

# The Bush Telegraph

March 2020 The Spring Issue

Forty Years of Bushwood Area Residents' Association

The quarterly newsletter of The Bushwood Area Residents' Association



**Last year a new council initiative launched to support local business and address concerns in our town centre. They're putting together a think tank of business owners and local organisations, BARA included, to put ideas together to make our high street a better place for everyone.**

In 2019 Waltham Forest became London's first Borough of Culture, with Leytonstone hosting Africa Xpress and the Leytonstone Film Festival, along with regular community driven favourites such as the Arts Trail and the Jumble Trail. Waltham Forest Council organised events to update businesses on the year's activity and other town centre issues. Driven

by a desire to support the town centre, a smaller working group of businesses began to meet to discuss forming a Town Team, a concept which is gaining in popularity. Town Teams have already been running around the world and work on the premise of passionate businesses, residents and community groups joining forces to make their area a better place to live, shop and work. Volunteer based, members bring a varied set of skills, acting as 'local experts', with support from their local Council. In Leytonstone the current participants offer experience of sustainable retail, marketing, community and social enterprise, design and architecture, but more input is welcomed in order to develop the initiative further. The aim of the Town Team is to lead grassroots improvements, alongside bigger regeneration projects facilitated by Waltham Forest

Council or third parties. Emerging plans for 2020 in Leytonstone include developing a programme of activity to animate the town, support businesses and attract investment. There is a strong desire to build on the success of the Single Use Plastic reduction pilot in high street businesses, and to build on aspirations around sustainability. But first the Town Team will meet to explore what can be improved and where; opportunities to broaden the group out to others; and development of an action plan with agreed milestones. BARA have been invited to be involved with the Town Team and will be keeping residents up to date on developments, things to look forward to and will represent residents interests. Do you think you could add something to the mix? If so, please contact [business.growth@walthamforest.gov.uk](mailto:business.growth@walthamforest.gov.uk) to register your interest.

**INSIDE: THE GOBLIN LINE DAYS OUT MAP**  
**MUCH MORE THAN WORK AND FREIGHT WE PICK OUT THE GREAT THINGS YOU CAN DO THAT ARE ONLY MINUTES AWAY**

**THE GOBLIN LINE**  
 GOBLIN CAN'T BE HAPPY

# Note From The Chair



Well, here we are in a new decade, and so far it's been decidedly blustery. Some of the local foliage has been taking a hammering in a series of brutal storms, but I'm hoping that spring will see everything bursting back into life. Speaking of which, it's the ideal time of year to start thinking about our annual front garden competition - more on that in a future issue.

Undeterred by the indulgence of the festive period, we enjoyed the opportunity to combine our AGM with a winter members' party. This hybrid format certainly seems like a popular choice, as evidenced by the great turnout. Our thanks, as always, go to Shah who was our gracious host for the evening at Stone Pizzeria.

Looking to the months ahead, there's another of our hugely popular quizzes coming up on March 19th, and an Easter Egg hunt in Henry Reynolds' Gardens on the 29th. On Sunday 5th April, we'll be having another litter pick in conjunction with LBWF's own clean-up campaign.

As always, at the start of a new year, we'd like to remind you to renew your membership if you haven't already. There are several ways to do this - which you'll find plenty of information on in this very issue. Failing that, and weather-permitting, we'll be getting out and about to do some door-knocking on the 14th and 15th of March. As well as making it easier than ever to renew your membership, it's another great way of getting to know your BARA committee!

Enjoy the spring and I hope to see you soon.

**Doug Sheedy**  
Chair

## The BARA Team

### BARA Committee

**Doug Sheedy**  
Chair  
Barclay Road

**Andy Irvine**  
Vice Chair & Membership  
Leybourne Road

**Anna Davies**  
Treasurer  
Browning Road

**RoseMary Warrington**  
Environmental  
88 Mornington Road

**Kate Duffy**  
Social & BARA Website  
St Augustines's Court

**Katy Smith**  
Safer Neighbourhoods Team  
Harvey Road

**Janet Lee**

**Will Higham**  
Leybourne Road

**Robbyn Linden**  
Aylmer Road

**Annette Loakes**  
Planning  
Bushwood

**Fiona Sinclair** Membership  
BARA e-Mail Newsletter

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

### BARA Road Representatives

**Aylmer Road**  
Alice Haigh, 31 Barfield Road

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

**Barfield Road**  
Alice Haigh, 31 Barfield Road

**Beacontree Road**  
Janet Lee dropat 21 Browning Rd

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

**Bushwood**  
Brian Hopson, 49 Bushwood

**Carlton Road**  
Alice Haigh, 31 Barfield Road

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

**Dacre Road**  
Alice Haigh, 31 Barfield Road

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

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

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

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

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

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

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

**Leyspring Road**  
Liz Hayman, 54 Leyspring Road

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

**Michael Road**  
Sue House, 32 Michael Road

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

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

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

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

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

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

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

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



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



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



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



# BARA AGM

A new Leytonstone venue hosted the very well attended BARA 2020 annual AGM last month.

Every organisation needs an AGM, but most members would tell you that it's rarely a highlight in anyone's social diary. They can be rather dry affairs, which is why we decided to change up the format a couple of years ago by combining the AGM with our annual member's party. This way, we get to keep the admin to a minimum, and spend much more time getting to know the membership.

This year's AGM was hosted at Stone Pizzeria, the latest culinary addition to the High Street, and Italy's favourite dish was clearly a popular choice. Shah and his team laid on an impressive spread of pizzas, with vegetarian, vegan and gluten free options, so everyone had something to suit their palate.

This year also saw some passionate discussion of issues facing the local area, from a debate about BARA's role in community consultations, to considerations about how we might ensure that our membership feels representative of local diversity.

We'd like to thank everyone who turned up, took part in the discussion, and especially all of those who voiced their thanks to the committee for their work. We don't do any of this for the plaudits, but it's always lovely to feel appreciated by members.



# The new look Filly Brook

The original Filly Brook, housed in the cute little premises next to the station, is a distant memory. They've been planning a comeback ever since. **Annette Loakes** takes a look inside the all new Filly Brook

From their pop-up at Leytonstone tube station in May 2015 to a newly refurbished location on the corner of Drayton Road and Grove Green Road the Filly Brook team have come a long way. They managed to test their approach in 2015 and spent a long time looking for the right location that could encapsulate their vision. A new Filly Brook bar based in Leytonstone and run by local residents takes their original concept of providing a cool, bright fresh space that combines an offer of high quality locally procured drink and food (eventually) with great music and a bright contemporary community space.

Simon and his team have turned what was a local nursery into a modern comfortable space for the entire community. When BARA was invited to one of the 'soft launch' events

in February we were tempted by the 18 plus beers on tap, many produced locally. They also offered a small but interesting wine list, which they hope to eventually grow. Again they have tried to source a locally produced wine, not an easy task in the east-end of London.

The corner building itself has been transformed from an uninviting, dull space into a new sleek Nordic style lodge structure. The bar will eventually include a large outside space for customer's use. Inside presents as spacious and inviting with a clean Scandinavian feel very different to other local bars. There is a lot of attention to detail here and considerable effort to think of their customer's entire experience. The vision for the bar is very deliberate, the new owner wanted to create the sort of place that him and his wife would enjoy hanging-out to eat and drink. When fully up and running the Filly Brook team also want to open during the day to offer tea/coffee and food. Local Bushwooders may fancy a short walk over the other side of the tracks to check it out. We think you won't be disappointed. We wish the Filly Brook team all future success on their new business venture!





## Andrew Shields explores the origins of the Bushwood estate and finds Victorian builders deploying the same marketing tricks as property developers today

An article in the Telegraph a few years ago declared that ‘Posh houses don’t have numbers, let alone the dreaded word “street” in the address. There is definitely the snob factor of having a home with an aspirational name.’ The article went on to claim that ‘a regal title could add up to £30,000 to the value of a house’. Is this a new phenomenon? Not at all: the enterprising builders of Bushwood were at it more than a century earlier.

On 19 August 1863, readers of the Essex Standard will have turned to a dramatic headline: ‘Fire at Leyspring Hall’. ‘The police and neighbours succeeded in removing many valuable paintings and a great quantity of furniture,’ the paper reported. ‘The fire had, however, made fearful progress and every room presented one tremendous sheet of flame.’ The property, sadly, was gutted.

News of the blaze spread widely. It even merited a mention in the ‘Fashionable Chronicle’ column of that week’s Brighton Guardian, no doubt due to the owner of Leyspring Hall being the recently deceased 5th Earl of Mornington – son of the infamous spendthrift William Pole-Tylney-Long-Wellesley, whose calamitous lifestyle had led to the demolition of Wanstead House.

Whether destroyed by flames or sacrificed simply for profit, countless country houses around London were sold for development in this period as a growing population and the spread of the railways increased demand. Leyspring Hall, built early in the 18th century, home from 1804 of John Coope, brewer of the firm Ind Coope & Co and then from 1828 of Nicholas Charrington of the Mile End Brewery, was no different.

