

The Bush Telegraph

December 2020 The High Street Issue



The quarterly newsletter of The Bushwood Area Residents' Association



It's been a turbulent few months for Leytonstone's shopkeepers. But they're staying cheerful and, with the support of local residents, looking positively towards the New Year. BARA committee member Will Higham talked to several of the borough's local retailers about Leytonstone's fascinating past, stormy present and hopeful future. As Antoinette Pienaar who runs gift and homewares store Jo&Kesi says: "everyone's been so supportive."

Though it might seem unprepossessing on a grey December day, Leytonstone High Road has an illustrious history. As historically-minded residents will know, the High Street is part of an ancient highway that ran from Epping to London. More recently, it hosted the first ever in-store escalator outside of Central London, situated in Bearmans department store.

Of course since then, like many high streets across the UK, it's seen a shift from tea shops and trolley cars to coffee shops and car parks. As Will Teasdale, Director of Area Regeneration Delivery at Waltham Forest Council says, "town centres go through many lives. It happened here with the arrival of the railway, the car and then the Tube. It's especially true now. These days no location is standing still. They're all evolving."

But there's one thing that's remained throughout. A sense of togetherness. Says Hannah Giles of hair salon Studio 11:

"I absolutely love Leytonstone's sense of

community, I love that you can walk down the street and see familiar faces and have a little chat. I love how a lot of the business owners help and support each other."

Simona Cirnu, who runs the bakery Dolce Patisserie, agrees. She used to live in Leyton but found herself spending all her time in Leytonstone. "The quality of life in Leytonstone's great. You can find everything you want on the High Street. And there's so much community support. You just don't get that in other places locally. People talking so nicely about us on social media, regular clients who come back and want to know how you are. And they always ask how my kids are, even if they've never met them!"

Life in lockdown

Running a shop or other establishment can be hugely rewarding, but it's never easy. Kevin Verrent who's run The North Star pub for eight years, says "Running a pub's actually much harder than I expected. I used to work for an investment bank, running a 150 person team across 15 European locations and I reckon that was easier!"

As if it wasn't challenging enough, the pandemic's created a raft of new problems. Says Hannah: "As you can imagine, the pandemic's obviously been terrible for business! We were closed for over three months with hardly any income. And now we've been forced to close again. People have been able to contact me via social media with any queries or to purchase their usual shampoo & conditioner etc, but it's still really difficult."

Money's been a major problem for retailers during the pandemic. But it's not the only one. Says Kevin: "Financially it's been pret-

Vacant shop update

Former Laura Lea Premises 1 Church Lane

The council are working with TfL's commercial team to find a suitable tenant for when the unit is back in their possession

Former Shoeworld 676 Leytonstone High Road

This site will become a medical services centre, offering private appointments to see a range of medical and health practitioners.

Former Percy Ingles 10 Church Lane

Under offer. Details to be announced

Former Natwest 694 Leytonstone High Road

Current leaseholders are an online fashion store that are looking for the building to be their offices with some retail. They sell branded clothes

777 Off Licence 624-626 Leytonstone High Road

This large store next to Pure Gym is on the market. There is a lot of interest in this site from a range of businesses.

ty challenging. But actually the hardest thing about the pandemic's been enforcing the rules. Some people think you're moaning at them but you've got to do it. When we were open, if people moved around in the pub without a mask and I got a walk-in inspection I'd get ?

Note From The Chair



Reflecting back on the last time I wrote my piece for the year-end edition of the Bush Telegraph, I'm amazed at how much our world has changed. We headed into 2020 full of optimism and excitement, only for everything to grind to a halt in March. Since then, we've endured unimaginable challenges, lost loved ones, and faced an uncertain future. Nonetheless, I'm continually inspired by people's resourcefulness and kindness, particularly in difficult times. And the community we have here in Bushwood is testament to that.

For instance, this year's front garden competition was harder to judge than ever, because people found themselves with more time on their hands to really transform their homes. You'll find all the details about the winners elsewhere in this issue, but suffice it to say, everyone's hard work made our government-approved walks around the neighbourhood a real tonic.

Sadly, the pandemic and associated lockdowns were particularly challenging for small businesses. There are lots of local businesses still feeling the pinch, so I'm sure you'll join us in trying to support them, as well as other tradespeople in the Leytonstone area. You'll have already seen our front cover story addressing the future of our high street, but we've also updated the Adboard and the listings of all local shops and services that offer a BARA discount.

Another way you can help out, is by making a donation to our foodbank collections. Even before the pandemic, we were all too aware of how many families were experiencing food poverty, but Covid-19 and the lockdown exacerbated this situation for lots of people. There are drop-off points on many streets, and we gather up donations every week to ensure they get where they're needed. The whole committee would like to extend their thanks to everyone who contributed, and pledge to keep it going as long as it's needed.

It's good to know that, even as the world changes around us, some things stay the same! So here's your annual reminder to look out for the article about how to join BARA or renew your membership. There are reps on every road in the Bushwood Area, so why not consider dropping off your envelope as an excuse to get out of the house for a few minutes!

Speaking of members, it will probably come as no surprise to learn that the committee has decided to postpone our AGM until the spring when, hopefully, restrictions will have been lifted and we'll all be able to mix in person. There'll be more information about time and location in the next issue of the BT.

One other positive that's come out of this very unusual year, is seeing individual streets finding new ways to connect and support each other, when unable to get together physically. Barclay Road, for instance, has a WhatsApp group that was set up by local residents, and recently had a community meeting via Zoom, to talk about things we can do together as a community. I know this is being replicated on a number of other streets, so it's great to see the spirit of what BARA is all about coming out in other groups and initiatives.

I think it's always good to end on some happy news, so let me just take this opportunity to thank the committee once again for all their hard work and support, and wish all of you a Merry Christmas, and a much happier 2021!

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 & Facebook
St Augustines's Court

Katy Smith
Safer Neighbourhoods Team
Harvey Road

Janet Lee
Secretary

Will Higham
Town Team &
High Street Liaison
Leybourne Road

Robbyn Linden
Aylmer Road

Annette Loakes
Planning
Bushwood

Fiona Sinclair
Membership
BARA e-Mail Newsletter
Leybourne Road

James Cowen
BT Editor
Library of Things
Lister Road

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

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

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

Please support BARA and follow us on our social media pages

 BARACONNECT@GMAIL.COM

 www.bara.london

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

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

BARA Road Representatives

Aylmer Road
Alex Maws, 1 Aylmer Road
Barclay Road
Doug Sheedy, 11 Barclay Road
Barfield Road

Alex Maws, 1 Aylmer Road
Beacontree Road
Janet Lee dropat 14Beacontree Rd
Browning Road
Anna Davies, 21 Browning Road

Bushwood
Brian Hopson, 49 Bushwood
Carlton Road
Alex Maws, 1 Aylmer Road
Colt's Yard
Jan Osterley, 4 Colt's Yard

Dacre Road
Alex Maws, 1 Aylmer Road
Forest View
Liz Maloy Jollands, 5 Forest View

Grove Road
Doug Sheedy, 11 Barclay Road
Hartley Road
Andrew Shields, 9 Hartley Road

Harvey Road
Katy Smith, 37A Harvey Road
High Road
Doug Sheedy, 11 Barclay Road

John Drinkwater
Anna Davies, 21 Browning Road
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

into trouble. People were accepting generally though. I had a couple who refused to sign in or wear masks. But most people were really complimentary about how safe the pub was." Antoinette has found the necessity to shut particularly frustrating. "I hate selling online. To me it's all about being local. I want people to come in, and touch and feel the stuff. I don't want them to just be scrolling and 'adding to basket'. But we needed to close during lockdown. So we've had to adapt. I'm posting things on Instagram now and people can come round to collect them."

Several of those we spoke to say this second lockdown's actually been worse than the first. For residents and for themselves. The cold weather has made it harder to congregate safely outdoors. And a lot of retailers are trying to work out what to do with all the Christmas stock they had to order well upfront. Plus, as Antoinette says, lockdown is creating a dour mood "just when we're supposed to be all excited and festive."

If there's a swift third lockdown, or a long continuation of the second, it could be worse still. "It's going to be especially tough if lockdown continues through December. The start of December into the New Year is so important to us. If it's good it carries you through the quieter times of January and February. Even if lockdown is lifted it still won't be easy and I'm a little nervous about opening. I love to see people celebrate Christmas, with parties and carols and all that. But it's going to be hard this year whatever happens. It'll all have to be socially managed and won't really have the look of a normal Christmas."

Local support

But there is a bright side. And it's all to do with Community. One of the things that comes out strongly when talking to local retailers is how important their local customers are to them. They've provided them with a huge amount of financial and emotional support during the pandemic.

Says Hannah: "One of the positives of the whole pandemic was the wonderful support and understanding from all the residents. Whether it was to buy a product, pay for a future appointment or simply book one in, it was extremely helpful."

Kevin agrees: "The support's been lovely. Locals asking 'are you gonna be okay?' Or texting through their food orders and saying 'we want you to get through this'. Some have even offered to do some crowdfunding, though it's not got so bad that we need that. Yet!"

One of the differences between local shops and national chains is how frequently customer support goes both ways. When conducting these interviews, it's clear the retailers don't just see the people who frequent their stores as customers, they see them as neighbours. And they've felt responsible for their wellbeing during lockdown.

Simona closed Dolce in the first lockdown because she was worried about her family's health but kept it open this time. "I didn't want to let people down. Those who come regularly even just for take-away coffee. It's important to be there for them."

Antoinette says her interactions with her customers have made it very clear that retailers aren't the only ones having problems. "It's not been easy for anyone. People across the area are afraid of losing their jobs, of getting sick and dying. You get to know people



Kevin and Pria of The North Star



The start of December into the New Year is so important to us. If it's good it carries you through the quieter times of January and February

well and see them really stepping up, but you also see them very worried. Before lockdown people would come in with stories of where they're off to and what they're doing. But now a lot of people come in because they live alone and want company."

Says Kevin: "We're still doing our Thai & Sushi takeaway food, but we decided not to open for takeaway drinks. We're very much a residential pub and we didn't want to risk encouraging people to congregate around people's doorways. Plus I don't want the pub to become a transmission point. I want to protect my customers as well as my family."

Another area of support that many shopkeepers have looked to is Waltham Forest Council. Like other UK councils it's been able to provide grants and other financial assistance. As Kevin says: "It was great that business rates were zeroed off. And the grant from the government's been great too. Every little bit helps."

Councillor Clyde Loakes believes the Council can help in the future too. "The work we've done recently in Orford Rd and Francis Rd by prioritising pedestrians and cyclists and de-prioritising the motorist, has undoubtedly helped the resilience and attractiveness of these two shopping areas... Through the TfL funded 'Business Low Emission Neighbourhood' we hope to bring the relevant learning from those locations to Leytonstone Town Centre."

Meanwhile, many retailers have joined with the council

Everyone loves local

The slogan of the new Town Team is 'Leytonstone Loves Local'. And that's becoming more and more true of Britons as a whole. Increasing numbers are caring more about what's going on in their local area. And the Covid pandemic is accelerating the trend.

Says Will Teasdale, Director of Area Regeneration Delivery at Waltham Forest Council: "One positive of the lockdown is a renewed focus on local neighbourhoods. With town centres busier during the week, less peak time travel out, and more local activity around lunchtime, there's an increased realisation of what people have on their doorstep. And a desire to support their high streets."

According to the Office of National Statistics, over three quarters of Britons say people are doing more to help others locally during the pandemic and over half now feel a genuine sense of belonging to their community. Another survey says two thirds of Britons believe lockdown is bringing their neighbourhood closer together.

Hannah Giles of hair salon Studio 11 is one of several retailers who's noticed the trend: "I definitely think people are more aware of the importance of shopping locally now and how it impacts the area in which they live."

Antoinette Pienaar of Jo&Kesi also believes people are "absolutely" rediscovering their local area. "In Leytonstone, it used to be that people would go to work early and come home late and the shop is closed when all these commuters are passing. So many of my customers were local mums or freelancers. But with lockdown everyone's forced to stay put where they live. And as we're one of the few places you can come for gifts locally, it's meant more people have got to know the shop. We've so many new 'follows' on Instagram, and people saying they've discovered me on their walks."

