

The Bush Telegraph

The quarterly newsletter of The Bushwood Area Residents Association

Also visit us at www.bara-leytonstone.org.uk

Editorial

I DON'T KNOW if you saw the *Yellow Advertiser* a few weeks ago but if so, you will have seen a picture of me on the front page. What was even more interesting than my picture (hard to believe, I know) was the story which accompanied it, which was almost entirely made up.

The topic was a sighting I'd made of a red-legged partridge opposite my house – the first time I'd seen such a bird here in 25 years of living in Bushwood. I sent a picture of the bird to the newspaper because a similar bird had been featured as having been seen in Walthamstow the week before.

I told the reporter who rang me that I thought it a pity that the "east end" was always depicted in the media as being poor, dirty and dangerous and that in fact, areas like ours had a lot going for them. He agreed and asked a few questions about me – how long had I lived here, what did I do for a living, and so on. He then wrote a story which made us laugh out loud at breakfast when the *Advertiser* was delivered some days later!

Apparently, I'm meant to have said "it's weird how something so small can make you so happy", suggested that "the rare bird should be used as a symbol for East London", and commented that "when I saw this bird, I realised that London has nice areas where you can see nature and beautiful landscapes". All completely untrue.

There was also loads of other invented stuff, including the "fact" that I now "arrange litter picks around the borough"!

However, although most of the detail in the article was the product of an over-active imagination and a desire to fill space, the basic point made is valid. There is a tendency to talk down the so-called "east end", to lump everything east of the City together and to forget that some areas – and we're fortunate that Bushwood is one of them – have open spaces, forests, wildlife – even red-legged partridges!

As the article said (even though I didn't), "I am urging everyone to enjoy the green pleasures London has to offer". Just don't believe everything you read in the papers!

BRIAN HOPSON

EDITOR, THE BUSH TELEGRAPH

— SAFER NEIGHBOURHOODS —

BARA is a member of the Leytonstone Ward Safer Neighbourhoods Committee which provides an opportunity to discuss issues with the local Police (including the Neighbourhood Police Team and the British Transport Police), the Antisocial Behaviour co-ordinators, Street Wardens, local housing providers and other relevant agencies.

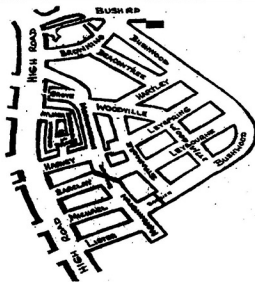
This will enable us to raise issues which are of concern to our members and give an opportunity for us to have an impact on how best to resolve crime-based problems within our area.

The Committee has only recently been established but we hope that over the coming months we can develop a constructive, meaningful dialogue that will bring about real and tangible improvements.

If BARA members have any input that they feel would be helpful to this process please contact me (address on page three).

LIZ HAYMAN

THE BUSHWOOD AREA



SUBSCRIPTION RATES

Single people: £2 per year

Households: £3 per year

Social Events

Laura: 020 8532 9553
Katy: 020 8556 5162

Annual Litter Pick - Sunday 2 July: 11am - 1pm

PLEASE DON'T FORGET our annual litter pick in the forest. As always we will have the gazebo pitched where Leyspring Road meets Bushwood and we will be providing mechanical picker-uppers and strong plastic sacks - but do bring your own gardening gloves. To encourage you all we will provide cold drinks and lollipops for the kids, and as always it is a good opportunity to meet neighbours and fellow BARA members. See you there.