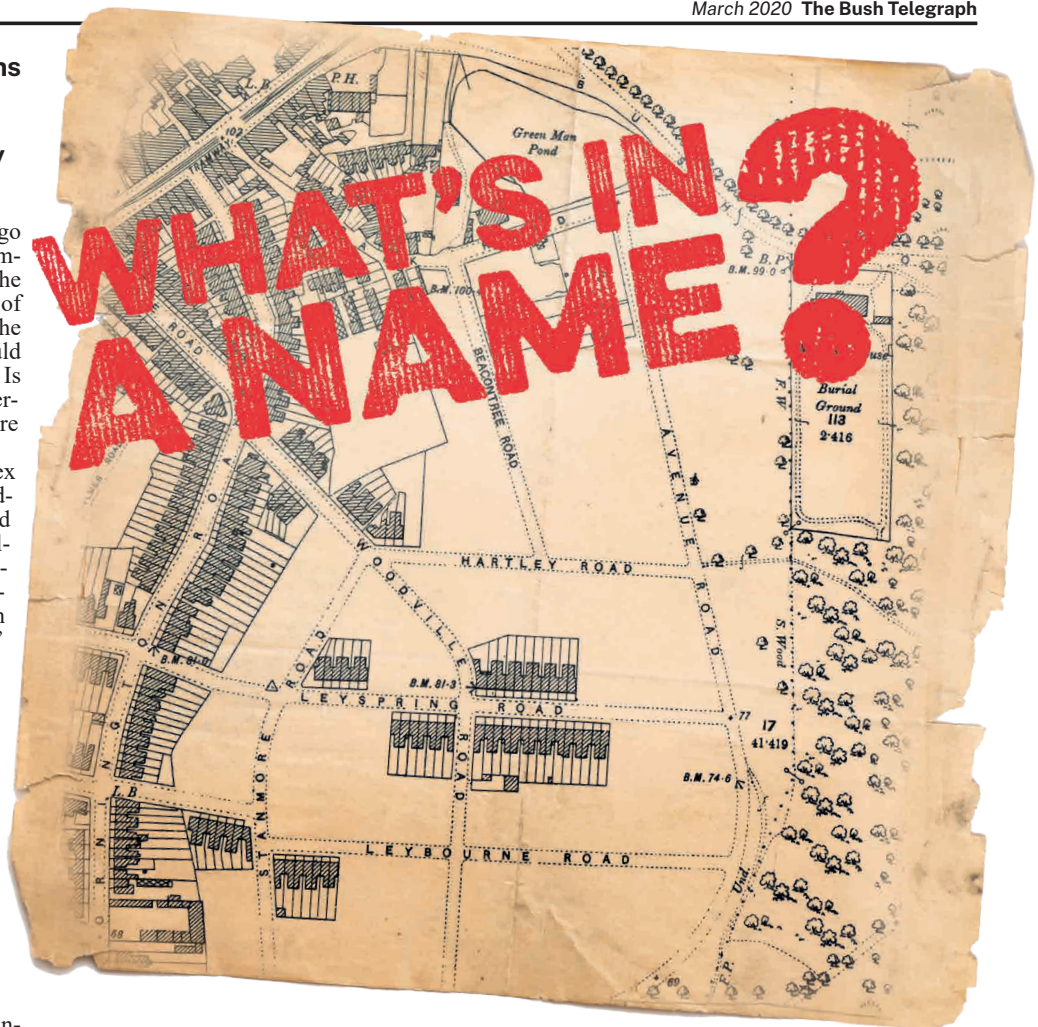
### In great demand

Local newspapers reveal how the once-grand estates around Leytonstone were divided into parcels to attract what the East London Observer, in an 1866 advert for plots off Leytonstone Road, described as ‘builders and speculating capitalists’.

Parts of the Leyspring Hall site first went under the hammer from 1878. On 16 May 1884, Messrs Hyde, Tandy & Mahon, solicitors acting for the vendor, advertised a sale at the Red Lion of 40 plots which ‘overlook Epping Forest and are admirably adapted for small villas’. A week later, another 20 plots were up for sale.

In July 1902, the executors of the nearby Carlton House estate staged another sale at the Red Lion, this time of ‘eight blocks of building land totalling 52 plots in the ABC roads’ (Aylmer, Barfield and Carlton). According to solicitors Protheroe & Morris, the site was ‘absolutely ripe for the erection of small houses, which are in great demand in this neighbourhood’. Leytonstone’s country estate carve-up was nearly complete and the Bushwood estate as we now know it was taking shape.

One of the ‘speculating capitalists’ was Charlotte Augusta Dring Knighton, a wealthy widow from St. Leonard’s-on-Sea in Sussex. She bought land between Hartley Road and Leyspring Road and in 1896 sold the plot for my own family’s house to William Peter Griggs and John William Howard Thompson. The latter was a solicitor, the former an archetypal Victorian self-made man who rose from lowly origins as a Thames barge operator to achieve wealth and social prominence as a builder and developer. Peter Griggs was elected to Ilford Council in 1899, to Essex County Council in 1901, was knighted in 1916



and elected MP for Ilford two years later. His company, WP Griggs & Co, constructed more than 2,000 houses in Ilford alone and played a major role in the development of Upminster and Wanstead.

### Inducements to buy

As rows of broadly identical terraced houses sprang up across suburban east London, developers needed to find ways to make their properties stand out. Griggs later remarked that ‘it had been very difficult to keep things going. The firm has to give even more to people in the shape of improvements to induce them to buy.’

One such popular device was the use of as-

pirational names for the houses being built. By applying some imagination, builders could make every purchaser feel their property was in fact unique. While a number of houses around the estate were given names, Hartley, Becontree Road and Bushwood were the last three roads to be fully developed and, as the 1901 census reveals, they’re the only ones on which almost all the properties originally had names rather than numbers.

The method of selling parcels of land meant that many roads were created piecemeal, as a builder sold one block of houses to fund the construction of another. In 1891, Hartley Road consisted of just three numbered houses, still identifiable by their flat façade. Other than two square-bayed houses which were infilled at a later date, it’s probable that the long terraces with identical angled window bays comprising the rest of Hartley Road were built in the late 1890s by WP Griggs & Co – and that it was the energetic marketers from this company who gave the names to almost all the houses.

### Fads and fancies

While researching her recent book ‘Sunnyside: A Sociolinguistic History of British House Names’, Dr Laura Wright of Cambridge University grouped the names given to Victorian properties according to their derivation:

- Names of places people might aspire to visit
- Rural nostalgia, such as trees and plant names
- Commemorative names, often military, such as Balaclava, Alma or Raglan
- Literary names, many from Sir Walter Scott novels like Ivanhoe, Waverley or Kenilworth
- Names with royal connections: Tudor, Osborne, Ventnor or Shanklin

### Man of Sidon

My house name research began when I wanted to uncover the first occupants of our family home. The 1901 census shows the head of the household was John William Fielder, born in Clerkenwell in 1846, who had spent much of his early career in the Merchant Navy. By 1891 he had come ashore and was working as a pilot in the Docks. John, together with wife Rosa, sons Henry and Leonard and daughter Florence, moved from Freemasons Road in Canning Town to the newly-built house named Sidon in Hartley Road – an aptly-named property for a man of the sea.

By 1911, Henry and Florence had left home and the remaining three moved again, to 32 Cowley Road. In their place came Arthur Edgar Luscombe, a solicitor’s managing clerk, wife Florence, two daughters and a son – a mirror image of my own family living in our house more than a hundred years later.



## Bushwood Kerbstones

Look down and you may notice a street feature that might have passed you by. Bushwood's Sybil Ritten has been pondering the kerbstone conundrum

A few years ago I noticed some old granite kerbstones were being replaced in areas by narrower white machine cut stones from China and became interested in a street scape that we all usually walk over without noticing. This roadside is characterized by light grey hand hewn granite kerb stone 30 cm by 90cm and the gutter being lined by a double row of smaller dark grey stones. Kerbstones in the BARA area were probably quarried in the Midlands as were most in North and North East London, and brought to London initially by canal boats and then the railways. These stones were hand-hewn and as the granite is quite hard, less uniform in sizing and shape.

I also noticed a few mysterious symbols carved into two stones in Bushwood and subsequently we have found a third in Harvey road. Maybe there are more to be found....if you look down!

There are various theories as to the meaning of these symbols e.g. Mason or quarry identifying symbols, boundary marks and some lettered symbols may

relate to utilities.

If you are going to record all the symbols in the area as a project, ideally you need to photograph from above and include a parking line or other object for scale/ date/ location e.g. street name/conditions wet or dry/ author/rock type in our area usually igneous granite rock. See kerb survey reference for more details.

Below are the source articles if you wanted to read up a bit more about this small but interesting geological history of our streets.

<https://geol Soc.org.uk/Geoscientist/Archive/June-2013/Kerbstone-conundrum> (Peter Dolan)

<https://geol Soc.org.uk/geoscientist/Archive/September-2013/kerbsurvey>

<https://geol Soc.org.uk/Geoscientist/Archive/December-January-2014/Kerbstone-markings-2>

<https://www.cedstone.co.uk/technical/the-historic-use-of-granite-setts-and-kerb-in-london>



- Latest fads, often again from popular novels, such as Gothic or Abbotsford
- 'Pick and mix' names: Strathmead, Penthwaite, Inverdeen or Hursthome
- Onto which might be added 'Villa', 'Cottage' or 'Lodge' according to the size and quality of the development.

The Hackney Society have researched property names in that area and found similar characteristics: 'The emulation of the royalty and aristocracy; the assertion of a rural dream of suburban life; the description of local sites and amenities; perhaps even an element of romantic medievalism. The patriotism of the Victorian builders shows through directly in names like Albion Grove or more obliquely in others commemorating colonial occupation like Freetown Cottage. Equally obvious is their social snobbery, seen especially in early and mid-Victorian names like Hertford Villas.'

### Castles, cathedrals and Welsh whimsy

What, then, of Hartley Road? By using census records to map the house names to the numbers used later, I have been able to identify every property. They certainly fit both Laura Wright's and the Hackney Society's groupings.

Our neighbours at the turn of the last century may not have visited Camelford or Trevoze, St Ives, Rothesay or Melrose, but they might well

have read about them. Carisbrook (without the 'e'), Durham and Bohemia will have conjured images of castles and cathedrals at home and abroad, while Idris, Bryn Estyn and Conway will have offered an enticing hint of Welsh exoticism.

Anyone of a religious disposition might have been pleased to reside at St Aubyn or St Brelade's, while several names alluded, with Dunroamin'-style whimsy, to the Forest at the end of the road: Oakdene and Beechcroft; Hawkhurst and Fernleigh; Woodlands and Elmhurst.

Two names on the 1901 census make little sense: Iving and Lowere. The enumerator may have made a spelling mistake, or the references have simply been lost over time.

As for my own family's house, it was called Sidon: the Greek name (meaning 'fishery') for the ancient Phoenician port city of Sidonia in today's Lebanon. Sidon was known for shipbuilding and its king was admiral of the fleet and successful in campaigns against the Egyptians in the 6th century BC and later against the Greeks. Given the occupation of our house's first owner [see 'Man of Sidon', left], it's an amazingly appropriate name.

If you'd like to follow the advice of the Telegraph and give your own house a name, there are several generators online. I tried, and the suggestions were mundane Road View, depressingly literal Brick House or an unwelcome reminder of our garden invaders, Fox's Bank. No thanks – I much prefer Sidon.

# The London Street Guide project is looking at Bushwood

**Tony Badicci is Founder of the London Street Guide, a project revealing the amazing stories behind London streets. He's currently looking at E11 and needs your help.**

What's in a name? Well more than you could possibly imagine when you delve into the history of our streets.

Take a closer look and you can find everything from ancient landholders lords of the manor, honoured sons and daughters, descriptions, literary references, major battles, national heroes and even jokes.

Even in a relatively small area such as Bushwood, the names reveal our connections with the past.