The trend for local and neighbourly looks set to grow. Working from home is likely to continue to at least some degree post-Covid. And a strong community spirit could prove vitally supportive in what looks like it might be an economic downturn. Local governments are taking note. Paris' mayor, for instance, is hoping to make the region into what she calls a 15 minute city: a collection of urban 'villages' each with all its key facilities within walking distance. Clyde sees the growth of WFH will benefit shopkeepers, creating "greater demands and localised footfall for our local Town Centre throughout the working day, rather than just at either end. People will want reliable 'drop down' workspaces, with reliable digital connectivity, places to buy their food, essentials, gifts and presents from, as well as more places to socialise in a range of different ways." Will believes neighbourhoods could return to a more traditional role: "not just a place to shop as they've become now but a focal place for the community."

Meanwhile more councils, Waltham Forest included, are looking to involve residents in their planning strategies through 'place making' initiatives. So do get involved: share your ideas, and let the Council know of any opportunities to make things better for the community. One way to start is to respond to the new local plan that can be found on the Council website here - www.walthamforest.gov.uk/content/local-plan

Hannah Giles of Studio 11



Antoinette Plenaar's Jo&Kesi on Browing Road

and BARA as part of the Leytonstone Town Team. Not all of the retailers we spoke to believe it can affect real change, but many do and have got on board. Simona, for instance, has joined me and fellow BARA committee member Fiona Sinclair on the Steering Committee. "I'm very excited about the Town team, and pleasantly surprised by what it hopes to achieve." Kevin thinks "it could definitely do some good. And it might be great."

Looking to tomorrow

Of course the High Street isn't perfect. Many retailers and residents I speak to want to see a greater sense of locality and uniqueness in E11. And it won't be easy to change. Several of the shopkeepers have expressed concern over rents, and the difficulty of gaining the support for new projects from landlords who focus only on the bottom line. But the High Street has seen some really positive changes over the last couple of years. There are more local shops arriving on the scene. The Town Team is reignited. There's a renewed trend for Community. And many are hopeful about the future.

Kevin grew up on Beacontree Road. "The High Street's changed since I was young. It was full of local bakers, fishmongers and the like. It's become a bit run down since. But there are positive signs recently. We've got a fishmonger's again now. It's all got more of a local feel again. Maybe it's going full circle. Moving a bit more like Wanstead High Street." Hannah opened Studio 11 in Spring 2017 and believes "the high street has definitely changed for the better since then."

Town teamwork

One of the many positives for the High Street is the re-emergence of the Town Team. This is a group composed of local shopkeepers, Council representatives and BARA committee members and residents. Regular BT readers will remember we interviewed the previous Town Team representatives but they've since moved on. We now have a new Council liaison and a new steering committee. And there's a renewed feeling of hope that "Town Team 2.0" will be able to have a positive impact on the health of our High Street

For instance, it's offering help and advice for local shopkeepers around rents and disputes with their landlords. It's going to be polling retailers and residents alike about what they all want for the area. And it's organised a special virtual advent



Simona from Dolce Patisserie

Each retailer has a vision of what might help. Antoinette, for instance, says "I'd love to see a small clothes designers' emporium, like Hyper Hyper where I used to shop in the '90s. I love the idea of different people specialising in different things, different styles each, their own." And Kevin thinks the area could use a few more local restaurants. Will also sees how the centre could offer a better mix of businesses - places to meet, work and play "to give locals a reason to come in, attract non-residents and provide opportunities to build on the Borough of Culture legacy." Clyde would love to see a reduction in rents: "so that we can see an increased diversity of independent retail, leisure and service offers available. That would really help enable new and emerging independent businesses to dip their toes into having a Town Centre presence."

Thanks to Covid and other issues, it's not an easy time for retailers. But those I spoke to are sounding positive. Especially given the support of local residents. As Antoinette says: "I'm still happy and healthy! Yes it's hard. But overall, I'm very content."

All in all, things look positive for Leytonstone Town Centre.

calendar, with two dozen retailers offering a different discount each day in December. The team is very much a collaborative, ground-up effort, not simply a Council-run one. It will only succeed with local volunteer support. The new Council representative is Jenny Leighton, who joined the WF Regeneration team in 2013. She emphasises the collaborative nature of the Team "working together to make the High Street area better for everyone who works and lives here." She sees her own role as enabling retailers by "putting them in touch with the right people, and acting as a conduit between the Team and all the different departments of the Council".

The initiative is one of an increasing number around the UK, which are doing everything from helping individual shops with planning permission or rent rebate to working closely with councils to ensure

How you can help

Councillor Clyde Loakes believes residents have a vital and active part to play in the future of the Town Centre. "We need to stop being so passive and start to take a little more active interest in our Town Centre's future ... by both using and promoting it more."

Those residents wanting to support their local High Street have several options. One of the most effective is writing a review. In one recent survey, 97 percent of consumers claim they use customer reviews whenever they purchase a new product. If you've had a good experience using a local shop or cafe, do spend a few minutes writing them a review on a relevant website. Perhaps a local site like BARA or Leytonstone Loves, or a national site like or Trip Advisor or Google.

As Kevin Verrant of the North Star pub says: "Do give us a review if you've enjoyed our food. It doesn't have to be glowing! But the more positive reviews we get, the more likely people will be to check us out." Hannah Giles of hair salon Studio 11 agrees. She'd be grateful for any customers to "write Google reviews, share any of our social media posts, and of course support us when we are allowed to open."

Says Simona Cirnu of Dolce: "Recommendations are so important. It really helped us at the start. So yes, do talk us up on social media. But any feedback is important. It helps us grow and develop. Discount is great for us too. It encourages people to buy. Especially those people who might think they can't afford to regularly shop with us."

Simona's words echo what we've heard from the many other retailers who offer discount to BARA members. They see it as a way to elicit both more business and more feedback, and really like it when BARA members use it. So don't be shy!

William Higham is a Futurist. He advises companies on how the business and consumer landscape is likely to evolve, by studying social and economic change. He's consulted for companies from Amazon to Sainsbury's to Walt Disney. He runs strategic consultancy Next Big Thing with his wife Nadia. They're particularly interested in the revival of local community and have just written an in-depth report on the trend. They live on Leybourne Road with their son Milo.

planning initiatives work for everyone. To show what a group like the Town Team can do, Jenny cites what's happened with the Love North Chingford, Wells Street and Chatsworth Road teams, who have done wonders for their respective areas, including practical business support, outside sponsorship, regular new street markets and even an annual festival.

The Team welcomes anyone who wants to help, retailers and residents alike: whether they simply attend events or get more hands on. People with useful skills are particularly welcomed, from business and IT support to graphic design

The Team now has its own dedicated website, Instagram feed and Facebook page. Anyone wanting to get involved should at Leytonstoneloveslocal.co.uk or follow their Instagram [@leytonstoneloveslocal](https://www.instagram.com/leytonstoneloveslocal).

Papi's Munchies

A new pizza place has opened at the North Star, offering delivery and eat in pizzas throughout the week. Anna Davies meets the three friends taking a punt on a new business

Anyone feel they have missed out on some European gastronomy this summer? Meet local residents and three good friends Agustin, Simona and Marcos who have joined their creative talents together during lockdown to bring Neopolitan delights to Bushwood.

During the pandemic lockdown in spring when we couldn't go out to a restaurant and we were all tired of cooking and washing up, a takeaway at home was the new 'going out'. These three bright, young and creative talents saw this opportunity and joined forces to bring 'Papi's Munchies to Leytonstone'.

Who are they? Agustin met Marcos whilst they both worked at the Crate brewery in Hackney Wick. Marcos, who originates from the Azores, grew up in Portugal and later refined his culinary talents by training as a Cordon Bleu pastry chef, in Spain before moving to London and working for Marcus Waring briefly. Agustin, whose father owns a bar in Madrid, long had ideas about setting up his own business and when circumstances around his employment changed in early Spring, he took the leap in lockdown by investing in appliances which allowed him to make pizzas from his home in his conservatory on Brownning Road. Simona from Torre del Greco, a coastal town outside Naples which sits below Mount Vesuvius, moved to London when she was 18. Whilst initially working in hospitality she later moved into a career in retail. As Agustin and Marcos say 'she's the boss'. Simona ensures that the pizza's maintain an authentic texture. Whilst the three good friends all originate from different countries and cultures and speak different languages and bring different influences to the menu, they are drawn together with a passion for good quality food and have developed their own hybrid language of Spanish, Italian and English.

What happened next? Whilst pubs and res-



Agustin, Marcos and Simona are Papi's Munchies

taurants were closed, Agustin set up a pizza takeaway delivery business from his home. Agustin and Simona delivered menus for takeaway pizza to local residents to trial their business. Local pub landlord, Kevin, who in receipt of the flyer (and who conveniently happened to have a pizza kitchen sitting empty in the beer garden at the North Star) approached them with a possible business solution. Both Simona and Marcus, who were looking for a new opportunity, were keen to support and invest in Agustin's idea of setting up a bigger business.

What do they do? Agustin and Marcos experiment and always look to develop the menu. Since opening their business at the North Star, the menu has constantly expanded. Firm favourites are the pepperoni with a spicy nduja dressing on the 'Pepperoni Di Hitchcock' as well as vegan and vegetarian options with a local nod to the 'Epping Forest'. Who knew fresh gremolata would sit so well on a pizza? More importantly, after surrendering to the carb free day, a salty, crunchy hazelnut delight should be sampled in the Nutella pride. It has to be tasted to be appreciated and c'mon you only live once.

What next? Marcos is currently refining a salty Vegan Anchovie topping, which will be arriving soon as a fish free alternative to the 'Sailor's Day'. Whilst this vibrant and enthusiastic young team are constantly and positively looking to grow their business and support the community, they are also focused on developing their own talents. Simona, who is a who

Simona the illustrator, aka The Bulb Girl



is a freelance illustrator will be exhibiting her artistic illustrations of The Bulb Girl in the North Star once the doors are open again. In the meantime, check out her Instagram page [@thebulbgirl](https://www.instagram.com/thebulbgirl).

Whilst the nights ahead might be dark these creative three friends will be working on giving us tasty takeaway and light from the Bulb Girl, the North Star and the wood fire oven.

I would love to support them, tell me more: They have generously and enthusiastically signed up to the BARA discount scheme by offering 15% discount from Tuesday to Friday. In addition, they are open all weekend - closed on a Monday, (but we all deserve a night off!). Order direct on 0208 989 8840. Local delivery is also an option if you can't pick up.

Instagram follow [@papismunchies.leytonstone](https://www.instagram.com/papismunchies.leytonstone) and [@thebulbgirl](https://www.instagram.com/thebulbgirl) or take a look at www.etsy.com/shop/thebulbgirl for some xmas gift ideas.

New Horizon

The Leytonstone favourite, Horizon, has been one of the E11's best loved cafes since 2005. James Cowen meets Ali and his team as we welcome them to the BARA discount scheme

Lister Road's Ali opened Horizon Patisserie & Viennoiserie in 2004 and has been running this busy cafe ever since. Before Horizon the premises was best known for Pollards haberdashery and then briefly a charity shop before Ali took over in 2005.

His six strong team make everything fresh on the premises each day creating everything from sweet treats to breakfast, lunch and full dinners. During lockdown Ali was delivering free supplies from the Horizon to vulnerable people and anyone else who requested them. Now Horizon have joined the BARA discount scheme and are offering an amazing 20% off everything eat in and take-away.

As well as their normal service they also do catering and bespoke cakes for celebrations. <https://horizon-patisserie-viennoiserie.business.site/>



Before Horizon was Pollards

Zain's Cards

Zain's Cards might not be open at the moment but it will be back soon.