KATY SMITH

Henry Reynolds Gardens - Sunday 9 July

PLANS FOR AN OFFICIAL re-opening of Henry Reynolds Gardens on 29 May were abandoned because of incomplete reseeded work, although the children's play areas are now open and ready for use. The official re-opening of the Gardens will now take place on 9 July between 1pm and 4pm as part of the Leytonstone Festival, so why not go along? The World Cup Final doesn't kick off until 7 pm on that day, so you won't have to miss England's big day! Or Argentina's. Or Germany's. Or Holland's. Or whoever's... BRIAN HOPSON

Front Garden Competition

Tuesday 14 June 2006

THE JUDGES of the Front Garden Competition have once again walked the length and breadth of Bushwood and viewed all the front gardens. At one point we thought we might have to cancel the event due to hosepipe bans etc but the rain came in time to save the day. Thanks to all of you who have taken the time to make your garden grow and enhance the

Bushwood Area. The winning members, each of whom will receive a voucher, are as follows:

1st is 28 Leyspring Road

2nd is 35 Bushwood

3rd is 38 Stanmore Road (small garden/window boxes.)



KATY SMITH

IT'S WELL WORTH JOINING THE BARA E-MAIL LIST!

OUR E-MAIL LIST grows apace. A third of our member households belong to the list, the purpose of which is to help us get information out quickly to members when necessary.

Membership of the list can be both helpful and informative. Recently, we've sent out notes about jewellery found by one of our members, the opening of Henry Reynolds Gardens, Leytonstone Festival events and the unfortunate attack which took place at the corner of Mornington Road and Bushwood.

As an example of the way the list can help members, I don't know if anyone saw the article in the *Evening Standard* a few weeks ago about the Woodville Road resident who returned from holiday to find that yellow lines had been painted on the road on either side of his car and that he had received a parking ticket. Fortunately

for him, the ticket was subsequently rescinded because the Council accepted that he had been treated unfairly. The gentleman concerned was quoted as saying that he "had no idea that the yellow lines were planned". Well, he would have known if he'd been a member of the BARA e-mail list - we sent out an "advance warning" e-mail to list members setting out where and when the yellow lines were to be painted before work started!

If you have an e-mail address and would like to improve your chances of avoiding problems like those experienced by our friend in Woodville Road, e-mail me on brianhopson@lycos.com and we'll keep you up to date with key information as we receive it, rather than just every three months via *The Bush Telegraph*. I look forward to hearing from you!

BRIAN HOPSON

ONCE MORE ROUND THE ONE-WAY SYSTEM



THE LABOUR Councillors who were re-elected in May stated in one of their circulars before the election that after various works had been done the Council would be undertaking a review of the traffic system at the North end of the High Road and would be seeking ideas from residents. Your Committee will be doing its best to press for the review to be a real rethink of the situation. At the moment, although the number of vehicles may be much fewer than it was before the M11 Link Road works began, the queues trying to get up the High Road are hardly better than they were then. Residents are still suffering from the resulting fumes.

Your Committee considers that the aim must be to ensure that the flow of vehicles up and down the High Road should not increase (we do not want to make things worse for people in Cann Hall and Cathall) but the queues trying to enter the one-way system must be reduced. This may require work on the High Road further south as well as in our area.

At our recent Committee meeting we agreed that the Council's review should not think in terms of a single "fix" which the Council might then promote as the single "solution" to the problem. Rather the Council should think in terms of a series of steps, accepting that they will have to wait and see whether the first step works, and if it does not try the second step, and if that also does not clear the problem then they will have to try the third step.

For the first step, we would suggest taking a number of small measures together. These should probably include taking back the bus "boarder" outside the High Road entrance to Tesco, so that when a bus stops it does not hold up all the traffic behind it, and making two lanes in Church Lane outside the Library so that when traffic is blocked from turning left up the High Road, that does not block all the vehicles wanting to turn right and go south down the High Road. However, we would very much welcome members' suggestions of other small improvements to add to the list for the first step.

For the second step, if the first does not work, we would suggest reversing the flow in the one-way system. At present, the flow northbound has to be stopped at two places to let the southbound traffic turn right, once turning right from the High Road into Gainsborough

Road, and again turning right from Church Lane into the High Road.