Others from local worthies. John Drinkwater Close remembers the Leytonstone-born poet and dramatist known for a series of biographical plays of famous historical figures, including Abraham Lincoln and Oliver Cromwell.

Now largely forgotten he gave his name to a 1960s council tower block and now his name lives on in the eponymous close.

Ironically it is easier to find who Michael Road is named after. It was originally called Wellesley Road, after the principal name of the lords of Ruckholt and Wanstead manors, namely Pole-Tylney-Long-Wellesley. In 1949 it was renamed after Sir Michael Hicks, the Elizabethan Lord of the Manor.

Cookes Close is named after another former resident, John Cookes, the father of 14 children who lived at Lea Hall and Park House during the Restoration.

Then there is Harvey Road honouring Henry Martin Harvey, who a churchwarden of St John's the Baptist Church, who lived with his wife in a house on whose grounds this road is built.

But there are so many more, who were Joseph Ray or Mohammad Khan who both have roads named after them?

The project started two years ago, although the idea behind it had been formed much earlier.

It was simple, the capital's history doesn't stop at the Cities of London and Westminster. Why not tell it.

We decided to start with street names – after all, every street, road, avenue, path has one.

In time we will go further... Victorian murders, quirky facts, daring rescues, famous people, historical events and so on.

Little by little we plan to build up a people's history of this great city of ours.

And we hope by building a community of like-minded souls we can reach people who might otherwise find themselves alone.

So, if you are interested or have any suggestions please get in touch by email to [tonybonnici@hotmail.co.uk](mailto:tonybonnici@hotmail.co.uk) and please check out the website [www.londonstreetguide.com](http://www.londonstreetguide.com).

## LONDON STREET GUIDE W1

CITY OF LONDON



# A CHAPEL, A POND, A BAKERY - AND A FLOWERY PATH FROM BYGONE TIMES

When it comes to the humble residential streets, there are fewer postcards to be found. I was pleased when I discovered this one of Cowley Road, now Lister Road. I'm intrigued that the sender has marked the house she's staying at (No 27) and she remarks that 'they have lovely gardens at the back'. That much hasn't changed! But look at the railings. Hedges are behind the metal rails and there's a double gate in front of Cowley House, presumably to allow access for a horse-drawn vehicle.

Trees too, are within the bounds of the front gardens (so, no 'street trees' yet, as we know them). The absence of any parked vehicles gives the road an open-air feel - there's no municipal lighting either. This card was posted in 1908: hard to believe, but some of these houses were already over 30 years old by then, and everything about them looks sound and built to last. Over time, and into our own decade, successive residents have made changes, including the demolition of redundant chimney stacks, alterations to doorways and front paths, but superficially, much remains as was.

One major Leytonstone architectural feature that is now long gone, is that of the Methodist Church, also called the Wesleyan Chapel. This building once towered above the other rooftops in Leytonstone High Road, occupying a plot that extended down Lister Road to where we now see the church hall. On the other side of the road, where Hill's Garage was familiar in recent decades, is a purveyor of the flower trellises for which there was something of a vogue in Edwardian times.

I was fascinated by this postcard image of 'Green Man Pond, Leytonstone'. I never knew there was an expanse of water where the Henry Reynolds gardens are now - so that's why the pleasure gardens are below the road level! The skyline affords a view of the old Leytonstone Hospital site (now Tesco and other offices) - all is recognisable today. Going merely by the postcard, behind 'O'Neill's (once the Green Man pub), things are remarkably verdant - though all in faded sepia of course. Good longevity for a public house said to have been on the site since 1688!

I like when matches can be made. I have an image of Leytonstone

In the days when Leytonstone was in Essex, picture postcards were much collected - and they still are. Anita McCullough, a Bushwood resident of some 30 years, has some charming vintage examples picked up over the decades. Providing subtle clues mainly through remnants of architecture, these cards offer a glimpse of Bushwood residents' lives that long precede us. Anita describes some of her favourite images here.







“ This building once towered above the other rooftops in Leytonstone High Road, occupying a plot that extended down Lister Road to where we now see the church hall.

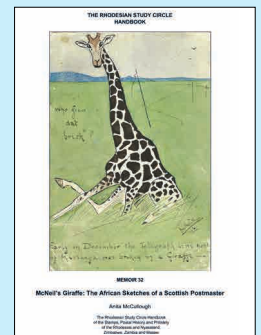
Road that features a gable wall advertisement for ‘The Elms Bakery’ and I pair it with a card posted in 1923, showing that the Elms Bakery and Café Restaurant was at 568 and 570 High Road Leytonstone. It appears that the establishment was a significant winner of awards in its time and the proprietor was called J H Buck. I wonder what their best sellers were? Anyway, long live the bakery and café-owners of Leytonstone, you are in good historical company it would seem.

My final favourite postcard is perhaps the most enigmatic. It’s a blurred photograph to begin with. The vantage is that of a person venturing down a path bordered by fruit trees and perennial flowers. The title ‘The Pastures, Leytonstone. The Green Walk’ begs the question: where WAS this lovely quiet ‘walk’ that fairly hums with the sound of busy bees and Cockney sparrows? It’s possible that it represents the cut-through alleyway between Davies Lane and Lister Road that now bears the name ‘Pastures Path’. But it may just be a depiction of the mythical ‘ley’ route that divided the gardens of both those streets and linked Wanstead Flats with the High Road – there are no houses in the distance, so that bears out the surmise. But it’s not enough to go on, so if anyone has a map of the right age, perhaps we can find out if ‘The Green Walk’ features there at all. In these multifarious byways of ours – stay curious, look up, seek beyond - and keep searching! Find that map.



**McNeil's Giraffe: The African Sketches of a Scottish Postmaster**

Anita's postcards interests extend a long way from E11. In the early 2000s, through philately and postal history collecting, she became interested in a small number of hand-drawn, self-made postcard



examples she found from a Scotsman called Jim McNeil. They'd been sent from a tiny, yet strategic, colonial location in southern central Africa called Abercorn. 12 years of investigation and contextualisation of numerous personal histories in the Edwardian period has resulted in her book, published this month by The Rhodesian Study Circle. If you'd like to see/buy a copy, text Anita on 07962 936325.



# A Library for 'things'

Inspired by similar projects around the world to reduce waste and build community, BARA, has decided to set up a Bushwood version of a Library of Things. James Cowen explains how it works

Have you ever needed a tool for a job that you will never use again? A tool that is too expensive to buy for one use that spends most of its life getting rusty in the shed and being home to some creepy crawly horror? If the answer is yes then maybe you need The BARA Library of Things.

The library is a shared community resource of tools and household items that BARA members have agreed to offer to lend to other members for free. It works like a normal library but instead of books it is stocked with tools and household items.

Normally, share libraries need a premises and staff but we are doing away with the need for that by sharing the things we have and storing them where they already live - in our houses, lofts and garden sheds. The creepy crawly still has a home but only for a short let as those tools will now get used by more than just yourself. In return you get to feel good because you've done your community, your wallet and the planet a good turn.

For example, you might need a set of jump leads but don't want to buy a set or have any-

where to store them. Simply consult the library inventory, find the item by sorting the categories and contact the lender.

You can also add your own items, why not have a rummage through your garden shed or loft and see what useful items you have lying around. That old baby car seat might be useful for someone looking after their grandchildren for the weekend.

To get access to the BARA Library of Things you need to be a member of BARA and have an email registered with us. All you need to do is email [BARACONnect@gmail.com](mailto:BARACONnect@gmail.com) to request access and we'll share the Google Sheet with you. The spreadsheet lists all the items you can borrow and the contact details to request them. You also have the ability to add your own items and contact details.

The inventory currently stands at nearly fifty items and includes a blood pressure monitor, a gas leak tester, a bike rack for a car, a trolley jack, sledgehammer, party cutlery and even a mens mountain bike.

The system works on trust so you probably don't want to share fragile, expensive and dangerous items and you are expected to treat other people's property with care and be responsible in offering to replace anything if it gets damaged.

The more things we share the more people will use it and the more we will save.

<http://www.bara.london/the-library-of-things>

## The First Customer

Andrew of Hartley Road became the first customer of the library, -

"I need to use a wallpaper steamer... Well, I could buy one -but when will I use it again? I could hire one -but will a suitable model be available when I need it and what will it cost? Or I could borrow one from the BARA Library of Things and, in return for a decent bottle of wine, walk round to a friendly neighbour, talk through how the device works and return it at a time that suits us both.

Joyce's steamer did the job brilliantly, saving both time and money. For a weekend DIY task like redecorating a bedroom, the Library is a fantastic resource. I'll no doubt be accessing it again, and adding a couple of items myself."

Joyce said "I put a few things on our Library of Things and Andrew Shields got in touch to borrow my wallpaper steamer. Andrew popped round and took away the steamer and brought it back a few days later very pleased with how it had helped. And so was I. The system works. And he very kindly brought a bottle of red wine as a thank you. Not necessary but much appreciated."



Category	Item	Details
Baby	Car seat	Bit battered but totally safe. Best for toddlers
Baby	Travel cot	
Car	Engine Starter for flat batteries	Start your car with this phone sized gadget, 4 charges
Car	Jump Leads	Get your car started.....needs a friend with a car tool!
Car	Three Bike Car Rack	Rear mounted rack for max of 3 Bikes
Car	Trolley Jack	
Cycling	Bike rear cassette removal socket	SHIMANO TL-LR15 Lockring Removal Tool
Cycling	Black Cycle Pannier	Needs a rack mount to use
Cycling	Mens Hybrid Mountain Bike	With pannier rack
DIY	4 part folding ladder	
DIY	70mm hole cutter drill attachment	The right size for cutting downlighter holes
DIY	Keter, Large collapsible work bench	<a href="#">leshopping&amp;utm_medium=feed&amp;utm_campaign=googleshu</a>
DIY	Bosch cordless drill	Good for little jobs, can't really do masonry though
DIY	Bosch electric sander	Small hand held sander, like a little iron
DIY	Cement Float	<a href="#">plastic cement float for smoothing</a>
DIY	Combination ladder	Base feet can be on two levels for awkward areas
DIY	Electric planer	
DIY	Heat gun	
DIY	Infrared Temperature Gun	
DIY	Ladder	
DIY	Ladder stand off bracket	
DIY	Laser measure	
DIY	Mitre Box	
DIY	Pasting Table	
DIY	Sledgehammer	



## Share your skills as well as your things

The Library of Things isn't the first share scheme in E11. The Waltham Forest LETS scheme has been trading in skills and services for years

For more than 20 years Waltham Forest residents have supported a local branch of the Local Exchange Trading System movement (LETS). LETS is a system for local people to trade goods and services without using money. Offerings include household repairs, music lessons, alternative therapies, gardening, computing, cooking, giving lifts, and dog-walking.

