



The Bush Telegraph

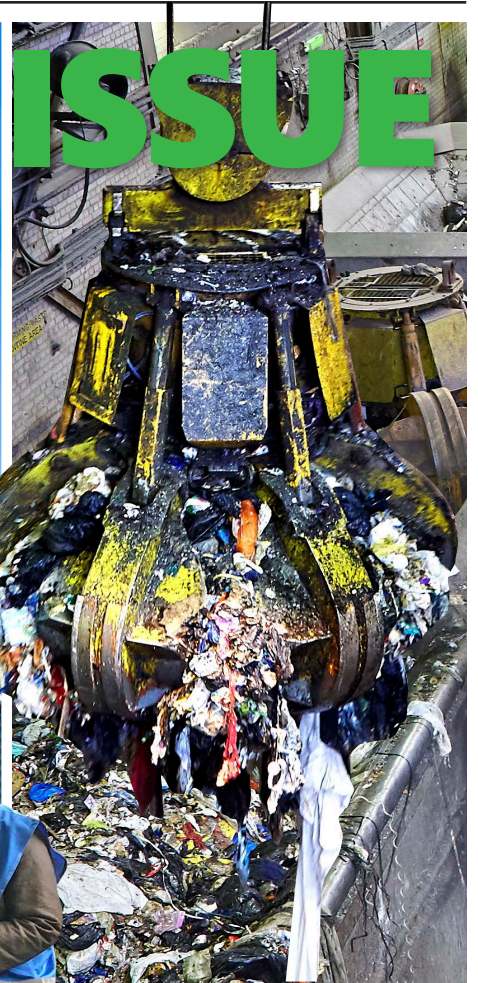
The quarterly newsletter of The Bushwood Area Residents' Association

THE GREEN ISSUE

Waste is an emotive subject with language and opinions to match. From fly-tipping to street cleaning, missed refuse collections to bugs in food bins, we all have strong views – and often express them in equally pungent language.

Yet so often the terms we use are inaccurate and our knowledge limited. How many of us talk of going to 'the tip' when we mean the recycling centre? Or assuming that 'black bag' waste is destined only for landfill?

In this special issue of the Bush Telegraph, we delve into the sometimes stinky world of waste management and its fragrant but confusing cousin, recycling.



Trash Talk

On a visit to Edmonton EcoPark, Andrew Shields joins fellow BARA members to find out why effective waste management is more than a load of old rubbish.

The last place one might expect to find a fashion marketing and PR graduate is a grimy waste management site just off the North Circular. However, Deanna Donaldson, Communications and Engagement Manager at London Energy, has a compelling story to tell. It may lack glitz and glamour but it's central to the lives of more than two million Londoners.

LondonEnergy is wholly owned by the North London Waste Authority (NLWA) and is contracted to provide waste management services

to seven boroughs, including Waltham Forest. It's the second largest waste contract in the UK, handling and treating almost 850,000 tonnes of waste every year.

Edmonton EcoPark has been at the heart of this tale for almost half a century. Since Britain's largest incinerator was first fired up in 1971, more than 21 million tonnes of residual 'black bag' waste have been diverted from landfill and converted into electricity and other products such as road construction aggregate.

Burning issues

Incineration is not without its critics, who cite increased emissions and public health impacts. Greenpeace protesters scaled the site's iconic chimney in 2000, closing operations for four days, while Friends of the Earth and Londoners Against Incineration have also expressed concerns. Yet the statistics quoted by Deanna

are compelling: power to more than 80,000 homes is generated from the non-recyclable waste produced by residents in Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest. Rather than disposing of this waste in landfill, 'waste-to-energy' saves nearly 300,000 tonnes of CO2e every year. The figure for waste that is sent to landfill now fluctuates from just seven to ten per cent.

In addition, the seven councils in the NLWA receive a percentage of income according to the quantity of waste processed by the 230 operatives on site. Seven days a week, a constant stream of borough refuse lorries crosses the weighbridge before unloading into one of five vast bunkers. Vehicles must be in and out within 20 minutes and the waste must be burned within 72 hours.

Operations are monitored from the control room, barely changed since the 1970s and

THE DOGS GET THEIR DAY CENTRE PAGE PULLOUT

THE DOGS OF BUSHWOOD

The Dogs of Bushwood

Derkins
Barclay Road

Note From The Chair



First off, I would like to thank everyone who was involved in our long-in-the-planning 40th anniversary party in Henry Reynolds Gardens. We must have all remembered to cross our fingers at the same time because the weather stayed on our side, in fact, we had glorious sunshine right through the day. Special thanks to Councillor Clyde Loakes, all the performers, volunteers, the hard-working committee and everyone else who brought something along that added to the day.

There's a lot that's happened here in our little corner of East London this summer. Most recently, we had two great back-to-back weekends of neighbourly activity. First there was the Yard Sale event, which saw people taking part in a giant area-wide jumble sale. It was a great opportunity to wander the streets of Bushwood Area, catch up with old friends, and stock up on delicious home-made treats. Thanks go to Jake Green for organising it and making it such a success.

A week later, several streets (Barclay, Browning and Leybourne) all took advantage of the World Car Free Day to host some old fashioned street-parties. Everything from The Great Barclay Road Bake-Off and bobbing for apples, through to chalk street art and face painting ensured that the young and young-at-heart had plenty to keep them occupied. We weren't quite as lucky with the weather, but those pop-up gazebos certainly came in handy.

As we head into the Autumn, our next social event will be the Quiz on the 17th October at the Ex-Servicemen's Club. As always, it's a good idea to book early as the places went pretty quickly last time and space is limited. I look forward to seeing lots of you then.

Doug Sheedy

The BARA Team

BARA Committee

Doug Sheedy
Chair and Membership
Barclay Road

Andy Irvine
Vice Chair & Membership
Leybourne Road

Anna Davies
Treasurer
Browning Road

RoseMary Warrington
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Kate Duffy
Social & BARA Website
St Augustines's Court

Katy Smith
Safer Neighbourhoods Team
Harvey Road

Janet Lee

Robbyn Linden

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Eleanor Ross
BT Editorial
Barfield Road

Fiona Sinclair
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James Cowen
BT Editorial/Design
Lister Road

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Aylmer Road
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Barclay Road
Doug Sheedy, 11 Barclay Road

Barfield Road
Alice Haigh, 31 Barfield Road

Beacontree Road
Sally Davies, 25 Beacontree Road

Browning Road
Anna Davies, 21 Browning Road

Bushwood
Brian Hopson, 49 Bushwood

Carlton Road
Alice Haigh, 31 Barfield Road

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

Dacre Road
Alice Haigh, 31 Barfield Road

Forest View
Liz Maloy Jollands, 5 Forest View

Grove Road
Doug Sheedy, 11 Barclay Road

Hartley Road
Andrew Shields, 9 Hartley Road

Harvey Road
Katy Smith, 37A Harvey Road

High Road
Doug Sheedy, 11 Barclay Road

John Drinkwater
Anna Davies, 21 Browning Road

Leybourne Road
Joyce Quarrie, 67 Leybourne Road

Leyspring Road
Liz Hayman, 54 Leyspring Road

Lister Road
Helen Westerby, 50 Lister Road

Michael Road
Sue House, 32 Michael Road

Mornington Road
RoseMary Warrington, 88 Mornington Rd

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

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

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

Stanmore Road
Tony Pamphilon, 28 Stanmore Road

Woodville Road
Kate Duffy, 29 St Augustine's Court

For membership, please visit your road rep to make the £3 payment and receive your discount card. 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 issues contributors, for the dog pics and to Andrew Shields, for writing and sub editing some of the articles. 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



containing ten huge screens and an array of quietly humming equipment like something out of a James Bond movie. The age of the site has limited the potential for automation, which is part of the reason why the current facility is set to be replaced.