For the third step, if the second also does not clear the problem, we would suggest making a separate entrance into the Green Man roundabout for Bush Road. At the moment, the whole of the traffic coming up the High Road and coming along Gainsborough Road from Leyton (and the cars coming out of Tesco) have to be stopped to let the traffic from Bush Road get to the roundabout.

ROBERT GAY

Do you agree with your BARA Committee's proposals? Or have you other ideas? Please drop your comments, suggestions etc through any Committee member's door (addresses below) or e-mail *The Bush Telegraph* Editor at brianhopson@lycos.com, who will pass on your messages.

Notes from the Chair

SUMMER IS HERE at last and it's at this time of year that I feel really fortunate to be living in Bushwood. Working near King's Cross means that I suffer the highest carbon monoxide emissions in Europe so it is rather nice to go home in the evening and be able to stroll on Bushwood or in Wanstead Park. I'm sure many of you feel the same way.

The judging of the front garden and window-box competition has taken place – more of that on page two – and of course we have the litter pick on Bushwood coming up on 2 July (when there is no World Cup football being played!). I do hope as many of you as possible will come along and help as we all share the amenities of Bushwood and want to keep it as litter-free as possible.

Are you all still clicking away with your cameras, by the way? I am looking forward to judging the entries to our Photographic Competition before Christmas and to having some wonderful photographs of the Bushwood Area on our website.

Wishing you all a wonderful summer. KATY SMITH

The BARA Committee 2005/2006

Robert Gay	137 Mornington Road
Liz Hayman: <i>Membership, Planning, Police and Website</i>	54 Leyspring Road
Ann Long: <i>Secretary</i>	43 Michael Road
Bernard Lowe: <i>Deputy Chair</i>	56 Browning Road
Doug Sheedy: <i>Treasurer</i>	11 Barclay Road
Katy Smith: <i>Chair</i>	37A Harvey Road
Eileen Walters	3 Harvegy Road
Laura Whitehead: <i>Social</i>	44 Stanmore Road
Dwight Wood	Carlton House, Aylmer Road

TOM'S WAR

I NEVER cease to be amazed at the things that my parents' generation had to put up with during the Second World War and the cheerfulness with which they faced problems of privation and separation. To many people of my age, the idea of being told to join up, dress up and leave to fight in foreign lands is unimaginable. And yet that was what happened. For instance, here is a story which appeared in the *Waltham Forest Guardian & Independent* on 9 October 1943:

“By A Military Correspondent

It might be assumed that three years and two months in the middle east and fighting in the desert all the time would make a soldier tough, but the army has taken rifleman Thomas Collingwood, 24 year old Leytonstone butcher, who has just this record, into the rocky slopes of Syria to toughen him up still more.

He was looking healthy and in good spirits when I saw him but glad to relax after the day's gruelling exercise in the hills.

All around us cockney soldiers were fetching out mess tins from their packs for the hot evening meal or hanging up mosquito nets from bushes or vehicles. The valleys were just beginning to fill up with dark blue shadows and the peaks catch the last rose-pink rays of the sun.

It was just the time that soldiers begin to talk of home. Rifleman Collingwood reminisced about his motor-cycle and his trips at weekends with the London Co-operative Society Motor-Cycling Club, meeting at West Ham Speedway. He talked of his parents and friends and took the opportunity of sending a message home through his local paper.

“I am getting mail regularly”, he said “and am glad to know you are keeping well. I'd like to send my greetings to all the staff of Colworth Road L. C. S. butchers' shop, wherever they may be now. I hear from the manager now and then and it's always good to get a letter to know you are not forgotten. I am fit and well. Love – Tom”.

Mr & Mrs Collingwood live at the “Salisbury Club”, 694, High Road, Leytonstone.”

On the reverse of the press cutting you can read that Rochelle Hudson and Buster Crabbe were starring in “Queen of Broadway” at the Leytonstone Rialto, shows starting at 1 o'clock, 4.05 o'clock and 7. 15 o'clock, with Frank Todd at the Theatre organ.