LETS programmes can be found across the globe. Each local LETS scheme has its own form of credit-based currency. In Waltham forest, the 270 LETS members exchange goods

and services using 'Beams' - so named because the programme got its start at Walthamstow's legendary Hornbeam Café.

New members pay a one-off joining fee of £6 (£3 for those who are unwaged or on low incomes); after that all transactions are in the form of Beams. As one of the key features of LETS is encouraging community interaction, those who are interested in taking part are encouraged to sign up in person by attending the monthly Green Drinks from 8pm 15th of each month at the Walnut Tree pub or to attend a monthly sign up session from 10.30 - noon on the last Saturday of each month at the Hornbeam Café.

Or, for more information, contact:  
info: [wflts@gmail.com](mailto:wflts@gmail.com)  
web: <https://wflts.org/>





# A BUG'S LIFE (AND DEATH)



As the days begin to warm up and our gardens come to life it can feel like an epic fight to keep our plants 'show garden' worthy. Local garden designer, *Mark Cummings*, argues we should be letting nature take its course rather than reaching for the spray guns.

As you read this, spring should well and truly be licking her lips. No doubt we are all looking forward to daffodils and tulips and those long heady days of summer (between July 29th and August the 3rd). But at about this time the garden becomes a bit like Westeros with Game Of Thrones style battles waging between insects and plants. We have had yet another mild winter. There hasn't been enough of a cold snap to kill off the pests that enjoy our plants before we get the chance to. And the weeds haven't really stopped growing.

Even the smallest of gardens can host many hundreds of species of insects, mammals birds and plants. And as the sap rises and fecundity becomes the priority of all in the garden it is all too easy for us gardeners to think we have to reach for the bug sprays and weed killers to keep things in check.

But I beg you to reconsider. None of the pesticides that you can buy, in their all singing all dancing all murdering non biodegradable plastic bottles are actually of real benefit to your garden.

You see a healthy garden with all of those hundreds of species depends on a delicate balance of predators and prey and us all knowing which is which. For example the much-maligned earwig is actually one of the gardeners' biggest allies, eating aphids, codling moth, scale insect and almost all other pests that gardeners hate. Yet when we reach for the spray gun we kill the Earwigs too. In fact none of the sprays are selective- only killing the bugs we hate. There is blanket carnage. Butterflies and bees, lacewings and ladybirds and every other insect of benefit are all collateral damage.

So what can you do to keep order, reclaim balance and above all encourage more wildlife into the garden? More wildlife means more predators means less pests means more time to drink in the view while drinking the vino.

Firstly start with the soil. This is where the plants literally take root and healthy soil means healthy plants. A healthy plant is more robust, less susceptible to disease and less likely to succumb to pests. You can condition your soil with layer on layer of organic mulch such as horse manure or compost. The earth- worms



**None of the pesticides that you can buy, in their all singing, all dancing, all murdering, non biodegradable plastic bottles are actually of real benefit to your garden.**

will recycle the mulch under the ground over time and aerate the soil and improve drainage as well. And get this, you can top up the number of worms you have if numbers are low. Check out Wiggly Wigglers for all of your earthworm needs!!

Secondly choose the 'right plant for the right place'. It's all that garden designers and gardeners bang on about. But it comes straight back to the healthy plant adage. And plant densely to crowd out the weeds. Weed killers such as Roundup and Path Clear contain the neonicotinoid glyphosate. Not only does it kill bees in droves, it is a carcinogen and due to its extensive use is found in much of our edibles. Food for thought?

Thirdly, plant a wide range of shrubs perennials, annuals and bulbs. Variety of flora encourages diversity and diversity encourages variety of fauna. If you can plant a tree do so. A single tree will support more wildlife than a meadow.

Fourth, restock your predators. If you have been heavy on the chemicals in the past give them up. Then get yourself on-line and buy yourself some earwigs, earth worms and ladybirds. Feed your birds as they chew on lots of the critters we don't like. Leave a couple of log piles discreetly in shady areas to encourage ground beetles, which will eat your slugs. Buy nematodes instead of slug pellets, which can get into the food chain and poison birds (and the family cat).

And the money shot? Dig yourself a pond... Frogs toads and newts will Hoover up slugs and snails before they can become a problem and it will provide a nursery for hover fly lar-

vae. Once hatched and in flight they are a very efficient pollinator.

Finally. Be forgiving. Accept that your garden is dynamic living organism and that it wont look like Sissinghurst. It will take a little while for the balance to restore, mainly because the life cycle of the pests is faster than the predators. But they will catch up. In the mean time if you really are struggling with aphids a little dot of washing up liquid in a water spray means that hands that do dishes can clean up your plants.

There truly is a battle for our environment. And it starts in our own back garden.

Useful contacts:

Dave Goulson The Garden Jungle (or Gardening to Save the Planet

Bumblebee Conservation Trust: [bumblebee-conservation.org](http://bumblebee-conservation.org)

The Earthworm Society of Great Britain: [earthwormsoc.org.uk](http://earthwormsoc.org.uk)

Wiggly wigglers: [wigglywigglers.co.uk](http://wigglywigglers.co.uk)

Green Gardener: [greengardener.co.uk](http://greengardener.co.uk)

**A Buzz in the Borough...**



**FOREST FLORA**  
invite you to join them for

A weekend of events celebrating  
**World Bee Day**  
**2020**  
May 23 & 24

at **Host**  
658 High Rd Leyton, E10



See [www.forestflora.co.uk](http://www.forestflora.co.uk) for events · Book via Eventbrite





### Upper Holloway

**Waterlow Park:** A 15 minute walk (or 10 minutes on the 271 bus) up the hill into Highgate will get you to celebrity filled Waterlow Park. A beautifully kept, peaceful garden park full of wildlife and wide open spaces. Have lunch at the Lauderdale House.

**Highgate Cemetry:** A small £4 fee allows you to spend a peaceful afternoon walking among the stones of the rich and famous. Fascinating and not as morbid as you might think. Jeremy Beadle, Karl Marx, Patrick Caulfield and Douglas Adams are just some of the graves you can discover.

**Where to Eat:** Lauderdale House

**Where to Drink:** The Spoke  
Minutes from Leytonstone -19



### South Tottenham

South Tottenham may not have a lot of obvious attractions but its an alternative entrance to the Wetlands and you can also pick up the legendary 76 bus which will take you to Dalston and Stoke Newington in a few minutes

**Minutes from Leytonstone -14**

### Crouch Hill

**Crouch End:** A short walk (or 2 mins on the W7 bus) up the hill from the station is Crouch End . An urban village full of creativity and culture that Bob Dylan called home in the eighties while recording Knocked Out Loaded. Mooch around its antique shops, bars and restaurants and if you're there in May you can enjoy its own little festival.

**The Arthouse:** Beautiful indie cinema and arts venue

**Downstairs at the Kings Head:** Legendary comedy club, anyone who is anyone has played here

**Where to Eat:** Banner- Eccentric Jamaican

**Where to Drink:** The Queens Pub

**Minutes from Leytonstone -17**

### SOUTH TOTTENHAM

### BLACKHORS ROAD

### Walthamstow

**Walthamstow:** Not m that Queens Roa next door to Walthams through the housing the middle of the busy m to cinemas, shopping bars. A five minute wa Wa

**Activities:** Emipi shopping centre s Sund

**Where to Eat:** Walk u several ex  
**Minutes from**

### HARRINGEY GREEN LANES

### Harringey Green Lanes

**Parkland Walk (South):** Pick up the trail of the old railway line at Finsbury Park and walk the flat 3km path through old stations, artworks and nature and finish up in Highgate for a pint or some food. Take the bus two stops or walk down the hill to Upper Holloway station for the journey home.

**Finsbury Park:** Boating lake, gardens and childrens play areas

**Where to Eat:** Heaven for Turkish food lovers, favourite places include- Salale, Hala and Gokyuzu

**Where to Drink:** The Salisbury  
**Minutes from Leytonstone -14**



### GOSPEL OAK

### Gospel Oak

**Hampstead Heath:** A whole day of activities awaits you 26 minutes from Leytonstone. Three square kilometres of beautiful biodiverse, wildlife and rich countryside as soon as you exit the station. Swimming ponds, Parliament Hill, Kenwood House, cafes and walks.

**Parliament Hill Lido:**

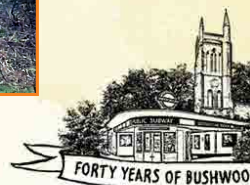
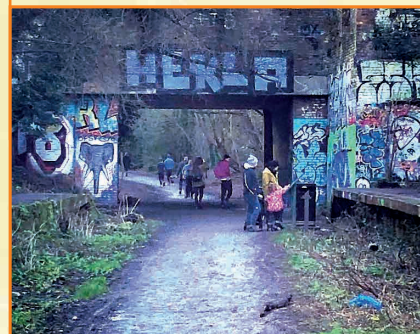
Right next to the station is the public Lido, this unheated open air swimming pool opened in 1938. £19 for a family day ticket.

**For Kids:** Childrens playgrounds, paddling pools and adventure playground

**Where to Eat:** Rosella, a family run Italian

**Where to Drink:** Southampton Arms

**Minutes from Leytonstone - 26**







# THE GOBLIN LINE

GO SPEL OAK TO BARKING

The current form of this 13 mile route between Gospel Oak and Barking, affectionately known as the Goblin Line has been shuttling people and freight around north east London since 1981. Originally created from an amalgamation of lines built in 1890 TFL took full control in Nov 2007, rebranded it as the Overground and added it to the tube map. The extra investment they put in made the line a serious commuting option due to its great links with the Victoria line.

Forever plagued with problems even in its early years it suffered threats of closure, lack of investment, delays and overloaded trains. More recently it has been delays with new trains, closures when the electrification was done incorrectly and in January this year there were closures when a freight train wrecked the tracks.

Despite all this, The Goblin Line, is a little gem and an amazing asset to the E11 transport options. It's so much more than just freight and work, it's also a gateway to a wealth of leisure activities. Did you know you're only 2 minutes from a city farm full of animals, only 5 minutes from a multiplex cinema or 7 minutes from the biggest urban wetlands in Europe?

We've looked at the interesting and fun places that are only a few minutes away on the Goblin Line and recommend where to eat, where to have a pint and where you can let your kids run wild.

