their concerns and ask the Inspector to take these concerns to the Borough Commander for

discussion and see what can be done to resolve the problems. There are 50 new officers being posted between Waltham Forest and Newham boroughs in January but again they will be probationers.

Despite the above I am pleased to report that our SNT is working very hard and we are hoping to hold a Leytonstone Ward Panel meeting in January when we will hopefully meet the new Sergeant and PCSO and have up to date crime figures and success stories from the SNT.

Despite almost a 90% survival rate when used within the first few minutes, defibrillators can still be difficult to find in London when needed. However, with much thanks to the Flanagan family of Hartley Road, the Bushwood Area now have....not one....but two defibrillators installed. Anna Davies writes on how a tragic loss started a campaign.

Much loved BARA member, John Flanagan loved Leytonstone and had been a local here for most of his life. One of his favourite places to be was at his treasured local, the North Star. The Flanagan family enjoyed many wonderful memories there celebrating birthdays, anniversaries and so much more.

On the 9th July last year while celebrating a first pint at his local since lockdown ended, John suffered a heart attack and sadly was unable to be resuscitated.

John, who originated from Oristown in County Meath moved to Leytonstone in 1964. He was the treasurer of the Leytonstone ex-serviceman's club and gave so much to the community he was passionate about.

Following that tragic night, the Flanagan family decided that they wanted to ensure that no family would find themselves without access to a defibrillator in the local area should it ever be needed.

After a successful fundraiser launched earlier this year and the generosity of the family, friends and locals, Bushwood now has a defibrillator at the North Star on Browning Road and another in the Ex-Serviceman's Club on Harvey Road.

London Ambulance Service report that between April 2020 and March 2021 they attended more than 13,000 cardiac arrests. In that same time period, more than two-thirds of patients received CPR before crews arrived at the scene.

London Ambulance Service's Chief Medical Officer Dr. Fenella Wrigley says "A cardiac arrest is a serious medical emergency when someone's heart has stopped beating....When this happens, every second counts and the key to survival is early chest compressions and early defibrillation."

Thankfully, Defibrillators are simple and easy to use and you don't need any training. There are clear instructions on how to attach the defibrillator pads. It then assesses the heart rhythm and will only instruct you to deliver a shock if it's needed which means you can't deliver a shock accidentally.

These two defibrillators are a greatly appreciated addition to the area as calling 999 immediately, starting chest compressions and using a defibrillator can vastly increase the chance of survival.

John's children Liam, David and Sarah along with his wife Judy would like to thank family, friends and the local community for their support. They believe having the two defibrillators in Leytonstone is a fitting tribute to John as well as a vital resource for our community when it matters the most.

Go to <https://www.goodsamapp.org> and download the Good Sams Alerter App. The GoodSAM Network of Volunteer responders provide basic life support to those nearby in cardiac arrest while an ambulance is en route. These off-duty nurses, paramedics, doctors, police, fire and first aiders save many lives each year.



John Flanagan with his daughter Sarah Inset: The North Star De defibrillator

FLANAGAN FAMILY FUNDRAISER

BUSHWOOD BLISTER PACK RECYCLING



Blister packs aren't yet recycled with household recycling in WF but a joint venture between Terracycle and larger Superdrug branches with pharmacies are taking empty packs, stripping them and recycling the components. And Marie Curie Cancer Research benefits. It's a winner all round. The nearest participating branches are Ilford or Walthamstow. Or drop them off locally at 67 Leybourne Road and Joyce Quarrie will take them. Just leave them on the doorstep.

HAVE YOUR SAY

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

WHIPPS CROSS HOSPITAL REDEVELOPMENT

Hilda Varley writes on the outcome of the planning meeting for the development of Whipps Cross hospital and the surrounding area.

At the Waltham Forest Planning meeting 24th November plans for hospital site were nodded through by our councillors. Our local councillors Cllr Gray (Chair) and Cllr Pye are both on this committee.

There was a lobby outside the town hall which you can see at these links <https://forestradio.co.uk/A4W/videos.html> and <https://youtu.be/JW058a6zTiA>

The speakers, from various community groups as well as individuals made their objections very clear. Only one person spoke in favour of the plan and that was a local GP.

The main concerns are:-

51 fewer beds – despite our elderly population increasing by 75% by 2050. Beds numbers will be increased at Watford Hospital (a massive 80%) and at Leicester City Hospital. Barts plans are unclear.

Closure of Margaret Centre Hospice. This is the only hospice in the borough. It is a NHS hospice and stands in its own gardens on the Whipps Cross Site. Barts plans again are unclear about what will replace the service.