Times have changed, but you'll be pleased to learn that Rifleman Collingwood – Tom to his friends – is one of our long-serving members and is still “healthy and in good spirits”. Obviously that toughening-up in Syria was pretty effective!

BRIAN HOPSON

Green Man Bus Priority scheme? High Road one-way system review? Read on for the latest

ROAD DEVELOPMENTS

AS MENTIONED in previous *Bush Telegraphs*, a bus priority scheme – the Green Man Bus Priority scheme – has been planned for the High Road for some time. Well, as you've probably noticed, after some delay, work has started and the scheme is expected to be operational in autumn of this year.

High Road review promised

You may also have noticed from the literature pushed through our doors before the recent elections that virtually all our aspirant local politicians were promising a review of the High Road one-way system if elected. Well, elections over, a review has been agreed and the intention is to undertake it once the bus priority scheme has had a chance to bed in, which will take around six months. This means that the review will probably take place in spring 2007.

Traffic is an important issue for BARA members, even though our own Bushwood one-way scheme does help keep traffic away from our houses. We go to the High Road to shop and to walk, to go to pubs and restaurants, and we want to do so in as pleasant an environment as possible. Current levels of traffic, condemned by many, are clearly much better than they were – who remembers the pedestrian footbridge built on the corner where McDonalds now is because crossing the road as cars hurtled past, ignoring traffic lights and pedestrians alike in their rush to get into town, was impossible without it? But if a solution could be found which kept traffic at or below current levels but also improved the environment, who would not support it?

What is the answer?

The problem, of course, is that if the system is made smoother, and if traffic gets through it more quickly, the likelihood is that vehicle numbers would increase as more drivers opted to cut through the High Road rather than use the M11 Link – the rush hour and weekend jams are, in effect, traffic-calming and traffic-reducing measures. So, how can the circle be squared?

There is an article by BARA Committee member Robert Gay on page three, setting out the Committee's view of the options. Do you agree with what Robert has to say? We want to stay very close to this issue and to the review, because we know how important it is to our area, but we need to know what BARA members think. So please, let me have your views on this key issue by putting a note through any Committee member's door (see page three) or e-mail me at: brianhopson@lycos.com

BRIAN HOPSON

CRIME!**WATCH OUT – THERE'S A BURGLAR ABOUT....**

WE'VE HEARD recently from members that our local burglars are once again paying visits to houses in the area. Bushwood is a friendly, welcoming area – but please do remember not to be too welcoming! One recent burglary involved entry through an open bathroom window on the first floor of a house, the burglar having had to walk across a conservatory roof to reach the window. Not only were money, cards and phones – the usual stuff – taken, but the insurance company involved refused to pay out because entry was through an open window in an unoccupied room at night. Whatever the rights and wrongs of their decision (and I must say it seems pretty harsh to me), members should ensure that their windows and doors

are properly secured. The police also suggest that leaving a hall or landing light on at night is a deterrent and they urge householders not to leave keys in keyholes and to make sure that valuables are not left where they can be easily seen. And of course, if you see anything suspicious, call the police!

On a lighter note, you might be interested to know that during every England game in the World Cup all members of our Safer Neighbourhoods Team will be on duty, concentrating particularly on the north end of the High Road. As I write this, the day after the match against Trinidad & Tobago, I have a feeling that they could well have a few more days off than they expected between now and 9 July BRIAN HOPSON

Road responsibilities

BARA has an individual “responsible” for each road falling within our area. That individual should be your first point of contact for issues affecting you. S/he will pass on your comments, concerns, subscriptions etc to the Committee member most able to help. The list below shows who is responsible for which road.