## Blackhorse Road

**Walthamstow Wetlands:** A 10 minute walk from the station is 520 acres full of migrating and breeding birds. Walk and cycle around one of the largest urban wetlands in Europe. Take in the views from the restored Coppermill Tower and eat at the visitor centre.

**Krypton Comics:** Great comic and bookshop

**Blackhorse Workshop:** Public access wood and metal work shop, book a bench or do a course

**For Kids:** Activity days at the Wetlands

**Where to Eat:** Yasar's, a family run Turkish or the Wetlands cafe

**Minutes from Leytonstone - 7**



## Queens Road

Many people realise the station is almost central. Walk and you're right in the market with access to cafes, restaurants and a walk will take you to Walthamstow Village. There's a cinema, indoor market and a day farmers market. Up to the village for excellent restaurants. **Minutes from Leytonstone - 5**



## Wanstead Park

**Wanstead Flats:** Enjoy the other end of the flats, the Overground station backs onto acres of quiet green space to get lost in.

**Winchelsea Road:** Although it's only a short walk from E11 this little row of arches is near Wanstead Park station. The Wanstead Tap, Burgess and Hall and Arch Rivals have turned this stretch into a hub of arts, food and drink.

**Where to Eat:** Tromso Scandinavian Cafe  
**Where to Drink:** Burgess and Hall Wine Bar  
**Minutes from Leytonstone - 3**

## Wanstead Park

## Leyton Midland Road

**Brookes Farm:** The farm on Skeltons Lane is open Tuesday to Sunday from 10am - 4pm. Free entry to see a range of animals including sheep, goats, rabbits, donkeys, apaches and snakes. Feeding and handling also available at weekends.

**Abbots Park:** Comprehensive play park with table tennis, tennis courts, picnic tables and fitness gym.

**Where to Drink:** Project 660

**Where to Eat:** Deeney's

**Minutes from Leytonstone - 2**



## Woodgrange Park

## Barking

### Barking

**Splash Park:** An outdoor Splash Park with fountains and water features for young kids

**Barking Park:** 30 Hectares of park including boating lake, a miniature railway, tennis and a flower garden

**Where to Eat: The Relish @ BLC**  
**Minutes from Leytonstone - 12**





## Shooting Bushwood

**The BARA photography group is still going strong and with new member, Marc Sims, they're on the lookout to grow the group further.**

When you take the time to stop, stare and take a photo, you realise that our area has many treasures. Every 6 weeks or so, members of the BARA Photography Group go out together to take photos. Previous locations have included Bushwood, Walthamstow Village, Victoria & Albert Museum, North Greenwich and Highgate Cemetery. We also take photos individually between meetings on an agreed theme. After each outing we meet to share our favourite pictures, and to help each other improve for next time! It's amazing to see the different interpretations of the same subject.

We are a small yet enthusiastic and sociable bunch. We are very keen for the group to grow. So if you love taking photos, would like to improve your photography skills and help others to improve theirs, come along to one of our meet-ups. We usually meet on Monday evenings.

So if you're interested in seeing London through a new lens contact Marc on 07885519255, to find out when and where we'll be meeting next.

See the BARA Social section of the BT on page 17 for more details on the BARA Photography Group plus details of other social groups running in the area.



## Bushwood Planning Report

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

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

**To get in touch please contact us directly on: [baracconnect@gmail.com](mailto:baracconnect@gmail.com)**

### Waltham Forest – Local Plan

Waltham Forest Council recently ran a workshop on 11 February at Leytonstone Library to discuss the next stages of their draft Local Plan. "The draft Local Plan intends to set out how the borough will meet the challenges of economic, environmental and social sustainability to ensure good growth and sustainable development. When finally adopted it will replace a number of other planning documents, so all planning policies are in one place. The borough has been seeking views on their ideas so far. The draft Local Plan recognises the different needs of different parts of the borough and has three sections covering the north, central and south areas of Waltham Forest." BARA were invited to participate in the workshop for the south area of the borough at which details of the proposed plan were shared and discussed with local groups. We managed to secure three places for the event. BARA were keen to stress to planning officers the importance of a

promoting a thriving local high road which should ideally start at O'Neills Public House and continue down to the traffic lights at the War Memorial. BARA's aim is to promote, where possible, new local shops and businesses which bring improvements and diversity to the current retail offering which would appeal to BARA residents.

### Boundary Commission Review of Waltham Forest 2020

The Boundary Commission's recent review for the area of Waltham Forest closed on 2 March. The latest version took into account a number of submissions which attempted to change local ward areas with the aim of levelling out imbalances in the ratio of voters to Councillors. BARA are aware of submissions that attempt to spilt the BARA area seeing some of our roads go into Cann Hall ward. BARA made their own submission which we would be happy to share with members (on request). In our submission we have made a strong case for the BARA area to remain intact and ideally retained in the same electoral ward as Leytonstone High Road as we believe there is value in maintaining the BARA area within one single ward.

### 10 Harvey Road

A revised planning request was submitted in January and included a subdivision of the site to facilitate the construction of a 3 bedroom, two-storey house on the land to the rear of 10 Harvey Road (fronting the junction of Dacre Road and Carlton Road).

### British Legion Site 698A High Road Leytonstone

A listed building consent has been submitted for the conversion of the building into six self-contained residential flats. Construction of mansard roof extension to front and rear roofs

### Aylmer Hall

A change of use application has been submitted to alter Aylmer Hall from meeting hall (Class D1) to office/sewing studio (Class B1), incorporating the construction of three front and three rear dormer windows and installation of four roof lights to rear roof slopes. The application includes the alteration to fenestration at front elevation including re-instating of original arched windows to replace doors, installation of security railings to windows, replacement doors and new main entrance.

### Haarts Estate Agents, 49-50 Church Lane

An application for the construction of an additional floor to a three-storey building to form an additional 2-bedroom self-contained flat.

### London City Airport

London City Airport's draft master plan 2020-2035 consultation has now closed. BARA committee are now keen to understand whether recent decisions not to proceed with the third runway at Heathrow Airport may have any impact on any future decisions concerning London City Airport. Watch this space!



# OUR MOST VALUABLE PLAYERS

The Woodhouse Players have been adding a regular cultural flourish to Leytonstone for 37 years. James Cowen sat down with veteran ‘players’ Ian and Jackie to find out why this little amateur dramatics group brings so much to the area

I’ve always fancied having a go at acting but never trusted myself to remember the lines. As a child, the fear of freezing on stage and ruining the play in an epic scene of social awkwardness was unbearable. I thought it best to dodge the compulsory school plays any way I could and would then have to watch from the wings being supremely envious of Paul Muttlow’s sublime Bob Cratchit. That was over 35 years ago but there still might be time to scratch that itch.

Friar Ivor Moody, the curate of St Margaret’s Church, Woodhouse Road, had felt for a long time that Leytonstone needed its own drama group. In 1983, borrowing the name from a long defunct 1950s group, he, along with Vi Gostling, then the Chair, helped launch the Woodhouse Players with their first show, *Once in a Blue Moon*.

The Welsh Church has been their current home since 1989 and the amateur theatre group now boasts over 80 members from all over London and Essex, many of whom are Bushwooders.

With members as young as 14 and as old as 80 they pride themselves on the variety of the group and the varied range of plays they put on. Pantomimes, gritty social commentaries as well as some crowd-pleasing classics: the group aren’t afraid to try anything.

They stage six plays per year, kicking off with a panto in January followed by a set of one-act plays in March. This coincides with the Waltham Forest Festival of Drama, a competition for one-act plays, and their productions often win awards in this competitive festival. Having won the Waltham Forest heat in 2014 with their spoof, *Hamlet Part II*, they qualified for the Welwyn Festival and placed second. *Hamlet Part II* was invited to the British Winners Festival at the Gaiety Theatre, Douglas, Isle of Man, where it got an excellent review.

## TAKING RISKS

The other four shows are spread throughout the year and encompass everything from Shakespeare to edgy drama. It’s not just well-known plays: they like to take risks and to take on the avant garde or plays they’ve written themselves. Lesser-known plays can be tricky as they might not sell as many tickets.



They rely on ticket sales to pay the bills so popular plays like *The Crucible* and *Macbeth* are also staged as they will sell out.

Putting on a play can be costly as sets need to be built, costumes made, rent paid and rights to the play purchased. The main sources of income, apart from an occasional grant, comes through membership fees and ticket sales.

One of the most expensive plays was the Alan Bennett Talking Heads monologues: the rights cost £900 for three performances and it only starred three actors. There is a frequent requirement to put on plays with a larger cast as this can bring in a bigger audience. The Welsh Church has a capacity of 80 seats and is mostly sold out at each performance.

Unlike most drama groups where plays are selected by the committee or a director, at Woodhouse the plays are chosen by members. Anyone can put forward an idea for future shows and the options are voted on by all the members.

Community Liaison, Jackie Withnail, has been a member of the Players for 13 years. She says: “We see ourselves as a real community group and are aware of our community responsibilities. Our two latest plays cover mental health and we’ve made links with the local Mind group to provide information and references for inclusion in the programme. One performance of every play, normally the matinee, will have live signed support for the hearing impaired.”

Ian, the current chair, is a relative newbie with seven years under his belt. He’d only done a bit of acting as a young man but once retired was looking for something that involved meeting people of mixed ages. Since joining he’s acted, built sets and directed plays.

## GETTING INVOLVED

You can get involved, too. Members can be involved as much or as little as they want and get to vote on which play the company does next. All new members are welcome, even if you are just curious and want to stay on the fringes. If you’re not interested in acting but want to get hands-on then you could help with front of house, prop making, costumes or on the technical side with lighting and sound effects.

If you want to act in one of the plays, auditions are open to anyone that fits the casting requirements. The website lists roles and character descriptions for upcoming plays and anyone is welcome to come along and try out.

Members spend

two nights a week working on the current play as well as preparing for future productions. Three plays are in progress at any time: one about to be performed, one in the early stages of organisation and casting, and one at the ideas stage.

You can also come to the regular play readings: details are published on the website. These are free and you come along and join in a reading or just listen. You don’t have to sign up or pay anything and Jackie will give you a warm welcome and a cup of tea and a biscuit. The next reading is 17th March, and the play is *Toad of Toad Hall*. Jackie says: “A lot of people who come along don’t necessarily want to be in a drama group but enjoy reading a play.”

Membership costs £25 per year for a working person with £15 concessions for the unwaged, students and retired. It’s great value – and you get free tea and coffee! BARA members get a free drink and a programme on performance night. The next production is three one-act plays: *The Magic Tower*, and *Me and My Friends Acts 1 and 2*. Catch them at the Welsh Church this month!