Unfortunately, Zain's Card Shop will be closed for the rest of 2020. But don't worry, its not closing down. They closed at the end of March in line with the government's lockdown restrictions and have taken the opportunity to do a major shop refurb. Sabrina told us "They were intending to re-open in November but due to the 2nd lockdown coming into effect we will have to remain closed. There will not be enough time for us to restock and reopen for Christmas now so we are busy making available for sale all our new Xmas stock to purchase on our website."

If you want to support Zain's Card's you can head to their website where you can find all your cards and gifts needs. If you use the coupon code "BARA" at checkout you will receive the 10% BARA discount plus it will be fast 1-2 day delivery via Royal Mail 24 and 48. Check out their comprehensive site here <https://www.affinitygifts.co.uk>

To Be Consumed



We've added To Be Consumed! Nick and Bianca's lovely railway arch is a great place to share a glass of wine. They also offer craft beer and deli items to drink in or take out.
Location: Railway arch next to High Road Overground station
Discount: 10% on everything in the bar to drink in and take out
Opening Hours: Wed 3-7pm, Thur 3-9 Fri 3-9pm, Sat 2-7pm
Contact: tobeconsumed.co.uk

Stone Mini Market



Adrienne and Okan are the epitome of hard work and community. Not only selling great ethical products but also a great place to go for a warm welcome and a chat. Their creativity and drive is outstanding.
Location: Two locations a few yards from each other. 743 and 721 High Street.
Discount: 5% on everything but can't be used with the OurPledge discount.
Opening Times: 11am-7pm. Closed Monday
Instagram: @stoneminimarket

Orient Physiotherapy



Often frequented by a member in need, Orient Physio has recently moved to a brand new facility at Fitness Hub East London which opened in Sept 2020. They are registered with all major insurance companies and accept self referrals.
Location: 721 High Road Leytonstone
Discount: 50% discount on initial consultation
Opening Hours: 5pm - 10pm everyday
Contact: www.orientphysiotherapy.co.uk



SHOP LOCAL

We've updated the BARA discount scheme to try and help promote the amazing businesses on our high street. We've added some exciting new places to use your BARA discount card so, if possible, please think local when shopping this Christmas.

Horizon



Bushwooder Ali and his team have been in E11 since 2005, they supply coffee, food and desserts all made on the premises by the team.
Location: 809 High Road
Discount: A very generous 20% on everything eat in or takeaway.
Opening Hours: Mon-Sat 7am-8pm Sunday 8am-7pm
Contact: horizon-patisserie-viennoiserie.business.site

Dolce Patisserie



Simona's bakery has become an everyday favourite in the short time since opening in late 2019. All their produce is organic and baked daily. The bread is amazing.
Location: 735 Leytonstone High Road
Discount: 10% on everything in or out
Opening Hours: Tuesday-Saturday 8-4pm
Contact: dolcepatisserie.company.site
BARA Members Say: "Dolce make great bread-as well as excellent pastries and cakes. Try it. You will not be disappointed." Evie Edworthy

Panda Dim Sum



Family-run restaurant, Panda, and their delicious dumplings have become a Leytonstone institution. Their food and friendliness keeps their loyal fans coming back time and time again.
Location: High Road 746
Discount: 10% on orders above £10
Opening Hours: Closed until 5th Jan. Noon until 11pm everyday but closed Monday.
Contact: pandadimsum.co.uk

Stone Pizzeria



This new pizza place is an offshoot from the Star of India. Offering authentic Italian style pizzas for eat in, takeaway and delivery.
Location: 877 Leytonstone High Road
Discount: 15% on dining in and 10% on takeaway excludes Deliveroo & Uber etc
Opening Hours: 5pm - 10pm everyday
Contact: stonepizzeria.co.uk

Star of India



Shah and his team have been making quality food in E11 for years. Great value and superb food along with supporting many local organisations and charities
Location: 875 High Road
Discount: 15% on dining in and 10% on takeaway excludes Deliveroo & Uber etc
BARA Members Say: "Shah and his team regularly refresh their dishes with exotic new flavours, and this makes it a great choice when our charity meets for a catch up. His support for worthy causes is legendary" Norman Haines

San Marino Cafe



San Marino is one of E11's go to places for breakfast. Their huge menu means you can have anything from a roast dinner to American pancakes at any time of the day. Great, friendly service in this family run diner.
Location: 668 Leytonstone High Road
Discount: 10% on orders above £10 excludes alcohol
Opening Hours: 7am - 7pm
Contact: sanmarinocafe.co.uk

Papi's Munchies



This new pizza place set up by three friends in the North Star replaces Muga. The pizzas are excellent and creative and can be eaten in the pub or taken away.
Location: Inside the North Star pub, Browning Road
Discount: 15% Tuesday to Friday excludes Deliveroo and Ubereats etc.
Opening Hours: Tue-Wed 5pm-10pm, Thur-Sun 2pm-10pm
Contact: 020 8989 8840
<http://papismunchiespizza.co.uk/>

Studio Eleven



Hannah Giles' has created Studio 11, an environmentally friendly and ethically conscious hair salon. Her team - Sandy, Cheryl, Tara and Anais are all about caring for the health of your hair and create a truly relaxing experience for their customers.
Location: 877 Leytonstone High Road
Discount: 10% on haircuts Monday to Friday
Opening Hours: Mon-Tues 9.30-6.30 Thur 9.30-7.30, Saturday 10-5pm
Contact: 0208 556 7199

North Star Pub



Kevin and Pria and the team at the award winning North Star run the areas most beloved 'local pub'. CAMRA award winning for its beer and also serving amazing Thai food as well sushi Sundays.
Location: Browning Road
Discount: 10% On food orders
Food Served: Tuesday-Friday 6pm-9:45pm, Saturday-Sunday 3pm-9:30pm
Contact: www.thenorthstarpub.co.uk

Zain's Cards



Family business, Zain's Cards has closed since lockdown began. It will be open in the new year with a refurb. In the meantime they offer all their normal stock to buy online with prompt delivery.
Location: 48b Church Lane
Discount: 10% off everything in web store with code 'BARA'
Opening Hours: Online at the moment
Contact: affinitygifts.co.uk

Kera Spice



Genuinely authentic south Indian dishes with lovely friendly service. Offering eat in and take away. If you want to try something different and new then Kera Spice will not disappoint.
Location: 715 Leytonstone High Road
Discount: 10% off food orders only (eat-in or collection)
Opening Hours: Monday-Sunday 12-2:30pm, 6-11pm
Contact: keraspice.com

DC Interiors



A friendly family business run by Ben, his brother Neil and sister Michelle. They have laid carpet and flooring in many a BARA household over the last 18 years and have an excellent range of carpet, wood and laminate floors and artificial turf.
Location: 725 Leytonstone High Road
Discount: 10%
Opening Hours: Mon-Friday 9:30am-5:30pm Saturday 9:30am-3pm
Contact: dcinteriors.com

These are just some of our High Street businesses in our discount scheme but we have many more businesses supporting BARA by offering a discount including:-

Burgess & Hall - Present BARA membership card at Burgess & Hall Wines when you visit and always receive 10% off your total bill - drink in or take-away They offer free local delivery for six bottles or more.
 10% off any six bottles or more
 15% off any 12 bottles or more
E&D Motors - 10% discount except MOTs
Baxter Physiotherapy Clinic - £10 off all sessions
 Please see page 23 for all the businesses offering discounts.

Also don't forget all the other great local businesses in E11 this Christmas. You can get a lot of what you need from local shops instead of Tesco and Amazon.

If you are a local business and want to join the BARA discount scheme then get in touch on BARAConnect@gmail.com

Kate Duffy brings back some summer colour to the autumnal oranges of Bushwood with the results of the BARA Bushwood in Bloom competition

It was a pleasure to do the judging for the annual Bushwood In Bloom competition and despite it being a difficult and different year for all of us, the effort that that so many members had made to brighten up our neighbourhood was commendable. It was also a real sensory experience to judge and in particular the fabulous sunny sunflowers in Browning Road that you had to smile at and the glorious smell of lavender in Grove Road. Beacontree, Stanmore and Michael Road had beautiful arrays of colour in gardens, window boxes and hanging baskets whilst Leyspring Road and St Augustines Court had an abundance of flowers and plants displayed in pots.

We had decided early on in the year that this time we would start our judging in May so we could incorporate all of Bushwood roses at their best. There were many vibrant displays from bush roses to 6ft tall roses to climbing roses and in particular those in Mornington Road.

We had also decided that this year, rather than judge the competition with the traditional 1st 2nd and 3rd place in nominated gardens we would automatically include all BARA gardens. It made the judging a lot harder as there were over 500 gardens eligible but it was wonderful to walk around our streets admiring the lovely garden displays.

We would like to congratulate our winners :

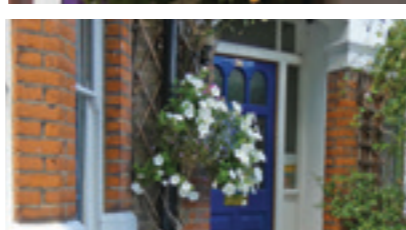
- Joint first :**
- Kerry from Browning Road**
- Barbara from St Augustines Court**
- Equal runners up:**
- Robert from Mornington Road**
- Olga from Leybourne Road**
- Linda and Gareth from Stanmore Road**
- Mary from Beacontree Road**
- Carly from Michael Road**
- Chris from Grove Road**

Prizes are usually presented at our Winter Members Party but unfortunately that event is not likely to happen so instead The Bushwood Flower Fairy has delivered the prize gift vouchers through the winners letterboxes.

Once again a big well done to ALL BARA members for presenting such a blooming lovely display



FLOWERED UP



A YEAR IN BARA

The time of year has come again where we ask you to brave our online membership system or scrabble through your change to find £3 for that brown envelope. But what, I hear some of you ask, has BARA actually done this year?

Despite lockdown and the Coronavirus running rampant throughout the UK, BARA didn't stop getting together to do what they could for Bushwood. We couldn't meet in real life but we could still hold meetings via video calls to plan and think of creative ways we could carry on as close to normal. As well as keeping an eye on planning, Fiona's regular emails keeping you informed, running and moderating the Facebook group and casting an eye over everything happening in the area to see if its worth bringing to your attention we've also been involved in many other things this year. We present a timeline of BARA's activities throughout the year

- January**
BARA AGM, BARA Members' Party, BARA 'Library of Things' launched
- February**
BARA submit a WF boundary committee response
- March**
March edition of the BT distributed
BARA set up a lockdown volunteering initiative with over 100 volunteers
- April**
BARA lockdown survival guide is launched, BARA 'Easter egg for Art' kids initiative
- May**
The BARA online quiz, 'BARA boxes' food bank collection launched
- June**
BARA front garden competition scouts take to the road, Provision of free litter picks, gloves and bags (provided by the LA) to members
- July -August**
August edition of the BT distributed
- September**
Negotiating new and existing deals in the BARA discount scheme
Yard Sale members' pitch
2 X BARA Litter Picks

- October**
Halloween Sweet Bags for Art in windows.
- November**
BARA litter pick
Relaunching discount scheme to support new businesses
- December**
1500 copies of the December edition of the BT distributed
- Members of 3 panels:**
Epping Forest consultative committee (Andy Irvine) -3 meetings this year,
Safer Neighbourhood Team Ward Panel (BARA's Katy is Chair) - 2 meetings this year.
Leytonstone Town Team Steering Group- regular meetings
- Other Meetings Attended**
Local Plan engagement meetings
Whipps Cross Redevelopment engagement meetings
Council Ward Forum Meetings

BARA Stats

15 15 Loans of the BARA gazebo (in return for a food-bank donation)	3 Copies of the Bush Telegraph published and delivered
500+ Books passing through the BARA little libraries	30 Deliveries of food to the St.John's collection point
610 Facebook Members	515 Instagram Followers
20 BARA Newsletters emailed	500+ Household memberships administered
8 Committee meetings	1600+ BARA e-mails Read and Sent



MEMBERSHIP RENEWAL FOR 2021

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

As soon as you join you'll receive a new membership card for 2021 which will entitle you to discounts with many local shops, restaurants, services and tradespeople. You could save the cost of your annual membership over one meal out! You will get quarterly copies of this fantastic publication full of local news & stories. BARA also sends out a regular email newsletter to keep members fully updated on what's going on in the Bushwood area throughout the year. BARA is run by a dedicated committee of local volunteers that live in the area and understand the concerns and challenges of all residents. We are actively involved with the local authority on issues such as planning and parking to ensure that the

resident view is heard. We attend local consultation and ward forum meetings and then feedback to you and have strong links with the local Safer Neighbourhood Team. Members receive invites to exclusive social events, parties, quizzes, guided tours, kids' events & more. For those that are new to the area, these events offer a great way of meeting your neighbours and making some local connections. Once you are a member, you can join our Facebook Group which keeps you linked in and connected with your closest neighbours in real time. You get all of the above and more for only £3 per year.