Aylmer Road	Dwight Wood, Carlton House, Aylmer Road
Barclay Road	Doug Sheedy, 11 Barclay Road
Barfield Road	Dwight Wood, Carlton House, Aylmer Road
Beacontree Road	Cyril Robson, 49 Beacontree Road
Browning Road	Bern Lowe, 56 Browning Road
Bushview	Laura Whitehead, 44 Stanmore Road
Bushwood	Brian Hopson, 49 Bushwood
Carlton Road	Dwight Wood, Carlton House, Aylmer Road
Dacre Road	Dwight Wood, Carlton House, Aylmer Road
Forest View	Bern Lowe, 56 Browning Road
Grove Road	Ann Long, 43 Michael Road
Hartley Road	Andrew Shields, 9 Hartley Road
Harvey Road	Katy Smith, 37A Harvey Road
High Road	Ann Long, 43 Michael Road
John Drinkwater	Bern Lowe, 56 Browning Road
Leybourne Road	Jo Pilc, 57 Leybourne Road
Leyspring Road	Liz Hayman, 54 Leyspring Road
Lister Road	Ann Long, 43 Michael Road
Michael Road	Ann Long, 43 Michael Road
Mornington Road	Robert Gay, 137 Mornington Road and Doug Sheedy, 11 Barclay Road
St Augustine's Ct	Katy Smith, 37A Harvey Road
St John's Ct	Katy Smith, 37A Harvey Road
St Mary's Ct	Katy Smith, 37A Harvey Road
Stanmore Road	Laura Whitehead, 44 Stanmore Road
Woodville Road	Laura Whitehead, 44 Stanmore Road
Woodbridge House	Robert Gay, 137 Mornington Road

In 2005 BARA member *Robert Wilkinson* of Bushwood took us on an intriguing Pub Trawl down Leytonstone High Road, via the pages of *The Bush Telegraph*. Now Robert sets a pub quiz question in revealing

A LEYTONSTONE MYSTERY

SINCE 1801 the National Census has been undertaken every 10 years. It can throw up a number of interesting facts given that it is a snapshot of the population of Britain on a single day. In the 1841 entries, the return for the Crown Inn in Leytonstone High Road listed the licensee, Samuel Nice, aged 50, his wife Elizabeth, aged 45 and their four daughters aged between 8 and 20. In addition there were two servants, a female aged 20 and a male aged 15. There is nothing unusual in this as many such establishments relied on cheap labour of mainly female live-in servants. But what is unusual is that in addition to these eight people, 13 men are also listed. They are aged between 20 and 60 and are all described as labourers. So what were they doing there and where were they from?

The latter question cannot be answered in any detail as they are all listed as coming from Essex (Leytonstone was then part of Essex), and unlike in subsequent censuses the actual place of birth is not stated. The first question begs a conjecture or two. As labourers, they are obviously engaged on a major building project, but which one? The *Victoria County History of Essex* throws up two possible candidates for 1841:

- ◆ the building of the railway line from Stratford to Broxbourne. This was for a while the main line which was to eventually reach Cambridge; and

- ◆ the new West Ham Poor Law Union Workhouse about a mile south on the road to Stratford.

To consider first the railway option, by the 1840s there was a major expansion of railway lines across the country. This in part led to a massive expansion of towns and cities right up to the dawn of the 20th century. A railway line was started along the Lea Valley from Stratford to Broxbourne in 1840 and by 1841 it had reached Harlow. The nearest station was the rather inaccessible Lea Bridge (now closed) and horse buses used to connect it with the local area. There is a possibility that this might be the reason why these men were staying at the Crown. However it is some distance away and it would have taken them a good half-hour to walk to and from work. There was also an inn right on the line of the railway as it now crosses Lea Bridge Road (the former Greyhound).

So the Workhouse might be the better candidate. One aspect of the expansion caused by the railways was the need to do something about increasing numbers of poor people deskilled or displaced by the move to industrialisation. In 1834 a new Poor Law was passed to deal with the concerns of the owning and middle classes. Locally, the reception and settlement of paupers had been the responsibility of parish officials. In 1742 a Workhouse with 30 inmates had been built in Church

Road behind the present almshouses. This was managed by the Leyton Vestry. The 1834 Act set up local Poor Law Unions which were amalgamations of a number of parish facilities.