Closure of the dialysis unit, the elderly rehabilitation unit, the mental health crisis centre. 70% of public land to private developers who plan to build a high density housing estate. There will be no flats allocated for key workers.

Reduced parking space and the building of a multistory car park yards from local residents back gardens.

The next step is re submission to the GLA. In the first round they expressed many concerns but mainly they did not agree to a reduced health care provision and lack of public transport.

This is a once in a generation development. If the land is sold off there will no land, let alone affordable land in the borough, to build an additional hospital. When these plans were drawn up a world pandemic was just a sobering thought.

For regular updates about the development and what you can do to help see Act4Whipps Facebook page and Twitter account or contact whipps.cross.campaign@gmail.com <https://forestradio.co.uk>



Town Centre Development Plans

Mornington Road's, Robert Gay, writes on his plans to put forward a motion at the BARA AGM that going forward the committee must oppose plans for any high rise buildings in the area

Waltham Forest Council is proposing to encourage "tall buildings" in Leytonstone. The proposals have included two tower blocks of 18-21 storeys each on the site of Tesco and Tesco's car park a block 14 storeys high and one of 6-8 storeys on the site of Matalan and Matalan's car park a block 10-12 storeys high and another of 6-8 storeys on the Church Lane car park. (The Council has not given much publicity to these proposed heights, but they can be seen in the "Draft Skyline Studies" for Part 2 of the Draft Local Plan.)

LOCAL PLAN

What the Council would do is to state in its Local Plan (which at the moment is in draft, and awaiting approval) that it would allow buildings up to these heights. Formally, the position would still be that a developer would have to apply for planning permission, and when an application was made, it would be possible to object to the colour of the bricks or the design of the balconies. But it would not be a possible objection that the buildings were too high or that the sites were being overdeveloped, because it would already be fixed by the Local Plan that tower blocks to these heights would be allowed.

This would encourage builders to offer high prices to Tesco and Matalan for their sites –

Relevant links for town centre plans

Tesco and Matalan

<https://www.walthamforest.gov.uk/sites/default/files/Draft%20skylines%20study%20south%20Waltham%20Forest%20sites%20part%201.pdf>

At page 34 of the pdf file

Church Lane Car Park

<https://www.walthamforest.gov.uk/sites/default/files/Draft%20skylines%20study%20south%20Waltham%20Forest%20sites%20part%202%20and%20appendices.pdf>

At page 1 of the pdf file.

and of course the Council, which owns the Church Lane car park, would not need to encourage itself to sell to a developer.

It would obviously affect the character of our area if just over the High Road there was a nest of skyscrapers like the area round Walthamstow Central or a smaller version of the middle of Croydon.

It is part of the business of BARA as a residents' association to try, as far as possible, to preserve the amenity of our area, and if a development just over the border of our area would affect the character of our area for the worse it is part of the business of BARA to oppose the planned development. Part of the point of having a residents' association is that the collective view of an organised body of people has more effect on councillors, and on the bodies which may approve Local Plans, than the separate views of individuals.

BARA was founded over 40 years ago to resist the removal of the barriers across the junction of Barclay and Mornington Roads and at the Mornington end of Bushwood, which have reduced rat-running through our area. This involved opposing the then policy of the local authority, which wanted to remove the barriers. In the same way protecting the character of our area now may involve opposing the present policy of Waltham Forest Council.

MOTION

At the AGM of BARA which has now been fixed for Monday 17 January, I will be proposing a motion stating that BARA is opposed to developments in Leytonstone Town Centre which are out of keeping with the character of the area, and instructing the BARA committee specifically to resist buildings over 4 storeys high on the Church Lane car park, or over 6 storeys on the Matalan site or fronting onto the High Road north of Gainsborough Road, or over 8 storeys (as an absolute maximum) on the site of Tesco and Tesco's car park.

I am not suggesting that we should oppose any development of homes on all these sites. There is a crying need to increase the supply of places for people to live, and I would suggest that we should not object – for instance – to buildings on the Church Lane car park in keeping with what is there in Church Lane and in Vernon Road, perhaps on the scale of the Courts in Mornington Road, or to buildings on Matalan's car park on the scale of Nexus Court.

In relation to the block of land centred on Tes-

MEMBERSHIP RENEWAL FOR 2022

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!

As soon as you join you'll receive a new membership card for 2022 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!

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. 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.

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. Once you are a member, you can join our Facebook Group which keeps you linked in and connected with your closest

neighbours in real time.

You get all of the above and more for only £3 per year.