How to Join for the first time
By Hand: Pop £3 into the envelope provided and drop it through the door of your Road Rep (see p2). Please make sure that we have your address, name(s) and any email addresses that you want added to our distribution list very clearly written on the front
Online: Go to www.bara.london and click on the 'Join Now' button. This will take you to our online membership system where you

can register and pay for your subs by Paypal (please note the email address you register with must be the same one that is linked to your Paypal account).

Renewal for current members
Online: Members for whom we have email addresses will receive an automatic renewal reminder from our membership system (the current membership year ends on 31.12. 2020). If you have a Paypal account associated with the email address that the renewal has come to, then you can use this link to pay your subs online.
By Hand: You are also welcome to continue to pay by putting your £3 in the envelope provided (with full details, including email address, filled in) and dropping it to your nearest Road Rep (see p2 for details).
 N.B.
 BARA membership is by household. One membership covers all members of that household
 Any members who haven't renewed by 31st January 2021 will be removed from our Email and Bush Telegraph distribution lists and from our Facebook site.

AND THE BANDS PLAYED ON

Andrew Shields uncovers the remarkable musical heritage of the Red Lion

On 7 July 1972, a newly formed pop group played at the Red Lion. They didn't dress in denim like most other musicians of the era; in fact, their heavily stylised presentation – a frontman with an extravagant '50s quiff and a keyboard player sporting full make-up and gloves – could hardly have been more opposed to the prevailing fashion.

Three weeks earlier, their appearance on BBC2's 'The Old Grey Whistle Test' had raised eyebrows for its art-pop pretensions; by mid-August, their first single, 'Virginia Plain', was storming up the charts and the band were booked as support to David Bowie at two huge London concerts.

From a room above a pub in Leytonstone to the stage of the Rainbow Theatre in just six weeks – quite a journey for Bryan Ferry, Brian Eno and Roxy Music.

Led Zeppelin – the truth!

One of the joys of living in this area over the last decade has been its re-emergent music scene; in particular, the restoration of the Leytonstone Ballroom above the Red Lion. From Jazzie B to Norman Jay, the Blockheads to snooker legend Steve Davis, who DJ'd during the wonderful Shake the High Road Festival in 2018, this iconic venue has attracted some major names in recent years. We can only hope it will do so again when the Covid-19 pandemic is under control.

Claims of a rich musical heritage has been part of the Red Lion story since its revitalisation in 2011, but is it justified? Who actually performed there?

Many sources state that Led Zeppelin played their first ever London gig at the Red Lion but sadly that's not true – it was at the Marquee Club, then located in Soho's Wardour Street. The nearest Robert Plant and Jimmy Page came to strutting their stuff in E11 was a gig in April 1969 at the Dagenham Roundhouse, just one of many venues across east London regularly putting on bands.

At that time local music lovers were spoiled for choice: the Cooks Ferry Inn in Edmonton on Thursdays, Red Lion on Fridays, Wake's Arms just outside Epping on Saturdays and the Roundhouse on Sundays. All four were part of an established circuit for up and coming acts,



“The Who delivered on their promise of 'Maximum R&B'. Roger Daltrey, Keith Moon, John Entwistle and Pete Townshend played a four-week residency on Mondays from 14 December 1964.



The Who in 1973



Left: Bryan Ferry in 1973
Top: Tony Banks with Genesis

“The Red Lion was one of a number of important pub gigs in the London area
Tony Banks, Genesis

some of whom didn't quite make it while others went on to become household names. In 1970-71 Thin Lizzy, Black Sabbath and Deep Purple played at 'Groovesville', as the music club at the Wake's Arms was known. In 1975, the 'Village Blues Club' at the Roundhouse served up Dr Feelgood, Judas Priest and Motörhead.

Ready Steady Who?

As for the Red Lion, its reputation was established a few years earlier when The Who delivered on their promise of 'Maximum R&B'. Roger Daltrey, Keith Moon, John Entwistle and Pete Townshend played a four-week residency on Mondays from 14 December 1964. Just two days before their first appearance, the band performed at Harrow Technical College which Keith Moon had attended. In the audience was Cathy McGowan, presenter of 'Ready Steady Go!' – the hippest pop show on TV. A month later The Who made their debut on the programme, the first of many such appearances, and their reputation skyrocketed.

October 1968 saw an appearance by quirky folk-rockers Jethro Tull, around the time of their first album release. According to a contributor to a fan website, the evening was poorly attended: '[lead singer] Ian Anderson distributed Rothmans to the audience, which tells you how many there were of us'.

Undaunted, however, that same year brought Fleetwood Mac and two shows from The Nice, while the new decade ushered in a shift in musical styles. Prog-rockers Yes appeared in August 1970 and Genesis played three shows in 1971-72. Writing on the Prog Archives website, fan 'Alan D' recalled:

"Several of the regulars at the Village Blues Club recommended that I should check out a band called Genesis and, as luck would have it, they were booked to play the Red Lion pub in Leytonstone. This was a local gig for me so, on a Friday evening in May, my younger sister and I met up with Trev and Pete, who were two seasoned Genesis freaks by now, and

we trekked across Wanstead Flats and arrived early outside the Red Lion.

"As we were waiting a van pulled up and several of the group and a couple of roadies got out, instantly recognised by Trev and Pete. The only entrance was up a steep staircase that led to the room over the pub and the band asked if we'd help them get the gear upstairs so the roadies could set it up.

"It proved relatively easy to get the various parts of the drummer Phil's kit and even the amps upstairs but when it came to keyboardist Tony's beast of a mellotron, it proved more difficult!

"Unfortunately, Trev's grip on the mellotron wasn't too secure and Pete couldn't take the weight at the top end so it slid and clattered to the bottom of the stairs! Eventually we made it and left the band and roadies to get it all set up, while we resumed our place at the head of an ever-lengthening queue. The entry charge was 50p, a real bargain, and the atmosphere was always really good."

The drummer was Phil Collins, later to become Genesis's lead singer, while the keyboardist was Tony Banks. The mellotron was a cumbersome and temperamental electronic instrument not intended for use by touring bands.

STATUS SYMBOLS

"I was 15/16, living in East Ham/Forest Gate, and every Friday around 1971-73 the Red Lion featured all the bands whose records I was buying. It was cheap to get in – my mates and I got the bus to Leytonstone then you just turned up, pay on the door. The stage wasn't very high and it was packed pretty much every week, shoulder to shoulder. It didn't matter much who was playing.

"I saw Status Quo a couple of times at the Red Lion. They certainly weren't



A young Noddy Holder in 1973

fashionable but they really were great. My then-girlfriend came with me once. She was a hairdresser and had been on her feet all day. Even though it was really loud, she actually fell asleep. She couldn't fall over because it was so packed but she was out on her feet.

"Perhaps my strongest memory is the odour of the place. The smell of wet Afghan coats in a room that's absolutely heaving is something that never leaves you!"

Brad Wray

Even a later model, designed to be as portable as possible, weighed over 55kg!

When reminded of the Red Lion incident, Tony Banks told us: "This was probably one of the better days for the mellotron. On one occasion they had to saw through a staircase in order to get it into the venue. It never really worked properly as it was originally designed to stay in a living room, and we were constantly having to rebuild it to get it to half work. Great sounds though!"

"The Red Lion was one of a number of important pub gigs in the London area, though we did better in some of the others. Farx club at the Northcote Arms in Southall was probably the one we did best at, also the Toby Jug in Tolworth."

Coz we loved Slade

Another local venue putting on bands in its upstairs function room was the Chestnut Tree pub on Lea Bridge Road. The Chez Club, as it was known, briefly relocated to the Red Lion in 1971 and staged shows by the likes of Hawkwind, Barclay James Harvest and two of Slade's three gigs at the venue.

At that time, Noddy Holder's band were far from the cuddly uncles of today – they had ditched an uncompromising skinhead look, grown their hair and aligned themselves to the glam rock movement of the early 1970s. When Slade played in E11 in October 1971, their single 'Coz I Luv You' had been released the same day. It reached No. 1 and spent eight weeks in the Top 10, with Slade quickly graduating from pub function rooms to the 'Top of the Pops' studios.

Status Quo had enjoyed four Top 30 hits before they played their first of three shows at the Red Lion. When they hit the stage in August 1972, Quo had moved towards their trademark 12-bar boogie and were preparing to record

ON THE ROAD

"The first band I worked with was a punk band called Cock Sparrer, then I was tour manager for John Miles, the Boomtown Rats, Kiss, the Thompson Twins, Human League and Van Morrison, among others. In 2009 I joined up with Status Quo and was with them for ten years. It's amazing that I got to work with a band I'd first seen in the Red Lion a couple of miles from my house when I was a kid.

"Yes was the first band I ever saw live. My older cousin told me I had to hear them, so off we went to the Red Lion. It wasn't my

type of music, but it didn't put me off going to see more bands there. There might have been seven or eight of us going regularly, jockeying for position down the front. I don't ever remember any trouble, even though it was packed.

"I've talked with Quo's old tour manager about their early days and he remembered the band playing at the Red Lion. He said it was a very sweaty venue with the crowd right up close and personal."

Glen Smith

'Piledriver', their fifth album and the disc that would propel them into rock superstardom. Though Brad Wray [see Status symbols box] can't remember if they played their soon-to-be hit single 'Paper Plane', he does recall the band's faded denim and T-shirt look that has remained a constant throughout their career.

It wasn't only upstairs in the Red Lion that musical connections were forged. A pub is, of course, primarily a meeting place and a chance encounter in the bar was to prove a pivotal moment in heavy metal history.

Iron Maiden played some of their first shows in 1976 at the Cart and Horses pub in Maryland, at the other end of Leytonstone High Road. By November 1978 band members Steve Harris, Dave Murray and Doug Sampson were looking for a lead singer when they bumped into Chingford-born Paul Andrews having a beer. A chat, an audition and a name change later (Paul Andrews became Paul Di'anno), the first classic Maiden line-up was ready to launch its sonic assault on the world.

And the rest, as they say, is history!

"It's amazing that I got to work with a band I'd first seen in the Red Lion a couple of miles from my house when I was a kid"

Glen Smith on Status Quo



Trees), before restyling themselves as Modern Romance and enjoying two Top 20 singles: 'Everybody Salsa' and 'Ay Ay Ay Ay Moosey'. A 1981 gig by Flux of Pink Indians, The Subhumans and Rudimentary Peni earned a full-page review in 'NME', proclaiming 'Punk's not dead'. The PA failed to turn up so Flux's lead singer ran the door and charged everyone £1. The Red Lion also hosted bands inspired by the Mod Revival, including Back to Zero, The Chords and Purple Hearts.

1990s

"Not forgetting its days as a pool hall in the 1990s. Mark 'Tucker Jenkins' Fowler from EastEnders was a regular." Peter Carr

2010s

In 2014, London band The Gents had a big surprise when Damon Albarn asked to join them for a number. "It was a regular gig. Wednesday night down the boozier, and he wandered in," said singer Kristian Cockburn. The Blur star, born in Fillebrook Road, treated the Red Lion to 'Parklife'. "He suggested it. He was so game for it," added Cockburn.

www.bbc.co.uk/news/av/uk-england-london-27160511

there and is the home of the East Side Jazz Club.