Earlier this year, construction started on the North London Heat and Power Project (NLH-PP), which will deliver a replacement Energy Recovery Facility (ERF) to be operational by 2025. The ERF will generate low-carbon energy in the form of both heat and power, with a greater efficiency than the current plant.

Seventy-eight megawatts of power will supply electricity and heat for up to 127,000 homes. Industry-leading technology known as selective catalytic reduction will remove nitrogen oxide from emissions, supporting a

commitment to improved air quality. And savings in CO₂e will be the equivalent of taking 60,000 cars off the road. Other improvements in the management of waste onsite will include a reuse and recycling centre open to the public, while a new visitor and education centre will be located on the banks of the River Lee Navigation.

Taking responsibility

The consequence of our increasing demand for convenience, and the packaging it generates, is that the weight of rubbish collected in the NLWA area is increasing at approximately three per cent per year. Waltham Forest is a signatory to the North London Joint Waste Strategy, which sets out the targets for reducing, reusing and recovering a greater propor-

tion of the waste generated in the seven boroughs.

The strategy states an ambition for a 50 per cent recycling rate by 2020 but this can only be achieved, says Deanna, through education: "People want to be responsible and try to do the right thing in terms of recycling but we all simply have to focus on what we are buying in order to reduce our total waste burden."

Next time you're stuck behind the council refuse vehicle making its house-to-house collections around Bushwood, just pause for a moment. It's not waste from 'someone else' that's being processed – it's yours and mine.

Tours are open to the public, ideally in a group. If you would like a tour of the waste facilities go to www.londonenergyltd.com

Busting myths and better recycling. Your questions answered by the experts

Recycling is notoriously confusing for residents. In an effort to clarify best practice and dispel myths we posed your questions to Miriam Cragg, Senior Communications Officer for North London Waste Authority.

How much should we prepare our recycled waste, does it have to be washed?

Recycling doesn't need to be spotlessly clean. The important thing is that leftover food or liquid do not spread onto other items - this is especially problematic for paper and card. So most items, like soup tins or milk bottles, only need a quick rinse, whereas something like a chocolate spread jar may need a slightly more thorough clean, or it can go in the dishwasher.

Do lids have to be removed?

No, but it does help us because it makes it easier to compact them.

What happens to greasy items?

Heavily greasy cardboard/paper cannot go in the recycling bin. The grease will repel the paper fibres when it's being processed into new paper/card, creating holes. Other items (e.g. plastic pots or jars) just mustn't be so greasy that oil could leak onto other items – if they are just a bit greasy to touch, it's not a problem.

What should we do with compostable plastic?

Compostable or biodegradable plastics cannot go in the mixed recycling or garden waste. For now, compostable plastics should be disposed of in the general waste bin or your own composter.

Can we recycle pringle cans?

No, they are made up of a combination of metal and plastic which is difficult to separate. There are now special schemes in place to recycle them, run by Terracycle. Visit <https://www.terracycle.com/en-GB/brigades> for more details.

Can we put loose paper in the green bin?

Yes that's fine. It gets separated mechanically at the materials recovery facility (MRF).

Do black plastic trays go in the green bin?

No, we are currently still developing the technology to recycle them so for now, they are being burned for energy and must go in the black

bin. The best option is to avoid black plastic trays where possible.

Can we put pizza boxes in for recycling?

As long as a pizza box isn't very greasy or contaminated with food, it's fine to go in the recycling.

Can we recycle plant pots?

No because the plastic used can't be used to make anything else yet. Nobody has a process that can use it. Some garden centres will take back previously used plant pots for re-use. Put in black bin or take to charity shop.

What's the best thing to do with shredded paper?

Please put your shredded paper in the recycling but put it in a paper envelope before putting it in the green bin. This is so that it doesn't blow around everywhere when picked up.

Do we have to completely remove film lids?

Tiny bits of plastic film still attached won't be a problem. For example, sometimes little bits of the plastic film under the lid of a plastic milk bottle may remain attached and this is fine.

Are unwashed meat trays okay to recycle?

For hygiene reasons, it's good if they are washed out. This is especially because members of staff have to sort through the recycling to pull out contamination.

What items that end up in the green bin cause the biggest contamination problem?

Crisp packets
Thin plastic film e.g. chocolate bar wrappers
Black plastic containers
Polystyrene
Nappies
Tissues/napkins
Food waste

Does our recycling just get sent for burial in China?

No, here is a link that shows you all the things your recycled waste is used for. www.wiseuptowaste.org.uk/recycle/what-happens-to-my-recycling/

What happens to all the plastic?

This link will show you what happens to the plastic and includes a video of the MRF separator www.wiseuptowaste.org.uk/recycle/what-can-i-recycle-at-home/plastics-recycling/

The Green Pages

If you're interested in doing more for the planet we've collated a directory of some local businesses and projects that are making an effort.

Organic Lea - A growers co-operative working for sustainable food system
Buy your locally sourced veg Saturday 10am - 2pm between Matalan and St Johns Church
organiclea.org.uk

Forest Flora - A hub for volunteers to meet and get involved in local community garden projects
<https://forestflora.co.uk>

Church Lane Community Garden - Free information, tools and seeds.
Open Tuesdays - 12pm to 5pm
Harold Road by the footbridge

The Paint Place - Recycling paint, sells and accepts used paint
frpuk.org/reclaiming-materials

The Hornbeam - Runs events to promote sustainable and low cost living
<https://www.hornbeam.org.uk>

It Does The Job - An online department store in E11 for products that will save energy in your home and business
<http://itdoesthejob.com/>

Second Time Around - Goods recovered from the recycling centers and put back on sale
48 Kings Rd, London E4

Bright Sparks - Donate and buy second hand electricals
842 - 844 High Road Leyton
brightsparksonline.com

Community Fridge - Food that is about to go past its best date but completely edible and delicious
Open Friday - Sunday 12pm - 3pm
Outside Leytonstone Methodist Church

Transition Leytonstone - Leytonstone based community green initiatives.
transitionleytonstone.org.uk

Wise Up To Waste - A resource for individuals and organisations in Waltham Forest to learn more about how they can reduce their waste.
www.wiseuptowaste.org.uk

10 THINGS YOU CAN DO RIGHT NOW

There are many ways we can help to create less waste. The BT has sifted through all the ideas and found the simplest and most effective ways a Bushwood resident can make a difference right now. It takes time to change habits but the small things are a good place to start.