In our local area, a number of parishes joined up in 1836 to form the West Ham Union. The Union lost no time in drawing up plans for a new workhouse building in Leytonstone and this was built between 1839 and 1841. By the day of the census the building would have been largely erected so if this was our labourers' project, they could have been working to finish the building off. The Workhouse operated until 1930 when it was taken over by West Ham Council and used for the care of elderly people. It became a geriatric hospital after the Second World War and was closed in the 1990s. A number of the original 19th-century wards were demolished but some of the buildings remain, particularly the rather grand administrative block and chapel to the front of the site.

The Crown was never a hotel – the Green Man (now O'Neill's) nearby, a coaching inn, took care of that. And never before or after was there anything like the number of people listed as staying there, the labourers probably in stables behind the pub, as was the case in 1841. Of course they could have been employed on something completely different as I have no direct evidence of any involvement by them in helping to build the workhouse. However 1841 is a bit early for them to be building houses here since the area was at that time still mainly rural. The number of houses in the parish of Leyton (which included Leytonstone) went up from 606 to 664 10 years later in 1851 – hardly a housing boom! So what were they doing? Has anyone any other ideas?

LEYTONSTONE FORA

THERE'S NOT A LOT to report on this front at present. The local elections meant that there has been no meeting of the Community Council since the last BT (but when there is one, BARA will of course be there).

The Business Forum held their AGM to review the year just gone and to appoint officers. BARA will continue to liaise with local businesses on matters of mutual interest.

And finally, a new residents' association – The Forest Residents' Association – has been formed almost next door to us. BARA was pleased to be of help in the establishment of this Association at the time when it was just an idea put forward by a few concerned people. We wish the FRA every success.

BERN LOWE

Check out this E11 website

I AM PLEASED to report that a new website has been established covering Leytonstone, Snaresbrook and Wanstead. The site's address is WWW.LONDON-E11.CO.UK and its aim is to promote the E11 area and provide a range of information and services. Current features include:

- ◆ Forums for discussions of local news and issues
- ◆ Local listings with reviews of restaurants, pubs and bars
- ◆ Calendar listing upcoming local events, including Leytonstone Festival events
- ◆ Current and historical articles about the local area
- ◆ General information (transport, sport and leisure, education, links to other local sites etc.)

The BARA Committee welcomes this new information source for our area and hopes that it will become a well-used and supported resource. We are particularly pleased that there is a message board (forum) as we believe that this will provide a means of generating discussion of local issues affecting the E11 area. LIZ HAYMAN



IT'S LEYTONSTONE FESTIVAL TIME!

Dates for your diary

THE LEYTONSTONE FESTIVAL is nearly upon us – it runs from **8 to 16 July** with events every day ranging from classical concerts through comedy, plays and pop/rock groups to children's events, cookery displays and quizzes. Watch out for full details in the local press, leaflets and posters, look on the new E11 website (see the **local website** news story on this page) or best of all, go to the official Festival site, <http://leytonstonefestival.org.uk>. This really does look like being the best ever Leytonstone Festival, and that at a time when the Walthamstow Festival has had to be cancelled because of a lack of support! Here are some dates of special interest for your diaries.

Maud Hodson and Keith Berry

A concert is being put on by our member Maud Hodson and Keith Berry at St John's Church on **Thursday 13 July at 1pm**. Maud (cello) and Keith (viola) will be performing two pieces, the Third Suite for Cello, op. 87 (1971) by Benjamin Britten and Beethoven's Duo for viola & cello "with two obligato eyeglasses" (1796-7). Britten's three suites for unaccompanied cello were all written for his friend, the great Russian cellist Mstislav Rostropovich. As a tribute to Rostropovich, Britten based the Third Suite on Russian themes – three folk songs and the 'Kontakion' (Hymn for the Departed).