"According to trombonist Alan Bond: 'The band's regular venue was the Red Lion at Leytonstone and it was two trolleybuses and a tube ride for us to get there but, oh boy, it was worth it!'" Mike Rose, National Jazz Archive

1970s

"The Radio Caroline Roadshows took the form of a rock disco. I remember attending several of these from about '77 to '80 in various locations across London and Essex. I particularly recall one Roadshow held upstairs at the Red Lion. This was hosted by three DJs – I think they were Robb Eden, Robbie Day and 'Harvey The Rabbit'. I remember the sprung wooden started bouncing alarmingly due to all the dancing about!" Phil Ericson <https://philthequill.wordpress.com/tag/red-lion-leytonstone/>

"There were also reggae nights at the weekends in the '70s with a sound system. I went with my husband. It was very popular especially as it was the only legal venue for reggae in Waltham Forest. There were plenty in other neighbouring London boroughs." Diana Lowe

1980s

During the late '70s and early '80s, the Red Lion hosted punk and new wave gigs. Acts included the Leyton Buzzards whose debut single, '19 and Mad', was released by Walthamstow-based Small Wonder Records. The Buzzards had a minor hit, 'Saturday Night (Beneath the Plastic Palm

THE RED LION - THROUGH THE DECADES

1940s-1960s

"Upstairs at the Red Lion, in what was then the Masonic Hall, was home to The Southern Jazz Club and banjoist Eric Silk's Southern Jazz Band. As a resident of Leytonstone and a jazz fan from the age of 9, I recall seeing the club's advert in the local paper every week but I never actually visited it. I was either too young or by the 1960s I was visiting the West End clubs. I'm fairly sure the club began in the late 1940s and we know it met regularly in 1951 but for how many years I'm unsure.



Eric Silk and his Southern Jazz Band

"I ran a search on the National Jazz Archive's website but the only item that appeared was an image of the Eric Silk Southern Jazz Band published in 'Jazz News' in 1961. I also found a brief news item in the 'Musical Express' in 1952 which explained that the usual club venue at the 'Old Red Lion' is undergoing redecoration and, for three weeks, the band will be using the Leytonstone Ex-Servicemen's Club at the back of the pub which, of course, is still



Our gardens are becoming less friendly for the hedgehog and affecting their numbers. Bushwood's Tom Marshall suggests a way we can help them out.

Bushwood is an amazing place to spot wildlife and over the last few years I have seen deer on the flats, toads in the front and back garden and a surprising array of birds. One animal I would love to see in our neighbourhood is a hedgehog. I am reliably told that hedgehogs do live in the area - maybe you have been lucky enough to see or have one in your garden?

The unfortunate reality is that British gardens are becoming poorer homes for wildlife with increased paving, decking and reduced plant life. We're seeing a huge loss of connectivity between green spaces and the result of this is that hedgehogs are being isolated. Research suggests that the UK has lost a third of its hedgehogs since the millennium. But it's not all bad news. There are signs that urban populations are stabilising and we must now do all we can to help sustain and protect the habitat for our spiky friends.

Hedgehog Street is a national campaign to ensure that hedgehogs remain a common and familiar part of British life. You can find an amazing map of hedgehog sightings across the UK here <https://bighedgehogmap.org/>

In order to improve urban areas for hedgehogs, as well as for other animals, there is a need for:

- More gardens and green spaces linked with 'Hedgehog Highways' in fences
- More wild areas and log piles in gardens for insects and other wildlife



- More hedgehog houses and feeding stations in gardens

Hedgehogs roam between 1-2km each night during their active season. It is therefore critical that they can access a wide range of gardens. 13 x 13cm (5 x 5") holes in walls or fences will let hedgehogs through but are too small for most pets.

Wouldn't it be fantastic if we could give hedgehogs the freedom to roam around our gardens by creating a hedgehog highway around Bushwood? This would be a network of access points between gardens and would be of benefit to other creatures such as toads and newts.

There is a wealth of information at Hedgehog Street <https://www.hedgehogstreet.org/>

I would love to get the (spiky) ball rolling and see if other neighbours might be interested in this.

Please let me know if you would be interested in helping to coordinate and talking to your neighbours. bushwoodloveshedgehogs@gmail.com

Credit: Stephen Oliver

Winter Night Shelters

Reverend David Britton on the emergency night shelters that set up in our local churches every winter

The COVID-19 pandemic has hit everyone hard but it is particularly challenging for our most vulnerable members of society, especially those who are homeless.

Every winter in Waltham Forest, the Forest Churches Emergency Night Shelter (FCENS) has been providing emergency accommodation for the homeless in churches and church halls around the borough.

This winter, due to the COVID-19 restrictions on shared space, the Shelter is unable to operate as it normally does; however the need for emergency accommodation for those experiencing homelessness is potentially greater than ever. Therefore FCENS have been raising money to provide emergency accommodation through a hotel partnership established at the beginning of lockdown, by funding individual bed spaces per night to run from November through to the end of March 2021 (or longer if funds permit).

Thanks to a National Lottery bid FCENS have managed to raise enough money to provide 16 bed spaces until 31st March 2021. In addition to bed spaces, FCENS are providing the guests with hot meals and breakfast everyday through local Church partnerships, as well as looking to run a befriending project. FCENS continue to provide professional support to the guests through a full-time Caseworker and two part-time caseworkers, as well as Night Staff who ensure the guests are safe and supported throughout the night.

How could you help this winter? "There are still a number of significant costs which still need to be met" says David Britton, Chair of FCENS. "Normally the Shelter takes up to 30 guests depending on demand, so 16 bed spaces is far less than the number provided in previous years. In addition, we need to raise funds to meet the ongoing costs of providing professional Caseworker support. This is vital in terms of helping the homeless get re-housed and also meeting their various support needs. Whilst getting people off the streets can save a life, the casework can really help transform it."

If you would like to find out more and make a donation you can visit the website: www.forestnightshelter.org.uk/ or you can support a crowd funding campaign set up by Christ Church, Wanstead: www.avivacommunityfund.co.uk/giving-shelter-to-the-homeless.



IN SEARCH OF SEASONAL SOUNDS

As we approach Christmas under Covid conditions, one thing that Coronavirus can't touch is the simple pleasure of listening to music. In an effort to break away from the usual Christmas sounds, Bushwood area resident and author of *Listening to the Wind*, Ian Preece takes you along on his never-ending search for alternative seasonal sounds.

It's usually around this time of year, while studying the frozen party food in Iceland and listening to Roy Wood piped through the supermarket speakers that I'm compelled to return to my pursuit of ever-more esoteric Christmas and seasonal lps. I'm currently going through a phase of revisiting a lot of electronica from the 90s – hearing Stephan Matthieu's & Ekkehard Ehlers' 'Turkey Song' or 'Vinnie's Theme' while perusing the freezer aisle really would be something. The artist Christian Marclay once erected a tent outside the Tate Modern and filled it with turntables and his collection of hundreds, possibly thousands, of Christmas lps. In that spirit, and loosely tied in with my book on independent record labels that came out this year, *Listening to the Wind* (see panel), here are some alternative selections for those tired of Wham's 'Last Christmas'. (I'm assuming readers will already be hip to alternative classics of the genre such as Low's Christmas lp, Run DMC's 'Christmas in Hollis', Sufjan Stevens' Songs for Christmas box set, The Fall's 'Hark the Herald Angels Sing' and the Newham Generals' take on Aled Jones' 'Flying in the Air'.)

1 Folklore Tapes Calendar Customs volume 3: Midwinter Rights & Revelries. Folklore Tapes have been pretty quiet for a year or so now. I miss their homespun releases with accompanying hand-printed guides to plants and moss, pressed flowers and dried leaves, all welding music to a sense of time and place. Calendar Customs was originally a series of four cassettes released broadly in line with the seasons. Winter is a beauty, especially with the gently shimmering, droning, chiming guitar sounding 'The Devil's Knell' by Dean McPhee; Rob St John's musical treatment of field recordings from the Upper Calder Val-

ley; Ian Humberstone's crackling evocation of a blazing tar-barrel being hoisted around the streets of 17th century Burghead on the Moray Firth to welcome in New Year ('Carrying the Clavie Fire'); and Mary Stark's beautifully layered sampling of 'Holly & Ivy'.

2 Christmas Lights, Christmas Lights: a 2013 pressing of beautiful Boards of Canada(ish) ambient electronica from the San Fernando Valley in Southern California (on Attacknine records); queasy orange-and blue-swirled vinyl perfectly matches the peculiar coloured light and pink clouds of a winter morning. Also good to play on headphones on Wanstead Flats as the sun disappears below the horizon and the lights come on in Fred Wigg and John Walsh towers.



3 One for the Christmas Eve rowdiness at the Walnut Tree, the **Boy Better Know Christmas 2017** release features Jammer, of Jammer's Basement on Bushwood, the basement that hosted the legendary grime mc battles caught on tape on the Lord of the Mics nights. 'It's all festive, banter/I like ice in my Fanta' intones Frisco; Skepta displays a degree of impatience waiting for the 'big fat guy with the white beard' to come down the chimney – but the bullets have been replaced by M&Ms and Minstrels; and it sounds like Shorty ('Man better know theirself/Can't take Shorty for Christmas elf') will be checking out the Iceland seasonal vegan range: 'Don't eat turkey but I sing hymns/Don't eat anything

that's got limbs/Don't ask me if I want any trimmings/I go to the barbers if I want trim/Pigs in blankets, straight in the bin'. Funnier than something like, say, Bad Santa.

4 Where Will you Be Christmas Day? Lance and April Ledbetter of exemplary archival label Dust-to-Digital handed me a copy of this when I interviewed them in their Atlanta front room – a cd compilation of crackly Christmas 78s; a swinging bunch of blues, Chicago blues, gospel, sacred harp, state farm prisoners', fiddle and calypso tunes from 1917 to 1959. Features Leroy Carr's 'Christmas in Jail – Ain't that a Pain' ('the blues come fallin'/they fall like drops of rain/I've got to spend my Christmas locked up in jail – again') and Lord Beginner's 'Christmas Morning, the Rum Had Me Yawning'. Fiddlin' John Carson of the Virginia Reelers doesn't seem too distressed that 'Christmas Time Will Soon Be Over'; Lead Belly seems a little too excited that 'Christmas is A-Coming'. There are star turns from Bessie Smith, Mary Harris and Peetie Wheatstraw, and Kansas City Kitty ('Christmas Morning Blues'). To get the party really started crank up the volume for the Cotton Top Mountain Sanctified Singers' 'Christ was Born on Christmas Morn', sung by Frankie 'Half Pint' Jaxon with Ernest 'Punch' Miller on bluesy cornet, recorded in Chicago in 1929.



5 John Fahey, Christmas Guitar, Volume One. One of the few good things about getting older is that you were around when vinyl came to be sold off cheap, because it was yesterday's format. I've got a pretty good selection of Blue Note lps, all

picked up for around £2.99 from the basement of Honest Jon's in Ladbroke Grove, circa 1989 or 1990. The same thing happened with this: £2.99 from Selectadisc on Berwick Street. For years I stuck it on during the festive season. She wouldn't have approved of his drinking and carrying on, including faking a suicide to get a free ride in an ambulance from a motel in Salem, Oregon, but my mother-in-law was a major fan of Fahey's restful 'Silent Night, Holy Night'. There's a lovely resonance to tracks like 'Joy to the World' and 'We Three Kings', and like with the rest of the brilliant guitarist's albums, you constantly hear new things. For more seasonal solo guitar check out Sean Smith's sometimes plaintive fingerpicking on his Christmas cd of traditional carols (Tompkins Square, 2010) or even Glenn Jones' 'A Different Kind of Christmas Carol' from The Giant Who Ate Himself, and Other New Works for 6 and 12 String Guitar, a sublime lp pressed on 'frog green' vinyl (Thrill Jockey, 2018) – but talking of 'We Three Kings'...