## AND FINALLY...

I had to ask if they’d had any disasters during a performance. Jackie said: “Not a disaster but we did have a thief come in and steal some mobile phones during a Restoration play. He was spotted and the whole cast, dressed in full Charles II-style wigs, chased him down the High Road, led by Nell Gwyn followed by some people from the Star of India. We cornered him until the police came. It made the national press!”

[www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk)



**WOODHOUSE PLAYERS** A Triple Bill: Three Plays About Sanctuary

*The Magic Tower*  
by Tennessee Williams

**ME AND MY FRIEND ACTS 1&2**  
BY GILLIAN PLOWMAN

WELSH CHURCH HALL  
881 HIGH ROAD LEYTONSTONE  
E11 1HR  
FRIDAY 6TH MARCH - 8PM  
SATURDAY 7TH MARCH - 2:30 & 8PM  
FRIDAY 13TH MARCH - 8PM  
SATURDAY 14TH MARCH - 2:30 & 8PM

BOOK ONLINE AT  
[WWW.WOODHOUSEPLAYERS.CO.UK](http://WWW.WOODHOUSEPLAYERS.CO.UK)



# The bees are back in town

**Mornington Road's, Khalil and Salma, have been selling honey from their own bees to Bushwooders for years. Now they have rebranded as Bushwood Bees and sharing their skills and knowledge through a series of talks and tutorials.**

As you may know myself and my wife Salma have been keeping honey bees for over a decade. We also train up new beekeepers and have given talks on bees to clubs, beekeeping associations and schools.

One thing we have not done to date is to give a beekeeping presentation to our friends and neighbours in Leytonstone. So with that in mind we have had discussions with Waltham Forest Council and they have kindly allowed us to give a beekeeping presentation on **Monday 20th April** between 5.30pm - 7pm at Leytonstone Library. This event will be free and open to everyone and anyone interested in learning about beekeeping.

Some of the topics we will cover include:

- History of beekeeping
- Types of bees
- Why keep Honey bees
- Honey bee Castes
- Stings
- How does a colony work
- Honey Production
- Honey Colour and taste
- Swarming
- Threats
- Planting for bees

We will also be running beekeeping workshops during the May Half term for children at various Libraries around Waltham Forest. Details of this are being finalised.

Be great to see you on April 20th @ 5.30pm at Leytonstone Library, and look forward to finally having the opportunity to present this to our neighbours.

Khalil & Salma  
Bushwood Bees

**Web: bushwoodbees.co.uk**  
**Phone: 07814 700974**

## Transition Leytonstone

**From its beginnings in 2009, from a discussion after a screening of an inspirational film, Transition Leytonstone has gone on to create awareness and inspire local projects that bring community together and reduce our reliance on fossil fuels. BARA committee member and Transition volunteer, Rosemary Warrington, explains**

Transition Leytonstone is a community initiative which aims to make Leytonstone the best and most sustainable place to be. We care about the environment – and each other. We are all volunteers and are funded by grants, donations and running events. We aim to inspire people to start projects, run events, and develop new schemes. Over the past ten years several groups and projects have emerged. We share skills, run workshops, grow food, make things happen and have fun,

We have:

- A Community Garden in Harold Rd

by the footbridge open Saturdays and Tuesdays, 11 to 3

- Monthly Green Drinks at the Walnut Tree on the 15th from 8pm. Come and meet us in a relaxed setting
- A weekly local produce stall in partnership with OrganicLea outside Matalan every Saturday from 10 to 2.30.
- A Community Fridge and best before project outside the Methodist Church on Fridays, Saturdays and Sundays from 12 to 1.30 or when the food runs out, Available to everyone on a pay what you feel or can afford (or not) basis
- A transition library
- Social events – films, talks, quizzes, meals and more.

We celebrated our 10th birthday last October and have over 550 people on our mailing list. We could do much more with more volunteers, contact us for more information

Further info can be found at the Transition Leytonstone website.

<http://transitionleytonstone.org.uk>

## Reader Letter



Those of you who receive Fiona's regular emails will know there has been a significant amount of car crime in recent times in our area.

There were 13 motor vehicle crimes reported at the last meeting including theft from vehicles and interference/criminal damage to vehicles. We have not received the latest figures from the team as they were not available to attend the meeting on 24 February. Figures will be available for the next meeting to hopefully be arranged sometime in March.

Our neighbour Residents' association FARA have reported a recent incident of a catalytic converter being cut out of the car in full daylight one lunchtime.

Most of us know by now that electronic keys can be hacked into and should not be left unprotected or near the front of the house. They should be stored in Faraday pouch towards the back of the house and some people suggest the extra protection of putting them in a tin box.

Less of us probably know the extent to which a car is vulnerable to being hacked through programmes apparently available through the "dark web" side of the Internet. The thief then has access to all the programmes that for example a garage would have for that make of car. Thieves can be through the side window and plug their computer into a port maybe in the passenger well – how many of us knew we even had one of those? – and override all the factory security in seconds. This has happened in our area with the entire computer system for the whole car being cut out causing many thousands of pounds worth of damage. Therefore an alarm not fitted by the manufacturer should also be fitted. Other protections include fitting a "port blocker" to stop the thief accessing your car's computer system, having your number plate etched on the car windows, and use of the old-fashioned physical steering lock.

What can we as residents and neighbours do to help? Unfortunately the Safer Neighbourhoods police team have not replied to this member's request for help, and then got the date wrong and didn't turn up for their own Safer Neighbourhood meeting. Nevertheless the BARA committee do believe the police are taking car crime in our area seriously.

So, with no input from the neighbourhood police to offer as yet these are some thoughts.

– If we hear an alarm that only goes off for a few seconds we should not assume it is the owner accessing the car but should go out and check.

- The neighbours near where our own car is parked should have a contact number in case they hear our alarm.

- We should all keep an eye out for unknown or suspicious cars or activity in our area and all matters should be reported to BARA as well as to the police through contacting 101

- Something like a WhatsApp group for individual streets might be a useful way of quickly alerting our neighbours to suspicious activity in the street. This might also be a way to get more information following a crime which would lead to a better response from the police rather than what seems to be the usual present one which is that there is nothing they can do however serious the effect of the car or other crime.

Some of these issues were discussed at the recent Ward forum meeting with our councillors and hopefully there might be more ideas or help in the near future.





# HOW TO HOLD A STREET PARTY

Nobody holds a street party like the Leybourne Road residents. Currently organising their third party in less than a year, they've been a great way for neighbours to get to know each other. **Suzanne Veitch** has been integral to organising these street get togethers and gives her tips on how you could join in and organise one for your own street

For us street parties are a way to increase our feeling of community. It's so nice to say hello to neighbours as you pass in the street. We encourage people to bring some food or drink to share so that the event is put on by everyone, for everyone. Also everything is free so everyone is welcome. Then there are the benefits of getting outside into a car free space for both adults and children. It feels like reclaiming the road! If you would like to see a street party in action then come along to our next one on Sunday 29th March 2-4pm.

Any questions contact Suzanne on email at [suz.veitch1@gmail.com](mailto:suz.veitch1@gmail.com) or pop round to 38 Leybourne.



THE LEYBOURNE RD STREET PARTY  
SUNDAY 29TH MARCH  
2:00-4:00PM

IT'S SPRINGTIME,  
ON LEYBOURNE

**WHAT TO BRING:**

- Some party food to share
- Your own cup. We'll have hot & cold drinks for you.
- Any scooters or bikes, for races
- Skipping ropes, chairs, even sunshine, if you can!

**AND WHAT'S HAPPENING:**

- Music & games, for everyone
- A raffle, to raise funds to keep street parties going
- A swaps table, so please bring any swappables to go



THE ROAD WILL BE CLOSED FROM 2:00-4:00PM  
This is between Stanmore and W section, we'd be grateful if you w There'll still be emergency acce

**1** Chat to your neighbours and find your team. Leybourne Road street parties are run by four families who organise the planning and running of the events. We then have a handful of other volunteers who steward the road closure points.

**2** Pick a date and ask your neighbours. A requirement from Waltham Forest Council is that you "consult all affected residents and the majority are in favour". We use an adapted letter from [https://www.londonplay.org.uk/content/30772/our\\_work/recent\\_work/play\\_net/useful-stuff/](https://www.londonplay.org.uk/content/30772/our_work/recent_work/play_net/useful-stuff/) and <https://playingout.net/useful-stuff/>. Importantly if people don't respond then that's counted in favour!

**3** Get your paper work in. Waltham Forest Council ask for a very simple form which can be found here <https://walthamforest.gov.uk/content/residents-street-parties-Forms> need to be in six weeks before your event. The council will also arrange for you to collect cones and road closed signs from them.

**4** Organise the volunteers and resources. Volunteers on either end of the road closure are vital for safety. We have found gazebos, tables, a tea urn and a box of chalk to be the most useful items.

**5** Advertise. We deliver flyers to our neighbours and try to talk to as many people as possible and put up posters in the surrounding roads.







**A new bakery, Dolce Patisserie, has arrived on our high street. James Cowen, welcomes the family of bakers who are navigating the traditionally difficult first steps by listening to their customers**

What is it about bread? A few simple ingredients plus some heat can create a smell that evokes such nostalgic feelings of comfort. We have a couple of bakeries in E11 already but there is plenty of room for more. Now, Dolce Patisserie is throwing their 'toque blanche' into the ring and they're excited at how its been going so far.

Dolce Patisserie, run by Simona, is a real family business of master bakers with her husband, Adonis, her dad, Petrica, and her mother Nuti, all sharing the load.

It begins at 4am every morning to prepare the doughs for the daily bread and cakes. Simona and Adonis commute from Loughton and with two small children at home they juggle the long hours between the whole family.

This is their first foray into opening a shop and after a long search settled on Leytonstone which was home to Adonis for many years before setting up home in Loughton.

The shop and their produce have been constantly evolving over the first few months of opening as they have been cleverly respond-

ing to the demands of the local area. When they launched they stocked mainly Bulgarian pastries with the, Borek, a filo pastry parcel stuffed with cheese, meat or vegetables as their signature item. Since then they have been tweaking their cakes and breads after listening to their customers feedback.

They now produce eight vegan options including brownies, cookies and their best selling banana bread. They've also added two new gluten free products and plan to add more. All their products are natural with no additional additives or colouring and are made daily on the premises.

Their bread is so good that it's often sold out by lunchtime and if you require something for a special occasion they also take orders for bespoke cakes for any event.