How to Join for the first time

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

Online: Members for whom we have email addresses will receive an automatic renewal reminder from our membership system (the current membership year ends on 31.12.2020). 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.

By Hand: You are also welcome to continue to pay by putting your £3 in the envelope provided (with full details, including email address, filled in) and dropping it to your nearest Road Rep (see p2 for details).

N.B. BARA membership is by household. One membership covers all members of that household

Any members who haven't renewed by 31st January 2021 will be removed from our Email and Bush Telegraph distribution lists and from our Facebook site.

BARA'S RESPONSE TO ROBERT'S MOTION

The BARA committee have signposted the membership to the consultations and documents mentioned by Robert but have not to date had any indication back from the membership to indicate general strength of feeling about the plans. We would be happy to hear from members about their views and in particular any consultation responses that they have already put in or are going to put in during the ongoing LP2 regulation 19 consultation (High Rd sites) so that we can make sure that any action we take is in line with the view of the membership. Please email your views into BARACONnect@gmail.com before 31st December 2021. This will enable us to respond to the current consultation as BARA, if indicated by the members, and be able to come to the AGM with evidence on membership support and any actions taken by us thus far. In short, we can only represent your views on town centre development if we know them.

Robert Gay
137 Mornington Road
robertgay.e11@outlook.com

Local garden designer Mark Cummings shines a fairy light on the arguments for and against real trees at Christmas. Real trees are more ecologically sound than you might think.

Each year, around November time I contemplate buying a fake Christmas tree. In the back of my mind is the niggler that buying one of several million real trees cut down only to be discarded 24 days later (minus the majority of its needles) somehow isn't good for the planet. A tree is for life not just for Christmas.

On the other hand, consider that according to the Carbon Trust, a two-metre artificial tree has a carbon footprint of around 40kg, more than ten times that of a real tree that's burned after Christmas. Most fake trees are made of PVC, plastic and metal. They cannot be recycled so when they are disposed of, they end up in landfill (shockingly the average life span of a fake tree is just 4 uses before it is traded up for 'better' model). Plus, the majority are made in China. It's a double environmental whammy when you consider the worldwide shipping required to sustain the market across Christendom.

According to Kevin Jones Head of Forestry for the Soil Association, the 6-foot Christmas tree that I usually buy takes around 10-12 years to grow and during that time, it provides a habitat for wildlife and captures carbon from the atmosphere. The real tree suddenly doesn't look quite so humbug. And I confess that every year the real tree wins outright. I love the texture and the smell when I am hanging baubles with a glass of bubbles.

But there are several steps I take to make sure that my tree has as little impact on the planet as possible.

Firstly, I source locally... Host of Leyton stocks trees that are locally grown by a female farmer and will deliver to Bushwood using the Zero Emission Delivery service. Borrowed Light in Walthamstow source their trees from Scotland. While not local, the company offsets its carbon and for every tree sold, two are planted.

When it's time to de-tinsel the tree I am careful how I do it. As a gardener I usually dry the tree. I can use the branches for bug hotels and the thicker parts of the trunk for log piles or for solitary bees to hibernate in (a few 5-8mm holes drilled into the trunk and left somewhere sheltered over winter). I use branches for kindling for the occasional (considerate) outdoor fire in the autumn.

But if this sounds like too much admin Waltham Forest Council offers a free tree collection and recycling service. In fact, most local authorities offer a collection and chipping services, with chips used for mulching. Trees can also be composted and used as a soil improver. The point is they don't have to end up in landfill releasing methane.

Of course, you could dispense with the traditional Christmas tree totally. A Nordmann fir isn't essential to spruce up your Christmas. Last year, while locked down in Derby, I used a huge branch of a fallen tree that was on the grass verge near my house. I did almost dislocate my shoulder dragging it home. But it fitted in the Christmas tree stand a treat and only fell over twice until I worked out how to prune it according to its centre of gravity. It was Insta-worthy when decorated and I simply put it outside when I finished with it. Bird feeders hang off it now.

However, the gold standard sustainable tree would be one that is pot grown and can be brought in the house each year. I would start quite small as they are quite fast growers and will need to be re potted every couple of years as they increase in size. They are far more



ROCKING AROUND THE CHRISTMAS TREE

“The gold standard sustainable tree would be one that is pot grown and can be brought in the house each year.”

economical in the long term and are attractive in the garden. Muddy Trowel (muddytrowel.com) is a company that sell trees sourced from the UK. All are grown in peat free compost and the pots made from terracotta or renewable materials. This year Muddy Trowel is trialling a rental service for trees which means customers without an outdoor space can return trees to be resold. And they will deliver to Bushwood.