6 Indiana Highway, 'We Three Kings'. This is from the Jazzman Records compilation *A New Life: Private, Independent and Youth Jazz in Great Britain, 1966-1990*. Indiana Highway were a jazz quartet who hailed from Torquay, and had proper jazz names: Dave Clinkenbergh on drums; Bob Pring on guitar; Jon Snell on flute. It's Barry Privett's keyboard and organ sounds I love most, though: they propel the groove along in a manner more associated with Detroit than Devon. So hot that the EP this track originally featured on sold more than 200 copies in Torbay alone during Christmas 1970.

7 'After Christmas', Studio One 12-inch by Earl 'Bagga' Walker, Pablove Black & Jackie Mittoo. Near unsurpassable mellow rootsy dub mash-up of a couple of tiny fragments of 'Joy to All' and 'Jingle Bells' spun into possibly the greatest reggae Christmas tune of all time (ahead of even, maybe, the Iron Phoenix's 'Natty Dread Christmas' 7-inch from 1977). I put that to Pete Holdsworth of Pressure Sounds (chapter 16, LtW). He pointed me in the direction of:

8 'Merry Christmas', Cedric Bravo with Rico and the Four Stars, a beautifully lilting ska number from 1965, with 'Sugar Baby' on the same rhythm on the B-side, and Rico Rodriguez on trombone. Crackly and probably shot to pieces, but my hand is hovering over the £19 buy button on Discogs.



9 Jeff Parker, Bright Light in Winter; Sonny Rollins on BBC4; The Delines, Colfax. I found Bright Light in Winter in a heavily stocked Delmark vinyl bin in a cool record shop in Ljubljana. It's not exactly a Christmas album, but nevertheless there's something seasonal about the bright,

lyrical jazz guitar. Or maybe that's just me: years ago I recall watching a Sonny Rollins concert recorded at Ronnie Scott's in 1974. In my memory it's either Christmas time on Greek Street, or it was when I caught this on late-night TV, slumped on our settee. Or maybe it was just the glow from those old fashioned red and green stage lights. It's absolutely fantastic, anyhow, and includes the best (practically unrecognisable) version of 'Swing Low, Sweet Chariot' you'll ever here, with a Rufus Harley on bagpipes, as well as great 1974 audience shots: all cigarette smoke, dimpled pint glasses and cheesecloth shirts. Around the same time as stumbling on this on BBC4 I remember buying The Delines' Colfax for my better half for Christmas. Rich, warm, soulful and just slightly downbeat, we played it over and over again that Christmas, the kids in bed, a last glass of red wine very late at night on Christmas Day, watching the green and red lights flashing on the tree, listening to 'The Oil Rigs at Night'.

10 Nils Frahm, Wintermusik. Originally recorded as a Christmas gift for friends and family, this was the mini-album that effectively launched not only future post-classical superstar Frahm but also Monique Recknagel's tiny Berlin label of handcrafted, cloth-covered cds and lps, sonic pieces, into the world (chapter 28, LtW). I don't think it's actually snowed on Christmas Day since 1970, but should it do so in 2020 this album of bright simple piano, reed organ and celeste is the lp to place the needle on while the morning sun glints off the white expanse of Wanstead Flats.



11 One of the greatest, most life-affirming things of recent years has been the re-emergence of 85-year-old former Hastings trolley-bus conductor and folk singer Shirley Collins. Life is usually too short to read books twice (there's always an unread one to fit in) but America Over the Water, Collins' memoir of her field-recording trips across the American South in 1959 with Alan Lomax, is beautiful and sad and one of the select few to warrant that second read. Then in 2016 came her first lp since 1978, shortly followed by another excellent book, *All in the Downs: Reflections on Life, Landscape and Song*, before this year, the lovely, refined, slightly resigned and worldly wise new lp *Heart's Ease*, which came out in the summer but is truly a record for all seasons. It's a bleak winter on the farm, streams are frozen, flakes of ice are floating in the cream in the urn the hares and birds are scrabbling around for food, and in 'The Christmas Song', but the seasons are always changing, spring is just around the corner, cycles move on and new life is bursting through in 'Sweet Greens and Blues'.

12 Sun Ra/The Qualities, 'It's Christmas Time'. An oddity from Sun Ra's early doo-wop days, recorded with a male vocal group in

LISTENING TO THE WIND

ENCOUNTERS WITH 21ST CENTURY INDEPENDENT RECORD LABELS



IAN PREECE

Shop local. You can buy *Listening to the Wind*, Ian's road trip across America, the UK, Europe and North Africa (well, Germany and Tunisia), talking to the founders of independent record labels (published by Omnibus), at the Newham Bookshop (newhambooks.co.uk).

'Appearing at a time of pandemic and privations, when the futures of those who make and sell records are so uncertain, *Listening to the Wind* is an unexpectedly moving valentine' - *The Wire*

'Comfort food for the heart and mind. For all the soulless Geffen-worthy wrongs of this world, there are people in the real world honouring a pristine love for music, musicians and fellow music heads. These are the stories Preece went looking for... moving onto the next chapter soon becomes a time-consuming pleasure' - *Shindig!*

'You can't help warming to his anti-populist folly and soon acquire a shopping list as long as your arm' - *Mojo* 'Delightfully overwhelming' - *Gideon Coe, Late Night Book Club, BBC6Music*

Ian will also be appearing on Andrew Thorne's Early Show in December, broadcast on Sunday lunchtimes, 12.30 – 2pm on Mixlr.com/reminisce2012, live from the heart of Bushwood.



Chicago in 1957. Completely addictive, with a nuts B-side featuring the caped one from Saturn and the Qualities wishing each other a fruity 'Happy New Year to You'. Laidback New Jersey beatniks Yo la Tengo also covered this on their 'Merry Christmas from Yo la Tengo' cd in 2002.

13 William Basinski, 'Silent Night'. Basinski – the New York musician famous for running corroding tape loops through his reel-to-reel machine-heads and spindles then recording the decaying ambience (The Disintegration Loops) as a kind of elegy to September 11th – released this 'somnolent meditation about the birth of Jesus' in 2004. Any loop of the actual 'Silent Night' is slowed down and stretched beyond recognition, and critics at the time were divided over the 20-minute coda of susurrating crickets. But whatever William Basinski album you zone out to at Christmas is just perfect: full of soul, beauty and wonder at the world. (In Listening to the Wind there's a nice account in the words of the New York label owner Jeremy deVine of how he came to work with Basinski at Temporary Residence – chapter 25.)

14 A Jockey's Christmas, Willy Vlautin. Novelist, Richmond Fontaine/Delines main man Vlautin's 2008 short story/spoken-word/pedal-steel lament about a jockey on his uppers experiencing a serious losing streak while visiting family at Christmas features plenty of tequila and orange juice, uneaten pot roast and head-in-hands moments at the racetrack. Prepare to be run through the mangle – but readers of Vlautin's downbeat novels will know never to lose hope.

15 'Silver Bells', Moon Duo, and Jacob Miller & Inner Circle. With a hazy vocal submerged under some muffled echo and reverb, and on 7-inch translucent green vinyl too, Moon Duo's rendering from 2010 is a doozy treat. Almost as good is

the Jacob Miller, Inner Circle and Ray I version on the 1978 album Natty Christmas '... silver bells/silver bells/ring a ding, ring a ling/ soon it will be Christmas time in the ghetto...' For anyone who turned up to my talk on Listening to the Wind at the Wanstead Tap and remembers me quoting Pete Holdsworth of Pressure Sounds talking about Jacob Miller and Inner Circle hanging out writing Rasta poetry and creating deep art in an uptown Kingston version of Andy Warhol's Factory, well... this Natty Christmas lp came later.



16 Tracey Thorn, Tinsel and Lights. Probably the Christmas staple in our house. Particularly ace are the covers of Sufjan Stevens' 'Sister Winter' and Joni Mitchell's 'River'. In the words of Hugh Martin and Ralph Blane, also covered with sparse piano and swooning violins on Tinsel and Lights, 'Have yourself a merry little Christmas/Let your heart be light/ From now on our troubles will be out of sight'. (thanks to Pete Holdsworth and Thurston Preece)

High Road Christmas Lights

Rev David Britton and Cllr Clyde Loakes switched on Leytonstone's Christmas lights. Despite Christmas not being the same this year we can still have a festive town centre. This year there are even more lights stretching further down the high road than previous years. On top of the normal lights, look out for the Light Up Leytonstone installations which features pop-up projections and light displays around the high street. Find out more here... <https://leytonstoneloveslocal.co.uk/>



HRG Sakura Cherry Trees



In celebration of National Tree Week, the council have planted an avenue of 14 Sakura Cherry Trees in Henry Reynolds Gardens with children from Davies Lane Primary School. The trees will blossom in April giving some lovely colour to the park.

The council bid to be part of this joint project with Japan to plant thousands of trees across the UK two years ago. There are another 8 still to be planted at St. Johns church.

You can find out more about the Sakura Project and Mission here <https://japanuksakura.org/>

Ron's Bomb Walk

Back in September, Lister Road's Ron Allen led a walk around E11, exploring the bomb sites of the Blitz

Despite mild lockdown restrictions and a group limit of thirty, Ron Allen managed to take residents on a tour of E11's bomb sites. Ron's occasional bomb walks are very well attended and are not to be missed. A leisurely stroll around Bushwood and the town centre, stopping at the locations of dropped in world ward 2. Ron describes where he was when each bomb hit and the devastation on the area and the people.

This year BARA filmed and recorded the entire walk so if you missed out and couldn't make it the video will be available soon online. More details of when and how to watch soon.



The Leytonstone Menorah

Ruth Solomons writes with updates to the changes in the lockdown Leytonstone Menorah

Despite not being able to have a gathering at the Leytonstone Menorah, it will be in situ on the Grove Green Road side of Leytonstone Station again this year. We'd like to wish a Happy Chanukah to all our Jewish neighbours and also to share the light of Chanukah with the wider community in these difficult times! Details of our programme of mainly online events can be found on our website <http://www.lawsynagogue.org/chanukah>

Also, pending further lockdowns/additional tiers/other unforeseeable restrictions, the Leytonstone Synagogue will be open for services again from 5th November. Those who wish to attend are requested to book in advance <http://www.lawsynagogue.org/services>



HAVE YOUR SAY BARA members opinions on local issues. If you would like to have your say or draw attention to issues that matter for next issue then get in touch.

WHIPPS CROSS: BUILDINGS, BEDS, AND VIEWS

Mornington Road's Robert Gay writes on the development plans for Whipps Cross Hospital

Barts Health NHS Trust (which operates Whipps Cross among other hospitals) has been promised government funding towards a new hospital. Their plan is to build where the former Nurses Home was, at the West corner of the Whipps Cross site, and to sell off most of the rest of the site for development. Architects have been instructed to draw up plans for the new hospital building, and by the time this Bush Telegraph has been printed, the Nurses building may have been demolished.

The funding for a new building is very much to be welcomed. The main buildings at Whipps Cross date from 1903 (when Victoria was still Queen) and from the 1930's. They have a massive backlog of repairs and are not fit for use as a modern hospital. However, at least two organisations in the community are concerned by parts of what is proposed.

"Action 4 Whipps" (A4W), a federation of community groups supported by John Cryer MP, is concerned that on the plans, the likely number of beds in the new hospital is 524, 51 less than in the existing hospital. Barts Health justifies this not only by the increasing possibilities of surgery as a day case, without any overnight stay in hospital and by promises of prompter diagnostics such as CAT and MRI scans, but also by referring to new initiatives for care of the sick in their own homes. A4W is concerned that this would depend both on care outside the hospital being fully funded in the future, and on the initiatives producing the results hoped for. Besides, A4W thinks that the plans do not take proper account of the planned increases in population in Waltham Forest, West Redbridge and Epping Forest District.

A4W is also opposed to the proposal to sell off so much of the land (and in my own experience as a Governor of another NHS Trust, having retained land makes it much easier to accommodate new developments).

The Waltham Forest Civic Society (WFCS), of which I am a member, is concerned that



the Victorian buildings (which, when cleared of infill and clutter, will be striking) should be preserved and have a proper setting, as has been done with the former Claybury Hospital (now Repton Park) and the former Wanstead Hospital on Hermon Hill. From this point of view the Nurses site seems too close to the Victorian buildings. Barts Health has chosen this site so that works can proceed without moving any of the existing hospital services. WFCS would question whether convenience during buildings works which may last two years should dictate the locations of buildings which will affect the area for at least the next century.