DON'T WASTE ENERGY

A few simple changes could save how much energy you use. Don't overfill the kettle or your saucepans. Don't underfill the oven, washing machine and dishwasher. Turning your thermostat down by 1 degree could cut your heating bills by 10%. Switch off lights and don't leave computers and TVs on Standby.

COMPOST YOUR OWN WASTE

The best way to get rid of food waste and compostable items is to have your own composter. Over the course of the year you can chuck all kinds of things in from compostible packaging and paper to garden waste. When you're getting your garden ready in Spring you'll have your own supply of beautiful compost saving you a trip to the shops to buy a plastic bag of it.



BUY YOUR SHOPPING IN BULK OR FROM A BULK SELLER

Buying in bulk or from a package free shop can help reduce waste. Forest Gate's Cups & Jars is not only a cafe but you can also buy various groceries from dispensers. Take your old jars or use the donated ones. Conveniently its only 50 yards from Wanstead Park station 108 Woodgrange Rd



USE THE PAINT RECYCLING SHOP

Of the 320 million litres of paint sold in the UK an estimated 50 million litres goes to waste. Reclaiming paint is good for the environment but also a cost effective way to decorate. If you have paint to donate you can take it the recycling center and if you want paint you can pick it up at:

7 The Sldings, Hainult Drive, E11 1HD
Tuesday to Thursday
10am - 4.30



DONATE AND BUY USED ITEMS

If you're looking for something, instead of buying a new version check to see if the item is available second hand. Opened by Linda Barker in 2015, Chingfords Second Time Around is the shop where all the useful items collected by the recycling centres (or tip as they used to be known) end up. Bright Sparks in Leyton is another Re-Use and repair shop where you can get cleaned and repaired items.

Second Time Around - 48 Kings Rd, London E4 7HR
Bright Sparks 842 - 844 High Road Leyton, London, E10 6AE



USE YOUR RECYCLING CENTRES

We use to know them as 'the tip' and we'd have to help our dad dump the asbestos roof from the shed in a big container destined for landfill. Nowadays they're main function is to recycle rather than bury. If you've not been to one recently you might be surprised at how clean and organised they are. Here you can take almost anything and it will have a specific home. It can be a cathartic experience separating all your rubbish knowing its going to be reused. Textiles, shoes, paint, batteries and oil. Nearly everything can be reused. The nearest recycling centre is in Leyton near Asda and is open every day apart from Monday. Gateway Rd, Leyton, London E10 5BY

GET YOUR DETERGENTS FROM STONE MINI MARKET

Leytonstone Mini Market has been stocking bulk detergents and other household products for months. You can bring your own bottle or they can supply you a donated recycled one. Products such as washing up liquid, toilet cleaner and fabric softener are available to buy per 100ml. They also do a number of other ethical products such as recycled toilet roll, They will be expanding into a new shop in the new year and will be trialing new ways to shop ethically with Our Pledge and also introducing lots of new environmentally friendly products. You even get a BARA member discount, what more could you need?



TAKE YOUR OWN BOTTLE

Bottled water uses 17 million barrels of oil a year to produce. Its one of the most unnecessary uses of plastic we have. Although we can recycle the bottle it would be much better than to have never made it in the first place. Taking your own water bottle is not only better for the environment but better on your wallet.

Fashionable new bottles such as Chilly's have helped making taking a bottle a fashionable thing.
www.chillysbottles.com



CHANGE YOUR LIGHTBULBS

Swapping to LED lighting is an extremely easy and cheap way to reduce your energy use. Modern LED lights now support dimming functions and all types of fittings.

REMEMBER TO TAKE A BAG WITH YOU

Single use plastic bags are down 90% since the introduction of the 10p charge but there are still times when you find yourself needing one. It's a good idea to keep a bag with you all the time and the foldable recycled bags are great. These bags are made from recycled plastic and fold into a small pouch. Alternatively carry one of our BARA tote bags with you.





Our high street is already getting involved and trying to do their bit to tackle climate change. Alex Maws talks to some of the business owners about what they're already doing to help.

In 2019, most people are now aware that tackling global climate change and pollution requires large corporations to significantly change their ways, but even small businesses have a role to play. I set out to ask a few local Leytonstone High Road favourites about what steps they are taking to reduce their environmental impact.

"One typical small business' waste is equivalent to an entire residential street," **Shah Ahmed**, proprietor of the **Star of India**, informed me, underscoring the responsibility that a business like his restaurant carries. In

“ Over the past two years, we've been trying to phase out plastics and waste at our shop. We offer liquid refills for washing up liquid, floor cleaner, laundry detergent and fabric softener.

recent years, with the rising popularity of on-line food delivery services, Shah has seen the majority of his business shift to takeaways, requiring significantly more plastic.

Uncomfortable with this fact, Shah recalled the custom that was popular when he was young of returning glass Coke bottles to be reused. This provided the inspiration for a new scheme in which Star of India customers are invited to return their takeaway containers to be sterilised and reused. The restaurant provides an incentive of 5p per container.

Shah reports that changing the habits of both his customers and delivery staff required a period of transition, but the scheme, still in its early stages is showing signs of promise and inspiring him to look at other areas where change is possible.

"We're all in it together; from producers down to the consumer," he says.

Adrienne Aslan from **Stone Mini Market** rattled off a list of ways that she has demonstrated that the humble off-licence corner shop

can act upon its values. "Over the past two years, we've been trying to phase out plastics and waste at our shop," she explains. "We offer liquid refills for washing up liquid, floor cleaner, laundry detergent and fabric softener. We are also phasing out big name brands whether in crisps or beers, as well as offering vegan options."

These efforts have been so successful that the shop will soon be moving to a larger premises a few doors down the High Road.

Adrienne was eager to tell me about her shop's involvement with a programme called **Our Pledge** – a crowd-funding platform headed by Bushwood resident **Rachael Castell** that helps businesses prove that there is a demand for the greener products. As part of a pilot scheme launching in October, Stone Mini Market will be asking customers to pre-order easy-to-refill products such as pasta, rice and cereal through a website, enabling the shop to provide these at a competitive price and with significantly less packaging waste. **Wild Goose Bakery** was established as a social enterprise from the outset. Its environmentally conscious ethos is literally built into the structure of the shop – their tables and breakfast bar are made from a local horse chestnut tree that was blown down in a storm.

Co-owner **Kirstin Kinloch-Steyn** is proud to point out that the shop is almost completely free of single-use plastics – this includes using only loose leaf teas to avoid plastic tea bags (we're looking at you, PG Tips and Twinings) and not selling any bottled water (the staff are actually enthusiastic and not at all put out if you ask to refill a water bottle). All of the shop's bags, straws and takeaway cutlery are made from plant starch.