One Lister Road teenager was recently heard saying 'the vegan chocolate brownie is absolutely delicious and it's massive'.

Responding to the needs of the customer appears to be a great way to build customer loyalty. As with Stone Mini Market two doors away, listening to customers and their ideas seems to really pay off.

Dolce Patisserie have also become part of the BARA family and are now offering a 10% discount to members. Makes sure you have your up to date membership card with you.

Opening times are 8am until 7pm Monday to Saturday with 10am to 5pm on Sunday.

**Facebook: @dolcepatisserielondon**

**Web: www.dolcepatisserie.co.uk**

### Leytonstone Fitness Planner

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	<b>PILATES</b> Orient Physiotherapy 9.30am-10.30  <b>CHAIR YOGA</b> St Andrew's Church 2-3 pm £2  <b>ZUMBA</b> Lister Hall 10.30AM	<b>PILATES</b> St John's Church 9.20am  <b>CHAIR BASED PILATES</b> St John's Church 10.35am	<b>PILATES</b> Orient Physiotherapy 9.30am-10.30  <b>OVER 50s BADMINTON</b> Pastures Youth Centre 10.30am	<b>VINYASA FLOW YOGA</b> The Birds 7.30 -8.30 am  <b>YOGA &amp; MINDFULNESS</b> Quaker Meeting House 9.30-10.30am  <b>MUMMY AND ME MOTHER AND BABY YOGA</b> Quaker Meeting House 10.45-12pm	<b>LADIES BADMINTON</b> Pastures Youth Centre 9.30-11.30AM  <b>ZUMBA</b> Leytonstone Library 10.30AM	<b>VINYASA FLOW YOGA</b> Leytonstone Library 9am-10am	
	<b>PILATES</b> St John's Church 6.40pm  <b>VINYASA FLOW YOGA</b> The Birds 5.45-6.45pm 7.15-8.15pm  <b>MINDFULNESS YOGA</b> Orient Physiotherapy 7-8pm, 8-9pm  <b>ZUMBA</b> St John's Church 8pm  <b>YOGA</b> The Relaxation Place 7.15-8.15	<b>PREGNANCY YOGA</b> Quaker Meeting House  <b>ZUMBA</b> St John's Church 7.30pm  <b>YOGA &amp; Mindfulness</b> Quaker Meeting House 8-9.15PM  <b>PILATES</b> Orient Physiotherapy 7.30pm-8.30	<b>ADULT TAP DANCE CLASS</b> Leytonstone Library 6.15-7.15pm (Ages 18+ years)  <b>PILATES</b> Orient Physiotherapy 6.15pm -7.30  <b>PILATES</b> Orient Physiotherapy 7.30pm-8.30	<b>BUSHWOOD FOOTBALL</b> Leytonstone School 7pm-8pm See page 13			<b>Venues</b>  <b>St John's Church Hall</b> (entrance by Matalan) 829-877 High Road Leytonstone <b>The Birds</b> 692 High Rd Leytonstone <b>Orient Physiotherapy</b> 721 High Road Leytonstone <b>Lister Hall</b> Behind Lister Rd methodist Church 578 High Rd Leytonstone <b>Quaker Meeting House</b> Bush Rd <b>Pastures Youth Centre</b> Davies Lane <b>Leytonstone Library</b> Church Road
<b>EVENING</b>							



# BARA Social

## Community Event Listings

### BARA Groups

#### Bara Football

When: 7-8pm every Thursday  
 Where: Leytonstone School  
 Contact: contact@jakegreen.co.uk  
 The Details: 5 a side with a medium and slightly varied level of skill. House rules apply. Residents can email Jake to be added to the mailing list. An email gets sent around every week checking numbers and confirming the pitch booking.

#### Board Gaming

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

#### Cycling

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

#### BARA Pets

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

#### Photography

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

#### Bushwood Gardener's Swap

When: All times  
 Contact: Zoe on 07746 862586  
 Jo on 07757 964911  
 Details: A Whats App group for Bushwood area neighbours to swap unwanted plants and produce. Spring is a prime time for splitting and removing unwanted seedlings. Get in touch with Zoe or Jo if you want to join.

#### Pub Quizzes in E11

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



### Events Diary

Never be bored again, the BARA events diary is your guide to the Leytonstone social calendar for Spring. There is a huge selection of events happening in E11 this year from comedy, live music, boozy brunches, quizzes and plays to markets, supper clubs and exhibitions. There should be something for everyone

Wed 11th Mar	Westminster & Rebellion	Wanstead Tap	7.30pm
Thur 12th Mar	Purpose Workshop - New Beginners	Leytonstone Library	10am
Thur 12th Mar	Dave Haslam - In Conversation	Wanstead Tap	7.30pm
Thur 12th Mar	Drink and Draw - Materials provided	Leytonstone Tavern	8pm
Thur 12th Mar	Lunchtime Concerts - David Cook Organ	StJohns Church	12.45pm
Fri 13th Mar	Woodhouse Players Triple Bill	Welsh Church Hall	8pm
Sat 14th Mar	The Magic Tower & Me and My Friend	Welsh Church Hall	2.30pm
Sat 14th Mar	Three Plays About Sanctuary	Welsh Church Hall	8pm
Sat 14th Mar	Naughtie 00s Bottomless Brunch	The Birds	10.30am
Sat 14th Apr	Flick 'N' Mix Cinema Meet Up	StratfordPicturehouse	7.30pm
Sun 15th Mar	Arch Rivals&PingCoombes Supper Club	Arch Rivals	1pm
Mon 16th Mar	Big Ol' IT Crowd Pub Quiz	The Birds	7.30pm
Tue 17th Mar	Woodhouse Players Free Play Reading	The Welsh Church	7.30pm
Wed 18th Mar	BYO Baby Wine Tasting - parents+carers	Theatre of Wine	2pm
Wed 18th Mar	Beer & Cheese Tasting - Howling Hops	To Be Consumed	7.30pm
Thur 19th Mar	Purpose Workshop - New Beginners	Leytonstone Library	10am
Thur 19th Mar	The Big BARA Quiz	Ex Servicemans Club	7.30pm
Thur 19th Mar	Billy Bragg - 3 Dimensions of Freedom	Wanstead Tap	7.30pm
Thur 19th Mar	Nappy Hour Tasting for Parents+Carers	Burgess&Hall	2.30pm
Thur 19th Mar	The Art of Mixing - Cocktail Tasting	Theatre of Wine	7.30pm
Fri 20th March	Cake & Company Too	Star of India	11.30am
Fri 20th Mar	Karaoke Night - Free Entry	Heathcote&Star	9pm
Sat 21st Mar	Peddle My Wheels Bike Market	St Johns Church	11am
Sat 21st Mar	Elijah's Table Supper Club	To Be Consumed	7pm
Sat 21st Mar	Vintage & Vinyl Market	Lister Road Hall	11am
Sat 21st Mar	The Cimarrons and Guests - Reggae	Red Lion Ballroom	7pm
Sat 21st Mar	Record Hop - Rockabilly Club Night	Plough and Harrow	8pm
Sun 22nd Mar	Sunday Jive in the Ballroom	Red Lion Ballroom	3pm
Wed 25th Mar	Tabletop 50 - Board Game Night	North Star	7.30pm
Thur 26th Mar	Purpose Workshop - New Beginners	Leytonstone Library	10am
Thur 26th Mar	An Evening of Stand Up Comedy	Wanstead Tap	7pm
Thur 26th Mar	Forest Film Club - Short Film Thursdays	The Birds	7.30pm
Thur 26th Mar	Wines & Cheese from Neil's Yard	Theatre of Wine	7.30pm
Fri 27th Mar	Lenny Beige Sings Neil Diamond	Leyton Great Hall	8pm
Fri 27th Mar	Tributes in Burlesque - Stage&Screen	Plough and Harrow	8pm
Sat 28th Mar	Artisan East Makers Market	Leytonstone Tavern	12pm
Sat 28th Mar	Swish N Style - Vintage Clothing Swap	St Johns Church	2pm
Sat 28th Mar	The Allure of Miss Lee - Live Jazz	Wanstead Tap	7pm
Sun 29th Mar	Sunday Papers Live Supplement	Red Lion Ballroom	1pm
Sun 29th Mar	Leybourne Street Party	Leybourne Road	2pm
Sun 29th Mar	BARA Easter Egg Hunt	Henry Reynolds Gdn	11am
Sun 29th Mar	Big Ol' Friends Quiz Double Whammy	The Birds	2.30pm & 7.30pm
Thur 2nd Apr	Vintage Afternoon Tea For Seniors	StJohns Church	3pm
Fri 3rd Apr	The Blockheads	Red Lion Ballroom	7.30pm
Sat 4th Apr	Wildflower Seed Giveaway	St Johns Church	10am
Sat 4th Apr	Tony Slattery - In Conversation	Wanstead Tap	10am
Sun 5th Apr	BARA Litter Pick	Wanstead Flats	11am
Wed 8th Apr	Easter wine & chocolate pairing	To Be Consumed	7.30pm
Thur 9th Apr	Fine Wines for Easter Tasting	Theatre of Wine	7.30pm
Wed 15th Apr	BYO Baby Wine Tasting - parents+carers	Theatre of Wine	2pm
Sat 18th Apr	Drag Bingo Balls Bottomless Brunch	The Birds	10.30am
Sun 12th Apr	Dave Sings Swings - Rat Pack & Swing	Heathcote & Star	7pm
Sun 19th Apr	Sunday Jive in the Ballroom	Red Lion Ballroom	3pm
Mon 20th Apr	Bushwood Bees - Beekeeping Demo	Leytonstone Library	5pm
Tue 21st Apr	Panikos Panavi - Migrant City	Wanstead Tap	7.30pm
Wed 22nd Apr	The Mixed Up Chorus	Red Lion Ballroom	7pm
Thur 23rd Apr	New Wines of the Southern Hemisphere	Theatre of Wine	7.30pm
Fri 24th Apr	Flick 'N' Mix Cinema Meet Up	StratfordPicturehouse	7.30pm
Sat 25th Apr	Power Ballad Bottomless Brunch	The Birds	10.30am
Sat 25th Apr	Newtown Neurotics - Kick Out + Music	Red Lion Ballroom	7pm
Sun 26th Apr	Francis Road Jumble Sale	Francis Road Area	11am
Wed 29th Apr	Tabletop 51 - Board Game Night	North Star	7.30pm
Thur 30th Apr	Forest Film Club - Short Film Thursdays	The Birds	7.30pm
Sat 2nd May	An Evening with Alan McGee	Wanstead Tap	8pm
Thur 7th May	Vintage Afternoon Tea For Seniors	StJohns Church	3pm
Wed 13th May	Satanic Rites of Robin Ince	Wanstead Tap	7pm
Fri 15th March	Cake & Company Too	Star of India	11.30am
Thur 21st May	Lunchtime Concerts	StJohns Church	12.45pm
Wed 27th May	Tabletop 52 - Board Game Night	North Star	7.30pm
Thur 28th May	Forest Film Club - Short Film Thursdays	The Birds	7.30pm
Thur 4th Jun	Vintage Afternoon Tea	StJohns Church	3pm