If the new building were placed by James Lane, it would be on lower ground (and so would intrude less on the skyline) and would be further from the Victorian buildings. It should also be possible to connect up and continue to use the Eye Department and A&E Building, which Barts Health says are in good order and fit for use, and perhaps the Outpatients Building (which would need some work), and so

reduce the cost of the new hospital and avoid any need to sell off so much land. The picture shows how the site might then be.

WFCS is particularly concerned by the plans for high-rise buildings on the site – in the area proposed to be sold off, Waltham Forest Council's Draft Local Plan envisages a minimum of 1500 dwellings and buildings up to 17 storeys high. WFCS considers that what is built in the NW half of the site should be lower than the roofs of the Victorian buildings.

Barts Health is carrying out "engagement", but so far this has consisted of explanations of Barts Health's reasons for the choices it has made. Because of its financial problems following the Private Finance Initiative ("PFI") funded new building at the Royal London in Whitechapel, Barts Health is not a NHS Foundation Trust and so does not have Governors who would include representatives of the local community. A4W and WFCS hope that a way may yet be found to get their concerns taken seriously, with the possibility that the proposal might be changed.

PASTURES CENTRE UNDER THREAT

Andrew Sheild's writes on the development plans for the Pastures Youth Centre on Davies Lane.

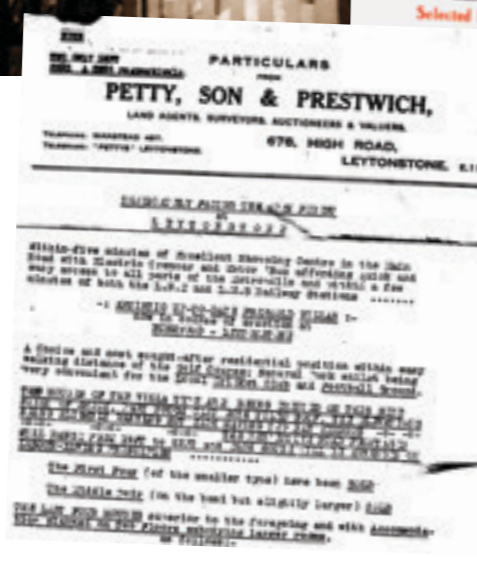
Many BARA members will know and perhaps have used the Pastures youth centre and sports centre in nearby Davies Lane. The site, which also includes the Good Shepherd Building (originally founded as an orphanage in the late 19th century) and mature grounds, has been identified by Waltham Forest Council for residential development.

Our neighbouring residents association FARA (Ferndale Road Residents Association) have launched a campaign to protect the site from inappropriate development and explore ways to rejuvenate the extensive facilities by, and for, local people. To find out more visit <https://www.facebook.com/SavePastures> and <https://twitter.com/PasturesSave>



A HOUSE FIT FOR A BRIDE

The Bushwood Estate in the 1920's



In 1925 Ernie and Rose were engaged to be married and were looking for their first home. Long time Bushwood resident, Pat Elliott, discovers the history of the her Bushwood house and its former residents, Ernie and and her aunt Rose.

I first visited Bushwood where I now live when very little. My father occasionally drove from our home in Ilford to Leytonstone taking my mother, me and my sister with him to visit his widowed 'Auntie Rose' whose house faced the forest. Leaving us near the Shoulder of Mutton pond to join him at my great aunt's home, we would walk through Reservoir Woods, cross Blake Hall Road and wander along the avenues of trees opposite my great aunt's house. Occasionally we encountered cows. Sometimes we took the bus to visit her, stopping at the top of Bushwood and then walking down what seemed a never ending road for little legs!

In March's edition of the Bush Telegraph Andrew Shields explored how London's expansion, the arrival of the railway and a demand for new housing locally in the latter half of the 19th century led to the construction of the Bushwood estate. Evidence that the estate developed over a number of decades is apparent



Sometimes we took the bus to visit her, stopping at the top of Bushwood and then walking down what seemed a never ending road for little legs!

in the variety of architectural styles that can be seen in the area. However, it wasn't until I explored the contents of a large envelope tucked down the side of a bookcase, during the first lock-down, that I began to understand the part my house played in the estate's last phase of development in the 1920's.

Inside the envelope was a collection of documents detailing the building, decoration and negotiation of sale of my house in 1924 to its original owner, Ernie Harris, my great aunt's late husband. One document particularly caught my attention; a flyer printed on behalf of the land agents Petty, Son & Prestwich advertising the following for sale :-

Immediately Facing the Open Forest at Leytonstone

Artistic Up-To-Date Freehold Villas
Until I found the envelope, I hadn't been aware that the house was newly built when Ernie and Rose moved in and that it was still undergoing construction whilst Ernie, a commercial traveller for a jewelry firm, negotiated its sale during November and December 1924.

I had never thought of my house as a villa or, for that matter, artistic! The term villa derives from the name given to rural homes build by wealthy Romans over 2,000 years ago. Ernie negotiated the sale whilst living in densely populated Hackney. It's likely that the prop-

erty's appeal lay, as now, in its semi-rural location facing forest land. Whilst understated, the fashionable and artistic Art Deco style also features inside and out. These were not the only attractions, however. The advertisement (perhaps with slight exaggeration) claimed that the ten villas being built were 'within five minutes of an Excellent Shopping Centre in the Main Road' where there were 'Electric Trams' and 'Motor Buses' and both the L.N.E. and L.M.S. Railway Stations. Sadly the electric trams have gone, the Central line has replaced the L.M.S and Leytonstone's shopping experience has diminished, but the advert's claim that the house is 'within walking distance of a golf course, natural park, local cricket club and convenient for a Football Ground' still rings true.

I discovered that the date of construction was significant. Ernie was engaged to Rose Perkins, a stenographer for a petroleum company. Their wedding was planned for the New Year, 1925. This was to be the couple's first home. Built by Mr Frank Petty, the houses comprising the Bushwood estate's latest development were sold through the firm of Petty, Son & Prestwich who described themselves as 'land agents, surveyors, auctioneers and valuers'. In an era before mobile phones and the internet, the agents could be reached by telegram at their Leytonstone office or by telephone in Wanstead. Their Wanstead office still exists. Despite being unfinished, the properties sold quickly. Only two remained when Ernie Harris arranged to visit the site. His first viewing was not entirely successful. Arranged for his day off on a late November Saturday afternoon before electricity had been installed, the light was 'so bad' he was unable to make a firm commitment. However a week later the house was his subject to some minor alterations which he had requested, and a ten per cent deposit of the £825 asking price.

Because the house was under construction, Ernie was able to have an input in the final details. Buyers had the opportunity to personalise certain features. Unfortunately, an over-zealous tiling team installed cream-coloured tiles in the front bedroom before Ernie's preferred colour choice was known. These were left in place and, although hidden by a carpet, are now the only original tiling which survives. The new houses were heated with open fires. Ranges (again with open-fires) were planned for the new kitchen/sculleries. Ernie asked for the fireplace in the 'front dining room' to be replaced by a cleaner, enclosed stove and the kitchen range to be excluded. No doubt he planned for a more up-to-date cooker for his bride-to-be! Whilst some older, local homes still had gas lighting, the house was advertised as being 'wired for electric light throughout'. This didn't seem to include the upstairs lavatory as Ernie wrote a letter requesting a light there! The final feature of the property which caused Ernie concern was something he described as a 'gravel pit' which he asked to be filled in and 'well banked up'. The builder must have used the gravel beneath Bushwood as a readily available building material for the new villas. This would have resulted in a sizeable hole and could account for why my back garden has two levels.

Unsurprisingly, when we think of the era in which she was married, Rose's input in the new house is unrecorded. Bushwood's forest land still remains a selling point on estate agents' web-sites, prized today by those of us lucky enough to live on the Bushwood Estate, just as it was in the 1920's. House-sales can now be viewed on-line and correspondence made by email, but I can't help wondering if their virtual nature would survive as long as Ernie Harris' house-buying correspondence has, providing a fascinating insight into Bushwood's later history.

SNT REPORT

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

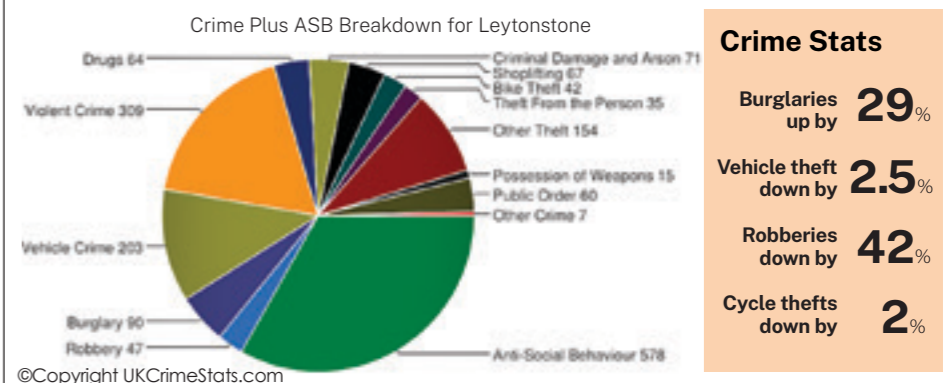
The Leytonstone Ward Panel met on 3rd Nov ember to receive the latest updates and successes from the SNT Team covering the period July to November. Sgt. Matt Taylor joined the team in August and also manages the Cann Hall and Cathall SNTs.

Sadly the number of burglaries were up but motor vehicle thefts were down. Robberies were also down and cycle thefts had reduced a little. Following some arrests some of the stolen cycles had been recovered and returned to their legal owners. Make sure your cycles are marked so that if they are recovered they can be returned to owners. With regards to good

news, a cannabis factory was closed down and many drug arrests had been carried out. The team had also been arrested for criminals who had failed to appear in court and one person arrested for possession of a fire arm (taser) and another for possession of a bladed article.

The team have been very successful in arrests over the last four months and the Panel were very impressed with their results. The team agreed to follow up on the reports from residents regarding drug dealing in several areas in Leytonstone.

The next meeting will probably be held in January and an email will be circulated with the date and time of the meeting which will be another virtual meeting due to the current Covid-19 situation.



Burglaries up by	29%
Vehicle theft down by	2.5%
Robberies down by	42%
Cycle thefts down by	2%

TRANSITION LEYTONSTONE UPDATE

Credit: Andres Pachon

Committee member, Rosemary Warrington, brings you the latest updates with Transition Leytonstone. They have many green initiatives in the local area including the launch of the online green directory



Our Community Fridge outside the Methodist Church for lockdown just open for drop in on Saturdays from 12 until the food runs out. It is also doing deliveries for the regulars. There is no charge and you do not need a referral. Donations of cash or surplus unopened ambient or chilled food in tins or packets are always welcome. We take food that is fit to eat and can be after its best before date but always before its use by date.

For more information please contact Diana: info@transitionleytonstone.org.uk

Transition Leytonstone aims to support our local economy to be greener and stronger; and we believe that the two are increasingly linked as more and more people become aware of the effect their choices as consumers have on the environment and on wider society.

As consumers, how we choose to spend our money can have huge influence. Each purchase from a local independent shop or other business supports local jobs and keeps money circulating in the community (rather than disappearing into corporate and shareholder bank accounts). By choosing to buy, make, grow or sell organic, re-usable, upcycled or Fairtrade products we can all contribute to a fairer, healthier world.

With that in mind, we have launched an online Green Directory for Leytonstone, to make it easier to find local businesses and groups that offer these 'greener' options. It is at [https://e-](https://e-voice.org.uk/leytonstonegreendirectory/)

[voice.org.uk/leytonstonegreendirectory/](https://e-voice.org.uk/leytonstonegreendirectory/) and can also be found from our website <https://www.transitionleytonstone.org.uk/> under 'local green economy'.