Kirstin and her husband Vernon both eat a largely plant-based diet, which helps to explain why the shop sells so many delicious vegan options. Reducing our society's consumption of animal products is essential to reversing global climate change, and with options as delicious as those sold at Wild Goose, this is hardly a sacrifice.

Along with the new location of Stone Mini Market and local mainstay Nature's Choice on Church Lane, Wild Goose will soon return to selling bulk products that customers can buy in refillable containers by weight.

Contacting the Star of India, Stone Mini Market and Wild Goose left me pleasantly surprised by the proactive measures being taken locally. Readers who are aware of similar steps being taken by other businesses are encouraged to share this information on the BARA Facebook group. The more we can encourage these practices locally, the better.

Our Pledge

Beacontree Road's, Rachael Castell is the CEO of crowdfunding platform, Our Pledge. The pilot scheme will be launching very soon on our high road at Stone Mini Market.

The aim of 'Our Pledge' is to promote positive environmental change by helping to finance businesses to help



in making that change by proving that there is a demand for greener products. The scheme works by paying in advance through crowd funding for eco-friendly products. In the pilot, that will be running at Stone Mini Market, you will contribute to a crowdfunding to effectively prebuy groceries and cleaning products, beginning with dried food from refill stations. Once funded the money can be used to bulk buy eco friendly products at a good price and also gives the shop owners an idea of demand. You receive an e-voucher that you can use to purchase the products in store and the value is deducted from the amount you originally pledged. You will also receive exclusive extra perks throughout the year which will include tasting sessions and discounts on 'green events'. In the next few weeks the trial crowdfunding will begin and you can sign up at the Our Pledge website and become a 'Plegend' by pledging your money for spending at the Mini Market.

In the new year when the scheme starts to roll out, businesses and customers can come to Our Pledge with their own campaign ideas. Our Pledge will be working to connect customers and businesses for positive environmental change. If you would like your local shop to start stocking locally sourced vegetables or bulk refill stations you can put your money down for the products in advance to give them the confidence to make the change.

Rachael says "I'm delighted to be running our first campaign for Stone Mini Market, a shop that is already well-known and loved within the community for their environmental awareness. By pledging, you'll not only be ensuring that you get the eco products that you want - with a discount - but you'll also become part of our legendary community which gives you ongoing access to tasters and eco events throughout the year!"

To read more about Our Pledge and get ready for the pilot then please visit the website or get in touch with Rachael.

rachael@ourpledge.co.uk
www.ourpledge.co.uk



A busy summer in Bushwood was kicked off with the BARA 40th anniversary celebrations at Henry Reynolds Gardens. Music, games, food and fun for all ages in a free event organised by BARA.

Hopefully you were among the hundreds of residents who were able to join us in Henry Reynolds Gardens on 23rd June to celebrate the 40th anniversary of BARA. We were blessed with glorious weather and this added to the occasion as we all enjoyed the attractions, activities, entertainment, food and drink on offer.

The kids were able to win sweets in the stick lotto and fish-a-duck games, and then let out that sugar rush on the bouncy castle. Elsewhere, there were stands for archery, St John’s Ambulance, Bara merchandise (not yet got your BARA mug and tote bag?, then see our website www.bara.london) and the Safer Neighbourhood Team to explore. There was even a Recycling Lorry for kids to pretend to operate.

As if that wasn’t enough we were treated to a diverse array of local musical talent playing on a stage set up on the basketball area. News of the show had obviously spread far and wide as our wonderful neighbourhood artists were even joined on stage by popular comedic poet John Hegley to round off proceedings ably accompanied by Leybourne Road’s own Eleanor Moreton.

The BARA Committee are grateful to the many volunteers who combined efforts on the day to make it such an enjoyable occasion.

Bushwood also played host to the yearly Yard Sale organised by Barfield’s Jake Green. Streets were lined with bunting and all kinds of wonderful things to buy. This year BARA joined in by hosting a communal selling area supplying tables for people without a front garden or an area to sell.

The summer closed out with the International Car Free day and Bushwood was very much involved. Several streets closed and were turned into ‘play streets’ where neighbours and families used their closed roads to set up marquees and seating and hold street parties and play games.



Take it to the streets

Putting their foot down

BARA committee members Doug and Katy share their accounts of a 'speed gun' exercise on the High Road with the Met Police.

One of the unexpected outcomes of our big summer birthday bash was meeting DeeDee from the Met Police. Lots of people chatted with her throughout the day, but one thing that particularly interested me in our conversation was the Police's Community Roadwatch Speed Gun Initiative.

It's a chance for members of the public to accompany Police Officers in monitoring local traffic for speeding and other unsafe driving habits.

I've often talked about my concerns regarding road safety, particularly around the High Road, so I jumped at the chance to get involved. Having been offered a selection of dates, I found a day that worked and met with three Officers who issued me with a High Vis jacket and talked me through how to use the equipment.

For the next hour, I stood on the corner of Michael Road and the High Road, and managed to clock 33 cars exceeding the speed limit. Don't worry - this wasn't a case of vigilante justice - the people I captured on the Speed Gun will only have received a warning letter. Nonetheless, it's a powerful reminder to drivers and pedestrians alike just how often speed limits are ignored, and the risks that can bring.

During my time with the Officers, it was clear to see that this is a great initiative for more than just the road safety implications. It's a great way of making the officers more visible, and over the space of an hour, I saw lots of people engaging with them to discuss a whole host of local issues. **Doug Sheedy**



Having also met DeeDee at our big birthday bash, and being Chair of the SNT Ward Panel I was keen to be involved with the Community Roadwatch Speed Gun Initiative. Living on Harvey Road means I experience drivers speeding down the road in their hurry to avoid the High Road traffic despite the speed bumps.

I met up with three Officers from the Stratford team on a very hot July afternoon on Marshal Road which leads into the Asda Superstore over in Leyton. Having donned my High Viz jacket and been instructed on the use of the equipment I spent the next half hour clocking 15 out of 30 cars exceeding the speed limited. One driver came over to enquire what we were doing and whether he would receive a fine and points on his licence. He was advised that he would receive a warning letter and that he should pay attention to his speed in the future.

We advised one family out walking that their speed was 5 miles per hour and a cyclist his speed was 15 miles per hour. It was an interesting experience and served to remind drivers and the general public about the risks of speeding. I am going to try and arrange another exercise in Harvey Road in the near future.

Katy Smith

Further exercises are planned so if you'd like to get involved, please contact **DeeDee.Ciftci@met.police.uk**



On 22nd September we closed Leybourne Road to cars and opened it for people as part of London's car free day. I had been interested in the idea of "play streets" for a long time but with the help of other Leybourne Road residents, Nadia Higham and Katarina Poznic and the support of Waltham Forest council it became a reality!

Around 40 local residents got over their learned behaviour and walked down the middle of the road to eat cake, drink tea, play games, have their faces painted. Many residents commented that they had spoken to more people in these few hours than in the past several years and the children loved the freedom to skate down the street and draw all over the road with chalk.

Huge thanks to everyone who stewarded, baked, made tea, moved their cars, chatted and shared.