Beethoven, who, in common with many composers, played the viola, wrote this Duo for his friend Nikolaus Zmeskall von Domanovecz, an amateur cellist. The eyeglasses are Beethoven's little joke, as both he and Zmeskall were short-sighted (as are Keith and Maud!). Beethoven's manuscript is incomplete – there are only two movements, a first movement and a minuet – and earlier this year, Maud (who combines looking after her children with playing, composing, arranging and music publishing!) arranged a final movement from one of

Beethoven's duos for clarinet and bassoon: this will be its first London performance. A collection will be taken.



Also as part of the Leytonstone Festival, the Woodhouse Players are presenting *Under Milk Wood* by Dylan Thomas. This will be done as a rehearsed radio reading at the Welsh Church Hall, Leytonstone High Road on **Saturday 15 July at 7.30pm**. Entrance will cost £2.50.

The Players are also performing *Galileo* by Bertold Brecht at the Welsh Church Hall. There will be four performances, on **Thursday 27 July (8pm)**, **Friday 28 July (8pm)** and **Saturday 29 July (3pm and 8pm)**. Tickets are £6.00 (concessions £3.00).

PLEASE NOTE that both these shows are advance booking only. Please call 020 8504 3872, e-mail tickets@woodhouseplayers.co.uk or go to littleboxoffice.com (debit and credit cards).

Summer Music

Finally, there will be a concert of summer music at St John's Church on **Monday 10 July at 7.30 pm**. Performing will be Keith Gurry (violin), formerly of the BBC Symphony Orchestra, Michael Lessiter (bass-baritone) of the Royal Opera, Covent Garden, and the Director of Music at St. John's, Philip Norman (piano). The concert features works by Bach, Handel, Vivaldi, Butterworth and Vaughan Williams and **doors open at 7 pm**. Interval refreshments will include strawberries and cream, and tickets (available from Ann Driscoll on 020 8989 5044) are £10.00 (£7.00 for concessions and children under 16 free). **Book and pay by 2 July and save £1.00 per ticket!**

BRIAN HOPSON

LOCAL SHOPPING/SERVICES DISCOUNTS

BARA's Committee has been able to arrange the following discounts for BARA members.

Our discount scheme:

- ◆ is another benefit of BARA membership
- ◆ pays you to shop locally
- ◆ supports local shops, helping to improve our area

Adult Literacy - qualified adult.....	10%
literacy tutor 020 8530 3484	
Bansal Optometrists.....	10% on goods over £50
775 High Road	
Being Sound.....	15% on day workshops, 50% on Friday evening workshops, negotiable on one to one sessions
Voice workshops, counselling and psychotherapy. 020 8556 8363, 07956 437372	
email jas@beingsound.com	
www.beingsound.com	
Billingford.....	10%
General builders including Corgi plumbers and certified electricians 020 8503 0404	
Bubbles - Hats and clothes.....	10%
698 High Road	
Café La Rosh.....	10%
Church Lane	
Deanna Donovan - Beauty and skincare from home. 020 8556 0133	20%
Door to Door - meals delivered.....	£10 per day lunch and dinner (M-F)
07870 157392 (Sally or Mary)	
Fresh Water Filter Co.....	10%
Carlton House, Aylmer Road	
Ironica - Ironware and gifts.....	10% except sale items
853 High Road	
Mark Fletcher Photography.....	10%
Weddings a speciality 07951 048819 www.marckfletcher.com	
Mark Rahaman Dip PT, MRNT IIHHT.....	Negotiable
Fully qualified personal trainer and sports therapist 07956 239690	
Melvyn Brown.....	£10 (20%) off first hour's labour in local area
Photocopier and office machinery repairs 020 8530 3569	
Monarch Sports.....	10% on purchases over £100
815 High Road	
National Schoolwear.....	10% on general school wear
841 High Road	
Nature's Choice - Health Food.....	10%
47 Church Lane	
Primrose Florist.....	10% on purchases over £50. Free delivery in local area
741 High Road	
Star of India.....	15% on dining in (except buffet nights and other promotions), 10% on takeaways
875 High Road 020 8989 4028	
UK Creatives.....	Free initial consultation and 15% discount thereafter
Life coaching services focusing on work/life balance, career transition/progression and goal setting/attaining. 020 8926 0319	
www.ukcreatives.net	
Videobuffs.....	Rent a movie and get one free. Buy one hour on Internet and get second hour free
696 High Road 020 8539 9695	
10am to 10pm 7 days a week	
Zain Greetings.....	10% except special offers/sale items
Cards, gifts, & stationery	
48 Church Lane	