Living Christmas trees in pots: **Muddytrowel.com**
Locally and sustainably sourced Christmas trees:
Host of Leyton: 658 High Road Leyton E10 6JP 07875 348056. Deliveries from 29th November. In person from Friday 3rd December.
Borrowed Light Floral studio: Unit 1, Crate, 35 St James Street, London, E17 7FY 07966 123451. Available from 26th November.
You can also get your trees locally from the brilliant **Primrose Florist** at 714 Leytonstone High Road.



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.

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 Social

We are bringing back the BARA social pages! Covid put a stop on all events in E11 but now things are easing we seeing more local events planned and group activities back on. It will be some time before things are back to where they were but hopefully next year there will be a lot to look forward to. If you have any events planned and want them in the listings then please send them to BARAConnect@gmail.com so we can include them in upcoming issues. If you have an existing local group or BARA group that you want to include in a Group listings then please get in touch.

Events Diary

- | | | |
|----------------|---|------------------------------|
| Sat 11th Dec | Leytonstone Christmas Market | St Johns Church 11am |
| Sun 12th Dec | Go East Vintage Flea Market | 258 Church Road Leyton 11am |
| Sun 12th Dec | Christmas Memorial Service | St Johns Church 4pm |
| Wed 15th Dec | Jose McGill & The Vagabond | Leytonstone Social Club 7.30 |
| Fri 17th Dec | Leytonstone Folk Christmas Concert | St Johns Church Hall 7pm |
| Sat 18th Dec | Wine Tasting Event | La Rioja 7pm |
| Sat 18th Dec | What's Cookin's Xmas Cracker | Leytonstone Social Club 3pm |
| Sun 19th Dec | Michael Rosen Xmas Book Signing | Wanstead Tap 11am |
| Sun 19th Dec | Rookwood Christmas Market | Lord Rookwood 12pm |
| Sun 19th Dec | Carol Service | St Johns Church 4pm |
| Sun 19th Dec | The Furrow Collective | Wanstead Tap 7.30pm |
| Sun 19th Dec | Luna Marie | Luna Lounge 8pm |
| Mon 20th Dec | The Lve Foundation Charity Xmas Conc | Leyton Great Hall 7pm |
| Christmas Eve | Christingle Service | St Johns Church 4pm |
| Christmas Eve | Midnight Mass | St Johns Church 11.30pm |
| Christmas Day | Christmas Day Service | St Johns Church 10.30pm |
| Mon 27th Dec | Whisky Mick - Live music Hootenanny | The Northcote 7pm |
| New Year's Day | London Gala Orchestra Concert | St Johns Church 4pm & 7.30 |
| Mon 17th Jan | BARA AGM and Party | The Pastures 7.45pm |



BARA FOOD BANK COLLECTION LOCATIONS

BARA have set up various drop off stations in front gardens in the Bushwood area. Welcome donations include: tinned veg/fruit/fish and meat; packet food; pasta; flour; long life milk; tea; coffee; cereal; pet food; cleaning products

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

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

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

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

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: 07855549740 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 07986123789

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

HANDYMAN Juan Carlos Martin is a reliable BARA resident Handyman and Painter with an extensive experience in painting houses and flats, as well as repairing wood, assembling furniture, minor plumbing and electrical repairs. handymanjcm@gmail.com 07933 482308 **15% discount to BARA Members**

CERTIFIED COACH One-to-one coaching to tackle overwhelm, boost confidence, achieve clarity, attain goals and help you realise your full potential. Amanda 07799887920 Amanda@thehappinessandpositivitycoach.com

com -thehappinessandpositivitycoach.com

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

HOLISTIC AND REMEDIAL MASSAGE THERAPY

Experienced therapist in Holistic, Deep Tissue, Warm Bamboo, Thai, Natural Face Lift, Cellulite Reduction, Lymphatic Drainage, Pregnancy. MASSAGE IS ESSENTIAL SELF CARE. Book now, for 20% off first treatment. 5% BARA discount. TrainWithKafi @FitnessFirst Leyton Mills www.trainwithkafi.co.uk 07359119554

PERSONAL TRAINER

Mark Rahaman DIP PT, MRNT, IIHHT Fully qualified personal trainer & sports therapist: 07956 239690 Rates negotiable

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

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

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

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

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

TUTOR – MUSIC, ALL INSTRUMENTALISTS AND SINGERS

I teach beginners to advanced pros, ages 16+, in singing or playing any common instrument in most western music genres, including jazz (a specialism), composing and music theory. For many references (re voice and most instruments) and more info, please see LondonMusicTution.co.uk –or call! I'll look forward to helping. Claude Alexander (Browning Road), jazz pianist 07985 763072