The database is fully searchable, and entries are also grouped into broad categories - e.g. 'Food and drink', 'Energy' and 'Repair and re-use' (which includes charity shops).

Businesses listed are either based in Leytonstone, or in the wider local area and offering services in or delivery to Leytonstone (for example OrganicLea's veg bag delivery scheme).

As well as shops and food outlets, we would also like to support businesses offering services like energy saving advice; cycle repair or rental; nature-centred education, volunteering opportunities and wellbeing; and specialist cleaning, building or gardening services using eco-aware products and materials.

Suggestions for new entries should be sent to Ros and Sandra at directory@transitionleytonstone.org.uk.



The parakeets in formation above Lister Road

A BIRD IN THE BUSH(WOOD)

Is it a bird...? Is it a plane...? It's... well yes, it's a bird actually, It's the ring necked parakeet. Ecological garden designer Mark Cummings takes a look at another green issue that might surprise and interest Bushwood residents.

I started gardening in the south of London a decade ago (but please don't hold that against me). It was for a company that took a punt on a gardener that couldn't drive so I ended up wherever I was driven! As well as the usual robins, sparrows and tits there was the most ostentatious green bird that squawked blue murder and put on an acrobatic flight display worthy of the Red Arrows.

But at home in Leyton they were nowhere to be seen. I'd get my fix of green twice a week and had never really considered what they were and where they came from. After all this is London and some things are just best left unquestioned. They were just there as part of my gardening day and I was happy to leave it at that.

But then one weekend as I was walking down my street, I heard the familiar cry of something being throttled and realised that my little green friend was now my neighbour as well as my work mate. I thought I'd better to get to know my neighbour so did what every self-respecting person does about something mysterious and Googled it. Hello there Psittacula krameri. Welcome to the 'hood. But from here Ring Necked Parakeet will suffice.

Here's the thing. While not quite a shot gun wedding these birds really did move fast. In the few years I was working in the south and living in the North they increased their numbers and habitat range expanded exponentially. Although a breeding pair was recorded in Epping Forest in 1930, up until 10 years ago they resided south of the river around Richmond Park and Kew Gardens.

However within the last ten years P. krameri (Think P. Middy or P Daddy but with a much smaller carbon footprint) has increased its habitat range from Richmond park, up through Kensington Gardens, Hyde and Regents Park and then flapped its way over to Hampstead Heath and Hackney. Not satisfied with its Hipster surroundings it has now found its way into the

“ Although a breeding pair was recorded in Epping Forest in 1930, up until 10 years ago they resided south of the river around Richmond Park and Kew Gardens.

Walthamstow marshes and beyond.

It is no surprise that this Top Gun of the aviary world has done so well. Despite its exotic provenance it can cope extremely well with the climate in Southern Britain and it is agile of flight so can negotiate our city well. When you consider there is a whopping 47% of green space in the London it becomes easy to see how this bird has managed to transverse the capital in a relatively short time. Its nesting habits include using tree cavities and old woodpecker holes and it feeds voraciously on just about everything.

Why the sudden boom? Well to be truthful nobody knows for sure. But The RSPB estimates 8600 breeding pairs plus many more singletons and thrupples! An expanding population needs more space. Simple.

But there is a little grey cloud on this green horizon. Not everyone is happy with the ring necked Parakeet's astounding ability to strip fruit from trees. And there is concern that they out compete British native birds for nesting sites and food from the bird table. Realistically though it is thought by experts that there is, at the moment, enough to go around. Worried gardeners can net fruit trees to reduce losses and there are bird feeders on the market that exclude larger birds and squirrels to give the wee ones a head start.

Personally, I perch on the fence. While I feel we should do everything we can to support and encourage all of our native species Its really quite heartening to know that there is a bird population that is actually thriving with no evidence that it is (yet) detrimental to our locals.

London has always welcomed the loud, the brash and the flamboyant. Whatever your thoughts on our little green feathered interloper, it's here to stay.

www.forestflora.co.uk



A Fieldfare could be forced to share its food with the Parakeets



Anita McClyllough

Ring Necked Parakeet

The UK's only naturalised parrot-it is large, long-tailed and green with a red beak and a pink and black ring around its face and neck. In flight it has pointed wings, a long tail and very steady, direct flight. Often found in flocks, numbering hundreds at a roost site, it can be very noisy.

- Scientific name:** Psittacula krameri
- Bird Family:** Parrot
- UK Conservation Status:** Introduced
- Feeding:** Fruit, berries, nuts and seeds. Frequent visitors to bird tables and garden feeders, particularly during winter.
- Length:** 38-42 cm
- Wingspan:** 42-48 cm
- Weight:** 96-139g
- UK Breeding:** 8,600 pairs
- Where to see them:** All year round in south-east England, particularly Surrey, Kent and Sussex.



Source: rspb.org.uk
Bottom Plcs: Dr Sean McCormack

A distanced Halloween

This halloween E11 tried its best to keep the fun alive under the toughest restrictions. Under the cover of night BARA's Fiona Sinclair made it her mission to reward young Bushwood artists

It was the spookiest of Halloween evenings. The sounds of excited children, high on sugar should have been heard all around, pumpkins lighting up the roads with the promise of treats behind doors. Instead, a lone Goth with a dodgy complexion flitted through the eerily quiet streets (she had left the house as a witch but had lost the hat early on...). Her goal? To seek out young BARA Halloween artists and reward them with sweet bags. Thanks to all those that sent in their wonderful art, we hope the sweets compensated a little for the lack of Trick or Treat action this year!

Thanks to Ben, Nina, Esme, Lucien, Elena, Luca, Amelie, Ida, Iris, Dylan, Amelia, Sid and Eva



COMMUNITY FOOD SHARE UPDATE

Tessa Hollingsworth updates BARA on the community food share that Bushwood residents have been so generous in supporting throughout the year

The Community Food Share initiative is busier than ever. From distributing food parcels to 20 or so families at the beginning of the first lockdown, it is now distributing 70 food and essentials parcels to members of our community every week.

The continued support from BARA residents has meant the initiative has (so far) never had to turn anyone away who is in need. Recent highlights from the BARA and Bushwood donations include: surplus allotment vegetables, a large donation of honey jars courtesy of local producer Bushwood Bees as well as many advent calendars ready for the beginning of December!

The Community Food Share has also recently partnered with Stone Mini Market and Dolce Patisserie (both on Leytonstone High Road) who will be creating Christmas hampers that members of the public can help fund through sponsoring the cost for a hamper for differing households. Visit either store to find out more!

If you aren't aware of the Community Food Share, it's a local initiative run by Holy Trinity and St Augustine of Hippo in Cathall which takes in donations and supplies from the Felix Project as well as from local people in the Leytonstone area (you can either drop off donations at one of the BARA collection points or go to St John's church between 10am and 11:30am on Saturdays).

The donations are then distributed to individuals and families at Holy Trinity on Tuesdays (11am to noon), with further supplies being provided to the local Salvation Army food bank.



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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, a university student and Milly, an A Level student are sisters living locally who both regularly look after children, including babies, in the Bushwood area. Either are available on Fri, Sat or Sun evenings and some week nights at a rate of £7 per hour. Please contact Pippa on 07487 670 970 or Milly on 07956 182 720 (references from other Bushwood parents can be provided)

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

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

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

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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

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

FITNESS COACH Luis Pedro, offering weight loss and Personal training services (general fitness or sports specific training), either online or face to face (1-2-1 or groups, and always observing sanitary procedures, such as masks and gear sanitation), indoor or outdoor at my own home studio (8b Leyspring Rd). luispedro@fitfitterfittest.co.uk 07598 469063 20% off to BARA members

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

PET SITTING -Experienced animal lover/owner available for cat sitting and dog walking. Will feed 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

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

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

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

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

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

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

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Businesses listed provide discounts to BARA members as a service to the community. Please make sure you use your 2020 membership card and 2021 card next year. Terms and conditions are subject to the businesses' needs and are subject to change. If you experience any problems please email BARAconnect@gmail.com

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

THE THROWBACK - DEC 1995

This issue, The Throwback, uncovers the December 1995 issue of the Bush Telegraph to see what was on Bushwooders minds when Michael Jackson's Earthsong was topping the UK chart and £100 pounds would be worth £165 pounds today. In a year that saw Princess Diana interviewed and Rumbelows closing down UK pubs were finally allowed to stay open throughout Sunday afternoon. Eric Cantona assaulted a spectator, Stan Collymore broke the transfer record, the BBC started broadcasting DAB and internet access had reached 1% of the UK population.

Mushroom Walk

The Mushroom Walk around Bushwood on 1st October was well attended on a beautiful sunny day, when the weather still felt like summer. We found about 20 different types of mushroom, most of which could be identified by Richard Baker our walk leader.

All ages were represented on the walk. Our sympathies to the people who brought along a large basket of mushrooms with high hopes only to be told they were not edible. Some edible ones were found, but many though not poisonous were reckoned by our guide to simply not be worth the trouble of cooking. The day finished well with the finding of an enormous mushroom on the side of a tree called something like Chicken in a Basket (and it was about 1ft by 18 inches), and just near it a rare mushroom that felt just like melted butter.

Our thanks to the Wrens Wildlife Group for providing us with Richard Baker and a most enjoyable afternoon. If your tastebuds have been tempted, go along to the greengrocer who has taken over the High Road shop opposite Lister Road. He gets exotic mushrooms from a specialist

From the chair

The Leytonstone High Road - first the good news, then the bad news. The good news (Subject to formal consultation) is that the minister for London has decided that the High Road shall not be a Red Route.

The bad news is that (subject to a formal consultation) the Minister wants to keep the High Road a trunk road, under Central Government control, rather than letting it be a local road under the control of Waltham Forest Council. The Minister says this is because the High Road is important as access to Stratford.

This is bad, because once the M11 Link Road is opened, the route into Stratford from the M25/M11 should be by way of the Link Road and the A102 (Blackwall Tunnel Road) to the Bow Flyover and so into Stratford town center from the west. The route keeps the traffic as far as possible away from the houses and shops, and all the way from the M11 to the Bow flyover there would be no traffic lights and no pedestrian crossings to make the traffic stop and start, which causes most of the fumes.

And this is bad for Bushwood residents in particular, because to get any benefit from the M11 Link Road as a "Leytonstone by-pass", we need there to be measures to reduce the traffic on the High Road. Indeed, BARA's committee would prefer to see the High Road closed to through traffic, except for buses and 999 vehicles. We are not likely to get any serious reduction of traffic if the High Road remains a trunk road.

We have written to the Minister, and we hope that he will pay heed.

Planning Update Link Road

Work on the Green Man roundabout is now due to begin in April next year

The High Road

Planning Permission has been applied for at 638 and 638a in the High Road for the 2 corner shops opposite The Red Lion on the corner of Hartley Road, being Macey's clothes shop (now closed) and the stationary shop next door. The plan is for the former to be a Kentucky Fried Chicken and the latter a Bookmakers. Your committee were concerned that yet another bookmakers would be coming to the area, at the loss of a retail shop, and three committee members (Rober Gay, Colin Berry and Parvez Hussain) attended the Borough Planning Committee to present BARA's views. Supported by local councillor Hugh Morgan Thomas, we argued that whilst we want to halt the commercial decline of the area, local people want encouragement of retail businesses. We also pointed out to the committee the interesting art deco tiling of the lower floor of the building and asked that this be preserved as far as possible in any redevelopment.

Change of use was approved but no decision has yet been taken on building alterations.

Our Shops

This month we say farewell to yet more shops.

Pollards has gone into receivership after trading for over 100 years, though the Leyton shop will continue to trade at least for the time being. The television shop just past the Post Office and the furniture shop have also gone. We should all try to shop locally when we can, as if we don't support the shops they will close. On a happier note, let us welcome the new Italian owner of Pirnces cafe, next to Leytonstone Motors, and also welcome the Skin and Body care shop "Totally You" next to Iceland. No committee members have reported about "Totally You" yet, so if any readers have been there do let us know what it is like. The £5 eyelash tint seems a bargain.



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