BARA Recommends

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



# Adboard

Free Member Classifieds

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

**AVON** Patricia Roche: 020 8989 9728 (eve).

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

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

## BABYSITTER AND CHILDMINDER

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

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

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

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

**CARPENTER** -Specialising in cabinets, alcove units, kitchen and bathroom, refurbishes 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

**CHARTERED BUILDING SURVEYORS** RICS accredited London Building Surveyors Ltd is a local, independent company specialising in residential building surveys, party wall and dilapidations disputes. Contact us for a free no obligation quote Tel. 020 8257 5766 www.londonbuildingsurveyors.com

**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  
20% discount for BARA Members

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

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

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

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

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

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

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

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

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

**PET SITTING** -Experienced animal lover/ owner available for cat sitting and dog walking. Will feed your pets whilst you are on holiday or if you are going to be late home from work. Happy to feed pets morning and evening, clean litter trays and draw curtains put on lights in winter and will spend a minimum of 30 minutes giving out cuddles on each visit. Happy to do dog walking too, Honest and reliable, references available. Contact Lynn on 07542 885164

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

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

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

**PSYCHOTHERAPY** Hypnotherapy and cognitive behavioural therapy  
Jeannie: 020 8989 3111

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

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

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

## TUTOR - ALL INSTRUMENTALISTS AND SINGERS

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

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

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

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

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

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



# Shops & Services

## Local Businesses Offering Member Discounts

### YOGA

Mindfulness Yoga:  
Tuesday 8pm & Thursday 9.30am  
Pregnancy Yoga: Tuesday 6.45pm  
Postnatal: Thursday 10.45am  
All classes held at the Quaker Meeting House  
Info [www.helenyoga.co.uk/07956807675](http://www.helenyoga.co.uk/07956807675)

### KERASPICE

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

### LA BELLA VITA

Italian Mediterranean restaurant  
853 High Road Leytonstone  
10% discount

### LE PETIT CORNER

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

### LEYTONSTONE POP-UP CINEMA

[www.leytonstonefilmclub.com](http://www.leytonstonefilmclub.com)  
£1 member discount

### LUNA LOUNGE

7 Church Lane, [www.lunalounge.info](http://www.lunalounge.info)  
10% discount at the bar

### NORTH STAR PUB

24 Browning Road  
10% discount on food orders

### O42 RESTAURANT

885 High Road Leytonstone  
15% off food orders

### PANDA DIM SUM

767 High Road Leytonstone 020 3652 4781  
10% on orders over £10.

### PETCH SAYAM THAI RESTAURANT

682 High Road Leytonstone 020 8556 6821  
10% discount

### SAN MARINO CAFÉ

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

### STAR OF INDIA

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

### SUNFLOWER CAFÉ

**NEW**

777 High Road Leytonstone, 10% discount

### THE EX-SERVICEMEN'S CLUB

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

### DOLCE PATISSERIE

735 High Road Leytonstone  
10% on all purchases

### WOODHOUSE PLAYERS

[www.woodhouseplayers.co.uk](http://www.woodhouseplayers.co.uk)  
Free programme and drink

### ERSILIA ARJOCAN MA, MFHT

[www.holisticreats.blogspot.com](http://www.holisticreats.blogspot.com)  
07791 879256 Free phone consultation and  
10% discount on any 60min or longer

### KAFI DESIR-LORDE

Massage and Beauty Therapist  
07858 295 940 [lordesbeauty@hotmail.com](mailto:lordesbeauty@hotmail.com)  
20% discount

### BAXTER PHYSIOTHERAPY CLINIC

2 Bushwood  
Back and neck problems and all other muscle and joint issues treated. Over 30 years experience.  
020 8989 2292 or 07778 403237  
10% discount to BARA members  
**MARC ROBERTSON HOMEOPATH L.C.H.E.999**  
[www.effectivehomeopathy.co.uk](http://www.effectivehomeopathy.co.uk) 07903 274852  
Homeopathy clinic based in E11  
10% discount

### LEYTONSTONE OSTEOPATHY

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

**ENERGY HEALER/THERAPIST** - (See Adboard) Liz Maloy Jollands: 07855549740  
[lizmaloy@hotmail.com](mailto:lizmaloy@hotmail.com) 20% discount for BARA Members.

### MARK RAHAMAN DIP PT, MRNT, IIHHT

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

### 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](http://www.studio11.london)  
15% off haircuts (excludes other offers)

### STONE MINI MARKET

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

### DAC PLASTERING

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

### 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](http://www.lazfurniture.co.uk) 07849 881597  
10% discount.

### LOCAL PUBLISHER KORERO PRESS

publishes books on art, design & illustration.  
Shop online at [www.koreropress.com](http://www.koreropress.com) Contact  
Yak at [yak@koreropress.com](mailto:yak@koreropress.com) or call 07906 314098 20% discount

### MARC FLETCHER PHOTOGRAPHY

[www.marcfletcher.com](http://www.marcfletcher.com) Weddings are our speciality 07951 048819 -10% discount

### HANDYMAN SERVICES

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

### SCHEMA STUDIO ARCHITECTURE AND INTERIOR DESIGN

[www.schemastudio.co.uk](http://www.schemastudio.co.uk)  
020 7405 4000 / 07436 535 471  
[info@schemastudio.co.uk](mailto:info@schemastudio.co.uk) 10% discount

### TRADING PLACES ESTATE & LETTING AGENTS,

Letting Agents 020 8558 1147  
[jennifer@tradingplacesproperty.com](mailto:jennifer@tradingplacesproperty.com)  
10% off standard sales and letting fees

### 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](http://www.1securitysystems.co.uk) 10% Discount

### BURGESS AND HALL

Wine tastings, events and sales.  
[www.burgessandhall.com](http://www.burgessandhall.com)  
5% discount off wine case prices

### STAYER CYCLES FRAME AND WHEEL BUILDERS

13-14 Acacia Business Centre, Howard Road,  
020 3581 3280 [www.stayercycles.com](http://www.stayercycles.com)  
5% discount on repairs and selected products

### THEATRE OF WINE

556 High Road Leytonstone 0207 0187420  
25% off weekly tasting events  
[www.theatreofwine.com/weeklytastings](http://www.theatreofwine.com/weeklytastings)

### ZAIN CARDS, GIFTS & BALLOONS

48 Church Lane, Leytonstone. 020 8539 2627  
10% off Cards & Gifts in store  
15% off web store with code 'BARA'  
[www.affinitygifts.co.uk](http://www.affinitygifts.co.uk)

**If you would like to offer a discount add yourself to the listings please email [BARAconnect@gmail.com](mailto:BARAconnect@gmail.com)**

**Businesses listed provide discounts to BARA members as a service to the community. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email [BARAconnect@gmail.com](mailto:BARAconnect@gmail.com)**



# SWISH AND STYLE

**Free giant clothes swap!**  
 28 March 2020  
 2pm - 5pm  
 St. John's, High Road  
 Leytonstone, E11 1HH

[@wiseuplowaste](#) [wiseuplowaste](#)  
[wiseuplowaste](#) [wiseuplowaste.org.uk/swish](#)

nlwa WISE UP WASTE

Sing with us! **A new choir in Leytonstone!**

# The Mixed Up Chorus

**Free taster sessions for new members**  
 Wed 22<sup>nd</sup> & Wed 29<sup>th</sup> April  
 7-9 PM

Leytonstone Ballroom, 1<sup>st</sup> floor (above the Red Lion)  
 640 High Road, E11 3AA

The Mixed Up Chorus sings to bring together people of different beliefs, faiths, cultures and life-experiences to promote understanding and empathy.

There are no auditions. The desire to take part and a love for music are the only qualities you need. All welcome.

Find out more:  
[www.mixedupchorus.co.uk](http://www.mixedupchorus.co.uk)

Together Productions  
 Find out more: [www.togetherproductions.co.uk](http://www.togetherproductions.co.uk)  
 email: [travis@togetherproductions.co.uk](mailto:travis@togetherproductions.co.uk)

## #Absofab VINTAGE & VINYL MARKET

**Saturday 21st March 2020**  
 11am to 4pm **Free entry**

Search here for your retro fashion, all types music, interiors, gems, useful gear and much more!  
 Homemade food, (Vegan options).  
 Reuse past news!

**Lister Hall,**  
**Lister Road, London E11 3DH**  
 (off Leytonstone High Road, next to Methodist Church)

Info: 07956221711  
 #AbsofabVintage Facebook Instagram Twitter

# THE BARA LITTER PICK

**5TH APRIL**  
 11AM - 1PM  
**THE FLATS BUSHWOOD**

LITTER PICKING TOOLS AND BAGS WILL BE PROVIDED

# BARA

Bushwood Area Residents' Association

## THE BARA BIG QUIZ

Join us for the BARA quiz  
 Eat amazing food  
 Outquiz your friends  
 Beat your neighbours

Tickets are £10 per person and includes a buffet by the brilliant Zara's Treats  
 Max team size is 6, to guarantee a table please email [baramemberbookings@gmail.com](mailto:baramemberbookings@gmail.com) stating your name, road and number of participants

**19TH MARCH**  
**EX**  
**SERVICEMEN'S CLUB**  
**HARVEY ROAD**  
**@7.30**

**Theydons**  
[www.theydonslife.com](http://www.theydonslife.com)  
[f](#) [i](#) [t](#) [v](#)

Over 35 years experience of the local property market, but what really sets us apart is our bespoke customer service and attention to detail, ensuring together we present your home in the best possible light and attract the best possible price.

BOOK YOUR FREE VALUATION TODAY:  
**020 8539 2009**

20 Church Lane | Leytonstone | London | E11 1HG | [info@theydons.com](mailto:info@theydons.com)  
 LEYTONSTONE | LEYTON | FOREST GATE | WANSTEAD

If another agent is already instructed on a Sole Agency agreement, their terms must be considered, to avoid paying two commissions.