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

TUTOR FOR PHYSICS (GCSE to undergraduate) and Maths (KS3 to GCSE) offered online, using Skype. Qualified teacher, also PhD Physics. Fees according to level, with **10% discount for BARA members**. Phone 07828134730 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 07775700722

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

NEAL'S YARD REMEDIES Natural & Organic Health and beauty Visit uk.nyrorganic.com/shop/rebeccadash / Insta: @project_serene for sale, offers and inspiration

YOGA

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

FULL SIZED CELLO FOR SALE. Suit a beginner. In good condition. £350 ono. Contact Sandra on sandrahopson@me.com

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

HOLIDAY FLAT FOR RENT

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

Shops & Services

Local Businesses Offering Member Discounts

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

CARPENTER -Specialising in cabinets, alcove units, kitchen and bathroom, refurb 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

KERASPICE

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

LEYTONSTONE POP-UP CINEMA

www.leytonstonefilmclub.com £1 member discount

LUNA LOUNGE

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

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, exludes Deliveroo

STAR OF INDIA

The Plough & Harrow, 419 High Road 020 8989 4028 15% on dining in (except buffet nights and other promotions), 10% on takeaways

THE EX-SERVICEMEN'S CLUB

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

LA RIOJA

735 High Road Leytonstone 5% on everything inc cocktails

WOODHOUSE PLAYERS

www.woodhouseplayers.co.uk Free programme and drink

ERSILIA ARJOCAN MA, MFHT

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

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.

E & D MOTORS

Highly recommend Shaun at E&D garage for MOTs and all repair work. 10% discount excluding MOTs 272 Grove Green 020 8558 3222

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 OTA. 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

TO BE CONSUMED

Arch wine bar by the Overground station. Offering 10% on everything in and out.

TREASURE YOUR MEMORIES

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

1 SECURITY SYSTEMS

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

BURGESS AND HALL

Present BARA membership card at Burgess & Hall Wines when you visit and always receive 10% off your total bill -drink in or take-away www.burgessandhall.com

STAYER CYCLES FRAME AND WHEEL BUILDERS

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

THEATRE OF WINE

556 High Road Leytonstone 0207 0187420 5% oof wine bought at tasting events www.theatreofwine.com/weeklytastings

SECOND ARCHIVE

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

SIT COLLECTIVE UPHOLSTERY

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

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

*Businesses listed provide discounts to BARA members as a service to the community. Please make sure you use your 2022 membership card. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email **BARAconnect@gmail.com***

Pics by Kate Duffy



The lighting of the Leytonstone Menorah

As dusk arrived on the eighth and final night of Chanukah 2021 dozens of local residents, including Councillors Clyde Loakes and Jenny Gray and members of the BARA committee, joined for the annual lighting of the Leytonstone Menorah on Grove Green Road. Sponsored by the Leytonstone and Wanstead Synagogue, the celebration featured donuts and potato latkes — the traditional foods of Chanukah — as well as live music from the Freylekh Klezmer Dance Band and speeches from the synagogue's own Rabbi Austin and Waltham Forest Mayor Elizabeth Bapteste.

THE BARA MEMBERS PARTY

PLUS BARA ANNUAL GENERAL MEETING

GLASS OF FEZZ ON ARRIVAL
FREE FOOD AND DRINKS PROVIDED

17TH JANUARY
THE PASTURES
DOORS @ 7.45
AGM @ 8.00
PARTY @ 8.30

FOOD
DRINKS
FRIENDS
NEIGHBOURS

Notice of BARA Annual General Meeting 17th January 7.45pm, The Pastures. AGM start 8.15

1. Welcome from Chair
2. Minutes from 2019 AGM
3. Proposed motion from Mr Robert Gay
4. Presentation of Accounts
5. Election of Committee Members
6. Open Discussion/AoB
7. Refreshments and party

At the AGM, Mr Robert Gay would like the membership to vote on the following motion:

This Association is opposed to developments in Leytonstone Town Centre which would adversely affect the character of the area.

This AGM instructs the Committee of BARA to take steps which are lawful and do not involve substantial expense to resist: any development on the site of the Church Lane car park higher than 4 storeys; any development on the site of Matalan and/or Matalan's car park higher than 6 storeys; any development on the West side of the High Road between Gainsborough Road and Leytonstone House higher than 6 storeys; any development on the site of Tesco and/or Tesco's car park higher than 8 storeys.



Merry Christmas and Best Wishes
for a Happy New Year

Theydons.

T

Book your free valuation with the local property experts today.

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