ADVERTISEMENT

Members' adverts are inserted free. Please send your advert to any Committee member (address on page three).

AVON Give me a call and I will drop off a catalogue. Patricia Roche 020 8989 9728 (eve).

AVON To order products or become a representative call Yveta Ormole 07960 513892 or 020 8556 4853 (eve)

CARPENTRY & GENERAL BUILDING WORK Dave Smokum 020 8556 8985

CAT CARRIER for hire. Donation to BARA. Helen 020 8989 8845

DIGITAL HOMES Consultancy and installation of digital integrated homes, TV/plasma/sound round sound/Internet networking/scene lighting/CCTV. Free consultation. Ian at Gemini AVL 07905 352972

DJ TUITION Experienced DJ offers mixing/scratching tuition plus discounts on equipment. Ian (DJ Blaze) 020 8558 5870

FACE PAINTER available for children's parties etc. Jessica 07817 880741 or 020 8556 7801

FOOTBALL GOAL Inflatable goal available for BARA members to borrow free of charge. Katy 020 8556 5162

GAZEBO New BARA gazebo available for rent (£10) or you can borrow our old one for free. Katy 020 8556 5162

GOOD HOME offered to unwanted dustbin. Jo 020 8530 3569

GUITAR LESSONS for beginners in your own home. Jack 020 8556 3288

HALL FOR HIRE holds 150 people. 700 Club, 698a High Road Leytonstone. 020 8539 7856 (after 7.30 p.m. Tue, Thurs, Fri)

LOCKSMITH Richard Boynton 020 8989 8532 or 07963 713506

MUSIC TEACHER Piano, recorder and clarinet from complete beginners to Diploma level. Jo Brown 020 8989 2636

PAINTER & DECORATOR also gardening and general DIY services. Free estimates. Parker's Maintenance 07914 261985

PAINTER & DECORATOR also general handyman including assembly of flat-pack furniture. Free estimates, reasonable rates. 07706 811022/07951 987806 or 020 8989 9728 (eve)

PC SOLUTIONS Having trouble with PC networking or getting bogged down with worms and spyware? Has your Wi-Fi gone pear-shaped? Or do you want to share a broadband Internet connection? Let a PC specialist with over 15 years' experience help. Roger 020 7254 2245 or e-mail roger@gann.com

PSYCHOTHERAPY 10 years' experience in hypnotherapy and cognitive behavioural therapy. Jeannie 020 8530 3022

SELF DEFENCE AND TAI CHI instruction for men and women from a 9th Dan Black Belt. Ron Holt 020 8539 8147

SPANISH HOLIDAY HOME for rent. www.ownersdirect.co.uk Ref S2506

STAINED GLASS created or repaired. Aleyne 020 8539 5385

STAMPS Used UK and foreign postage stamps wanted for animal charities and Guide Dogs for the Blind. Thank you Dawn 46 Michael Road

WEBSITE DESIGN AND DEVELOPMENT See www.hoshi.co.uk for my portfolio or phone Mark 07815 823650

BARA also has a list of local tradespeople. If you would like to see a copy of the list (or to add any local tradespeople to it) please contact a member of the Committee. The list can also be found on the website - address on front page.

If you would like to join BARA then contact your nearest Committee member (see page three). See front page for subscription rates.