I would love to make this more than an annual event so if you would like to help out in any way next time please contact me on suz.veitch1@gmail.com

Suzanne Veitch



One of the things that we've always loved about living in the Bushwood Area, is that the community spirit is much bigger than just BARA. As a case in point, we received a leaflet through the door a few weeks ago relating to the World Car Free Day.

As I'm sure you know, this has grown into a global initiative to try and wean us off our reliance on our four-wheeled friends, at the same time as finding new, social uses for the streets where we live. That was the inspiration behind an old-fashioned street party that was being organised on Barclay Road.

In the end, the weather let us down a little, but three gazebos managed to shelter us from the worst of it.

Between 1pm and 4.30pm, neighbours

came together to catch up, introduce themselves to the people they didn't know, and take part in a variety of games, races and competition. There was a Great Barclay Bake-Off, that resulted in plates laden with sweet treats being taken home to almost every address on the street, and plenty of teas and coffees.

Lots of people commented how nostalgic it made them for days gone by, when street parties were a regular occurrence. Hopefully, there'll be many more in future.

Special thanks for planning, managing and delivering a great afternoon to Emily, Rachel, Lily and Lizzy, all of Barclay Road.

Doug Sheedy

The Dogs of Bushwood



Spiff
Barclay Road

The Dogs of Bushwood



Steevie
Mornington Road

The Dogs of Bushwood



Tino
Michael Road

The Dogs of Bushwood



Flash
Mornington Road

The Dogs of Bushwood



Freddie
Beacontree Road

The Dogs of Bushwood



Maxi
Bushwood

The Dogs of Bushwood



Maisie
Michael Road

The Dogs of Bushwood



Hunter
Mornington Road

The Dogs of Bushwood




Hugo
Leyspring Road

The Dogs of Bushwood



Gilbert
Bushwood

The Dogs of Bushwood



Ceta
Hartley Road

The Dogs of Bushwood



Buster
Mornington Road

The Dogs of Bushwood



Bully
Browning Road

The Dogs of Bushwood



Ronnie
Beacontree Road

The Dogs of Bushwood



Nina
Leyspring Road

The Dogs of Bushwood



Fuelt
Harvey Road

The Dogs of Bushwood



Teasel
Michael Road

The Dogs of Bushwood



Flora
Leyspring Road

The Dogs of Bushwood



Elvis
Bushwood

The Dogs of Bushwood



Billy
Leyspring Road

The Dogs of Bushwood




Purdy
Stanmore Road

The Dogs of Bushwood



Henry
Bushwood

The Dogs of Bushwood



Gilbert
Bushwood

The Dogs of Bushwood



Penny
Bushwood

The Dogs of Bushwood



George
Bushwood

f Bushwood



ddy
ee Road



The Dogs of Bushwood



Vega
Leybourne Road



The Dogs of Bushwood



Theo
Aylmer Road



The Dogs of Bushwood



Rufus
Browning Road



The Dogs of Bushwood



Olive
Bushwood



f Bushwood



ert
wood



The Dogs of Bushwood



Blue
Bushwood



The Dogs of Bushwood



Ella
Harvey Road



The Dogs of Bushwood



Lizzie
Harvey Road



The Dogs of Bushwood



Derkins
Barelay Road



f Bushwood



na
e Road



The Dogs of Bushwood



Gaia
Bushwood



The Dogs of Bushwood



Dilly
Mornington Road



The Dogs of Bushwood



Des
Mornington Road



The Dogs of Bushwood



Louki
Beacontree Road



f Bushwood



lly
e Road




The Dogs of Bushwood





Katie
Lister Road



The Dogs of Bushwood



Sarge
Mornington Road



The Dogs of Bushwood




Charley
Aylmer Road



The Dogs of Bushwood



Wilf
Bushwood




f Bushwood





orge
wood




The Dogs of Bushwood





Sky
Barelay Road




The Dogs of Bushwood





Luna
Michael Road




The Dogs of Bushwood





Mr Darcy
Barelay Road



The Dogs of Bushwood



Polly
Barelay Road



BARA Member wins an OSCA!

The Hollywood film variety has an 'r' on the end of the title, but in cricket circles an OSCA is no less prized.

Every year, the UK's various county cricket boards recognise individuals for their voluntary service to clubs and leagues. Among this year's recipients of an Essex 'Outstanding Service to Cricket' award is BARA member Dilawar Patel, who received a 'Lifetime Achievement' award to mark more than 50 years' involvement in grassroots cricket.

Dilawar was aged just 19 when, in 1970, he founded Leytonstone Cricket Club (LCC). The club played matches at Leyton Cricket Ground (now the site of an exciting £1.7 million cricket hub created in conjunction with the England & Wales Cricket Board and Essex County

Cricket Club) and in Lee Valley Park.

During the '70s and '80s, many children of the first wave of Asian-heritage players inherited their parents' love of the game and became involved, not only as players but as coaches and administrators – in the case of Dilawar's son Sajid, as founder of the National Cricket League which has become one of the largest Sunday leagues in the south-east. LCC, now known as East London Leytonstone & Frenford Cricket Club, continue to play in the Premier Division of the National Cricket League.

In 1993, Dilawar was part of a group that founded another Sunday league, the Gujarati Metropolitan Cricket League. Twenty-six years on, he continues to serve that league as an umpire and organiser.

Many congratulations to Dilawar, we're sure his OSCA will have pride of place on the family mantelpiece! Meanwhile, both father and son continue to ensure cricket thrives in our community. To find out more about the leagues they're involved with, visit nationalcricketleague.co.uk and gmcl.play-cricket.com.



London City Airport Consultation

Ever since London City Airport announced its plans to consult on a 'Masterplan' for the future of the airport, Bushwood residents have had concerns how they might be affected. When the airport previously secured planning permission to narrow the flight path over Bushwood and Leytonstone residents felt unhappy that City Airport failed to organise any events for them to find out more and raise their concerns and questions.

In September, these concerns had their chance to be voiced at a meeting at George Tomlinson School chaired by Rev David Britton. On one side, representatives for the City Airport and on the other side HACAN (Heathrow Association for the Control of Aircraft Noise), a campaign group that represents residents under Heathrow flight path. Residents were given the chance to ask questions and find out

more about the plans.

The representatives of City Airport began with a detailed presentation on their proposals and economic rationale which included local job creation, better services, more flights and a quicker path through the airport. They say traditional business flight numbers are declining and they want to increase their leisure flight capacity and their destinations. To do this they plan to end the 24hr ban on weekend flights and to start the flying day earlier and concluding it later. This will lead to a substantial increase in flight numbers and its argued that this will impact on Bushwood and Leytonstone at the take off stage.

John Stewart from HACAN followed and suggested some areas to challenge the plans particularly around noise and the impact on the climate.

Following this was a 60 minute Q&A of the representatives of London City Airport on their proposals. The BT observed that all questions and comments expressed didn't support the airport's proposals. The comments ranged from criticising the airports poor presentation of their data, concerns over noise and the impact on air quality on the ground and in the air and how it might negatively affect the quality of life in Bushwood and Leytonstone.

If you would like more info on the case for or against the expansion then please take a look at the following links:-

London City Airport Masterplan Consultation Website- <https://www.londoncityairport.com/corporate/consultation>

HACAN East website-

<http://www.hacaneast.org.uk/news>

Bushwood Planning Report

Harvey House (The Clubhouse) 1a Harvey Road

Planning Application 190991

Valid From 04/04/2019

Change of Use from use class D1 (Mental Health Day Centre) to use class D1 (Day Nursery). Reconfiguration of the front car park to include widening of pedestrian & cycle access, provision of cycle parking, car parking and part resurfacing with outdoor safety surface for children's play area.

No decision yet

New application submitted due to work being started on application 192442 without approval and work also differing from how it was described in the application. We are not sure

Application 192501

Valid From 30/07/2019

Retention of timber cladding to front and side elevations of the furthest front projection of the building. Installation of kitchen extractor flue to roof.

10 Harvey Road

Application 82845

Valid From 31/08/2018

Construction of a three storey single dwelling house at rear garden.

Decision

Withdrawn - By Applicant on 24/07/2019

We had to wait eleven months for this.

Carlton House 14 Aylmer Road

Application 192442

Valid From 16/07/2019

Listed Building Consent for the conversion of the property (formerly known as 694a High Road Leytonstone) from 5 bedroom dwellinghouse and 2 x 1 bedroom flats, to 6 self-contained flats (5 x 2 bedroom and 1 x 3 bedroom), including internal alterations to layout. Installation of external staircase for access to utility meters to front elevation and provision of associated refuse and cycle storage, together with amenity space at the rear. Decision- Refused with informatives

69 Browning Road

Application 191016

Construction of 2 x 4 bedroom houses consisting of two storeys with basement level on the land at the rear of 69 Browning Road. Associated refuse storage and landscaping together with the installation of access gate from street. Yet another application to build behind 69 Browning Road with access through what is now the garage of the existing house. This is on the agenda for the next planning meeting on 8th October. The Planning Officers recommend acceptance but there have been many objections. I will attend to speak against if necessary.

21 Barfield Road

Application 191836

Valid From 31/05/2019

Construction of replacement single storey rear extension
Decision -Approved with conditions informatives

All planning meetings have been attended by BARA Committee member Rosemary Warrington

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

Any Garden, Any Tree

Trees are important and one of our greatest weapons against climate change. Garden designer, Mark Cummings suggests trees for even the smallest of gardens.



Trees capture carbon and release oxygen, prevent soil erosion and reduce rainwater run off from the surface of the ground. They're an invaluable asset in the city paved with gold.

I always try to plant at least one tree in the gardens I create.

Trees provide shade on a sunny day, shelter from the wind, a canopy to protect from the rain, and more food for our pollinators than a meadow. Further up the food chain our native birds can feast on the critters that inhabit the branches. They are also one of the most important scenic features that can be added to a garden.

But planting trees can be an emotive subject: Fears about property boundaries, shade, subsidence, size and maintenance all have to be considered. So, modify the mantra 'right plant right place' to 'right tree right place'. Regardless of the size, aspect and soil structure of a garden, there will be a tree that fits (no shoe horn required).

It is essential that selecting a tree should be a systematic and well-researched process. However, you will see evidence of poorly chosen trees in many gardens. Often this is because when a tree is bought from a nursery it is relatively small and it is difficult to visualize '15 meters by 10 meters in 10 years time'.

So what do you need to know?

On the whole, trees aren't fussy and it's easy to give them the start they need to thrive. They need staking, mulching and watering well in their first year. The stake, which should be low enough to prevent the root ball from rocking but not the top of the tree from swaying in the wind, can be removed after the second year. This actually encourages strengthening of the tree.

Selecting your tree

Do you want an evergreen, which holds on to its leaves all year or a deciduous tree, which drops its leaves in the winter but offers spring blossom and autumn colour. The next thing is to think about the size and shape of the tree you want and to consider foliage, blossom and fruit.

Fruit can be thought of as your productive apples, pears, plums and cherries or in the wider sense of whether your tree is male or female.

It is the female trees that bear fruit. Male trees do not.

Once we have considered the above we need to start thinking about the actual tree we want. And this is the fun bit. Here is a list of trees that will work in any small London garden.

Crab apples (*Malus*) and ornamental cherries (*Prunus*) are deciduous with glorious spring blossom, autumn colour and fruits that last well through the winter, feeding our garden birds.

Malus Adirondack: White flowers in spring with two tone orange red fruit in autumn (Height 4m x Spread 2.5m)

Malus Mattfru: Large orange-red flushed fruit (H5m x S3m)

Malus toringo: White flowers in spring with red or yellow fruit in the autumn (H3m x S5m)

Prunus amanogawa: Narrow, fastigate form (H8m x S4m)

Prunus autumnalis 'Rosea': flowers throughout the winter (H4m x S4m)

Prunus Prunus incisa 'Koyo-no-mai': (suitable for a large pot on a sheltered but sunny balcony though will be as happy in the ground) (H2.5m x S2.5m)

The following trees also have a particular place in my gardens:

Sorbus villmorinii with spring blossom, vibrant red autumn colour and the winter berries make them a worthy addition to the smaller garden (H5m x S4m)

Acer psuedoplatanus 'Brilliantissimum' has the most amazing mottled salmon leaf colour in spring that return in the autumn (H5m x S6m)

Acer griseum otherwise know as the paper bark maple has flaking, cinnamon-brown bark - it catches the low sunlight in the winter and sets the tree on fire. It's stunning. Slightly larger than the rest but a slow grower (and worth the wait) (H8m x S8m)

But by far my favorite tree is **Amelanchier x grandiflora 'Ballerina'**. It is particularly exquisite from when its leaves unfurl like mini candelabras followed by the pure white blossom to the jet-black berries and then its fiery autumn crescendo. (H5m x S6m)

There is an old saying that the best time to plant a tree is twenty years ago. The second best time is now. What are you waiting for?

Tree suppliers:

Barcham Trees: barcham.co.uk

Keepers Nursery: keepers-nursery.co.uk

Ashridge Nurseries: ashridgetrees.co.uk

Useful contacts:

The Orchard Project: theorchardproject.org.uk

The Tree Council: treecouncil.org.uk

The Woodland Trust: woodlandtrust.org.uk



Royal British Legion call for volunteers

The RBL needs volunteers to help sell poppies this Remembrance Day.

The RBL meets on the third Wednesday of each month at The Leytonstone Ex Servicemen's Club. Men and women of all ages are welcome whether they have served in the forces or not. You can make new friends and help raise funds for a very worthy cause.

They are looking for volunteers to help sell poppies for this year's appeal. You don't have to be a member of the Royal British Legion or to have served in the Armed Forces to help out. A few hours all help would be greatly appreciated.

The Poppy Appeal will be launching on **Saturday 26th October 11am** at Tesco in Leytonstone. Please come along and meet the members and volunteers for a chat. There will also be collections at Leytonstone Station and Whipps Cross Hospital.

There will be a Remembrance Day service and wreath laying on Sunday 10th November at The War Memorial, Harrow Green followed by a social at The Ex-Servicemen's Club.

A two minutes silence will be observed in the Tesco store, Leytonstone on Monday 11th November at 11am to mark Armistice Day.

For more information please contact:-

Website:- <http://branches.britishton.org.uk/branches/leytonstone>

Membership Secretary Janet on 07709

490859, or at: janetRBL887@gmail.com

Poppy Appeal organiser Doreen on 07955

791884 or at dotscalder@aol.com

Bushwood Young Writers

Eleven year old, **Reuben**, is this issue's young writer. He's written a piece about his schools efforts to reduce their plastic waste.

Last week my new Secondary school announced they were putting the price of our school meals up by 2p. Some people joked about this but the reason behind it is much more serious. My school have decided they will get rid of plastic cutlery and use only bio-degradable wooden knives, forks and spoons from now on. There are around 900 kids at my school so it could be around 1800 knives and forks used and chucked away every day which could be 300,000 a year!! So a 2p rise in the price of a school meal is a price worth paying in my opinion to do our bit to

reduce plastic waste!

We've all heard a lot about plastic pollution but when I heard some of the hard facts recently I was really shocked. Scientist now think that 8 million bits of plastic are getting into the sea every day, polluting it and causing harm. It moves around and is spread everywhere, it breaks down into tiny pieces, it sinks to the bottom of the sea and is eaten by our fish, dolphins, sea birds and other sea creatures. It makes them sick or die and also gets into our food. Some scientists are now thinking that a third of the fish caught for us to eat may contain tiny bits of plastic. This is not good for our health or our sea creatures!

Our Plastic waste hangs around for a long long time after we've finished up with it. It can take up to 450 years for a plastic bottle to break down into microscopic pieces in the sea and they may never disappear.

So what can we do? It's a big problem but if we all make small changes we can make

a difference. Every time we are about to use a single-use plastic item we could challenge ourselves to find another way. Maybe this Christmas we will stop buying plastic decorations (we could get the little ones in the family to help make their own)? Maybe we could go back to using a milkmen with their glass bottles? Maybe we will make sure we always have our own water bottles with us or persuade our schools and workplaces to say no to plastic knives and forks like my school has?

Reuben has won £10 of Argos vouchers for his work. If your child would like to submit a piece of writing for a future issue of the Bush Telegraph then please get in touch the usual way. No more than 200 words, include a photo and your inspiration to BARAConnect@gmail.com. If your child's piece of writing gets printed they will win £10 of Argos vouchers.

New wine bar opens in high road train arch

Our high road finally catches up with the rest of East London and gets a cool wine bar in a railway arch complete with rumbling trains. James Cowen meets the owners, Nick and Bianca.

Across London, railway arches have been slowly changing from the oil stained tyre fitters and used fridge storage to cosy cafes, brewers and bars. In Leytonstone, The Wanstead Tap was first to make the move on Winchelsea Road, followed by Burgess & Hall and Arch Rivals. However, nothing has opened at the arches in our part of town and until now E11 has fallen behind the trend of arch conversion. This summer, To Be Consumed pulled up its shutters at number 1 arch at Leytonstone High Road Overground station. Cautiously launched in summer by locals, Nick and Bianca Chapman, To Be Consumed began with a limited offering of wine on tap, Perky Blender's coffee and toasties. Since then they have scaled up and are now stocking Wild Goose Bread, some deli products and also a number of bottled wines to takeaway with plenty more things to come.



The couple moved from Perth, Western Australia in 2007 and have lived in Leytonstone nearly five years. Working in interior design for the last 12 years, Nick had dreamed of owning his own bar and they have finally put the dream into action. Juggling all the tasks of sourcing, building and working in the bar, Bianca's day job as a radiographer and managing a young family has been a hard road for the pair of them. The work will start to pay off now as they have created a really beautiful space which includes outside seating for those warm summer

evenings. The journey to open a bar is a tough and long road and the Bush Telegraph wish them the best of luck for the future. Without the people putting the work and sacrifice in we wouldn't have such an interesting and varied high street. If you want to check out To Be Consumed they can be found at: Unit 1 Hitchcock Business Centre, Station Approach, Open Wed: 12-5, Thurs 12-10, Fri/Sat 12-11, Sun 12-6. **To Be Consumed can be found on Twitter and Instagram @tbcwine**

Leytonstone Fitness Planner

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

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

BARA Social

Community Event Listings

BARA Groups

Bara Football

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

Board Gaming

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

Cycling

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

BARA Pets

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

Photography

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

Pub Quizzes in E11

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

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



Events Diary

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

Wed 9th Oct	Quiz Night	Burgess & Hall	8pm
Thur 10th Oct	HITCHCOCKTOBER: VERTIGO	The Birds	8pm
Fri 11th Oct	Mad Professor - Ariwa Sound	The Red Lion	8pm
Sat 12th Oct	Le Lion Rouge - Burlesque Show	The Red Lion	8pm
Tue 15th Oct	Black History Month Craft Session	LeytonstoneLibrary	8pm
Tue 15th Oct	Leytonstone Green Drinks	The Walnut Tree	8pm
Wed 16th Oct	Board Game Night	Burgess & Hall	8pm
Thur 17th Oct	Lunchtime Concert - František Brikcius	StJohns Church	1pm
Thur 17th Oct	Cheese & Wine Tasting	Theatre of Wine	7.30pm
Thur 17th Oct	The Big BARA Quiz - Quiz Night+Food	Ex Servicemans	7.30pm
Thur 17th Oct	The Funny Side of Leytonstone	The Red Lion	7.30pm
Thur 18th Oct	HITCHCOCKTOBER: North By Northwest	The Birds	8pm
Thur 18th Oct	Surround Sound Listening Sessions	Ex Servicemens	5pm
Fri 18th Oct	Polish Jazz London Series	StJohns Church	6.30pm
Fri 18th Oct	Cake & Company - Chat and a Cuppa	Star of India	11.30
Sat 19th Oct	Hawkes & Hops - Cider Festival	Leytonstone Tavern	12pm
Sat 19th Oct	Drag Bingo Balls Brunch	The Birds	11am
Sat 19th Oct	Islay Whisky Free Drop-in Tasting	Theatre of Wine	5pm
Sat 19th Oct	Deep Listening Exercises - Sound Art	Ex Servicemens	2pm
Sun 20th Oct	Doggy Brunch	The Birds	11am
Sun 20th Oct	So Board... - Board Games Day	The Birds	12pm
Sun 20th Oct	Using Your Camera Creatively	Le Petit Corner	7.30pm
Wed 23rd Oct	Stories, Treats and Craft	LeytonstoneLibrary	12pm
Wed 23rd Oct	BYO Baby Wine Tasting	Theatre of Wine	2pm
Thur 24th Oct	Halloween Craft - Free Craft for kids	LeytonstoneLibrary	12pm
Thur 24th Oct	London Calling - Short films	The Birds	7.30pm
Thur 24th Oct	Labour Party Fund Raiser Comedy Night	O'Neils	7.30pm
Fri 25th Oct	Greg Wilson - DJ Legend	The Red Lion	9pm
Fri 25th Oct	Soundhoppers Children's Playgroup	Le Petit Corner	10.30
Fri 25th Oct	House of Horrors Burlesque	Plough&Harrow	8pm
Sat 26th Oct	Build Your Own Synthesiser	Ex Servicemens	2pm
Sat 26th Oct	Land Listening Walk	Leytonstone Tube	1.30pm
Sun 27 Oct	Big Ol' Tim Burton Pub Quiz	The Birds	7.30pm
Wed 30th Oct	Board Game Night - 4th Anniversary	The North Star	7.30pm
Thur 31st Oct	A Ghoulish Sanctuary -Halloween Party	Luna Lounge	7.00pm
Thur 31st Oct	HITCHCOCKTOBER: PSYCHO	The Birds	8pm
Thur 31st Oct	Scary Monsters Halloween Wine Tasting	Theatre of Wine	7.30pm
Fri 1st Nov	Music for Hypnagogic States	The Red Lion	7.30pm
Sun 3rd Nov	BARA Litter Pick - Meet at the flats	Bushwood	11am
Sun 3rd Nov	Shedletsky's Sunday Service BBQ	Arch Rivals	1.30pm
Thu 7th Nov	Vintage Tea	St Johns Church	3pm
Thu 7th Nov	Memories of a Cockney Sikh	The Wanstead Tap	7.30pm
Sat 2nd Nov	Junk Orchestra - For the family	StJohns Church	12pm
Sat 9th Nov	Spice Girls Brunch	The Birds	11am
Sun 10th Nov	Bomb Walk with Ron Allen	Lister/Mornington	1pm
Tue 12th Nov	Drawing Sessions with unique models	The Wanstead Tap	7pm
Thur 14th Nov	The Funny Side of L'stone - Scott Capuro	The Red Lion	7.30pm
Fri 15th Nov	Leytonstone Green Drinks	The Walnut Tree	8pm
Fri 15th Nov	Cake & Company - Chat and a Cuppa	Star of India	11.30
Fri 15th Nov	Norman Jay MBE - DJ Legend	The Red Lion	9pm
Sat 16th Nov	Quiz & Curry Night	St Johns Church	7pm
Mon 18th Nov	Big Ol' Rick & Morty Pub Quiz	The Birds	7.30pm
Wed 20th Nov	Kete Bower's Dark Folk	Luna Lounge	7pm
Wed 20th Nov	What's Cookin - Ian Siegal	ExServicemens	8pm
Fri 22th Nov	An evening with John Crace	The Wanstead Tap	7.30pm
Sat 23rd Nov	Blood on the Tap - Bob Dylan Tribute	The Wanstead Tap	7.30pm
Sat 23rd Nov	Britney Spears Bottomless Brunch	The Birds	11am
Mon 25th Nov	Big Ol' Harry Potter Quiz	The Birds	7.30pm
Wed 27th Nov	Board Game Night	The North Star	7.30pm
Fri 29th Nov	Poetry Triple Bill featuring Ray Antrobus	The Wanstead Tap	7.30pm
Sat 30th Nov	Drag Bingo Balls Brunch	The Birds	11am
Sat 30th Nov	Leyton&Stone Christmas Market	LeytonstoneLibrary	11am
Tue 3rd Dec	Will Burns + Willowherb Review Poetry	LeytonstoneLibrary	8pm
Wed 4th Dec	Daniel Sonabend with Michael Rosen	The Wanstead Tap	7.30pm
Thur 5th Dec	Vintage Tea	St Johns Church	3pm
Thur 5th Dec	Brett Anderson In Conversation	The Wanstead Tap	7pm
Sun 15th Dec	Leyton&Stone Christmas Market	Ex Servicemens	11am
Fri 20th Dec	Cake & Company - Chat and a Cuppa	Star of India	11.30
Wed 8th Jan	Board Game Night	The North Star	7.30pm
Wed 29th Jan	Board Game Night	The North Star	7.30pm

Halloween BARA Recommends

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

Adboard

Free Member Classifieds

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

AVON Patricia Roche: 020 8989 9728 (eve).

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

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

BABYSITTER AND CHILDMINDER

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

BUILDER carrying out full renovations, extensions and loft conversions. Design service available - full plans produced. Any renovation work undertaken, kitchen and bathroom refurbishments, decorating.
10% discount offered to members.
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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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Liz Maloy Jollands: 07855549740
lizmaloy@hotmail.com
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www.IfDoesTheJob.com

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

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

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

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

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

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

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

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

PHOTOGRAPHER Relaxed and natural family and headshot photography. Specialising in helping camera shy people get a set of photos they love. Contact Sara: 07969 910681
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hello@saradalrymple.co.uk
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tpreedy@ascotldn.com

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

PSYCHOTHERAPY Hypnotherapy and cognitive behavioural therapy
Jeannie: 020 8989 3111

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

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

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

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

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

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

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

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

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Pregnancy Yoga: Tuesday 6.45pm
Postnatal: Thursday 10.45am
All classes held at the Quaker Meeting House
More info www.helenyoga.co.uk/07956807675

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Shops & Services

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(eat-in or collection)

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853 High Road Leytonstone
10% discount

LE PETIT CORNER

734 High Road Leytonstone,
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LEYTONSTONE POP-UP CINEMA

www.leytonstonefilmclub.com
£1 member discount

LUNA LOUNGE

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

NORTH STAR PUB

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10% discount on food orders

O42 RESTAURANT

885 High Road Leytonstone
15% off food orders

PANDA DIM SUM

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

PETCH SAYAM THAI RESTAURANT

682 High Road Leytonstone 020 8556 6821
10% discount

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668 High Road Leytonstone 020 8532 8048
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STAR OF INDIA

875 High Road Leytonstone 020 8989 4028
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SUNFLOWER CAFÉ

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ENERGY HEALER/THERAPIST - (See Adboard)

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

MARK RAHAMAN DIP PT, MRNT, IIHHT

Fully qualified personal trainer & sports therapist:
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Jar for 0.10p sweet

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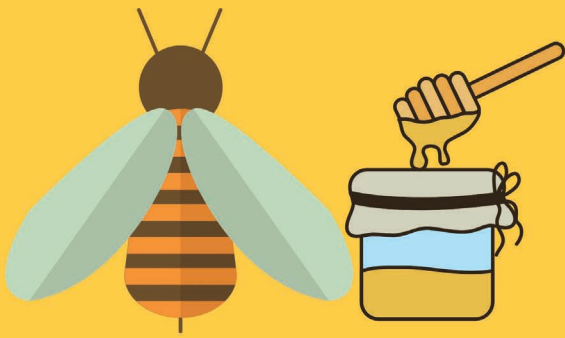
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yourself to the listings please email BARA-
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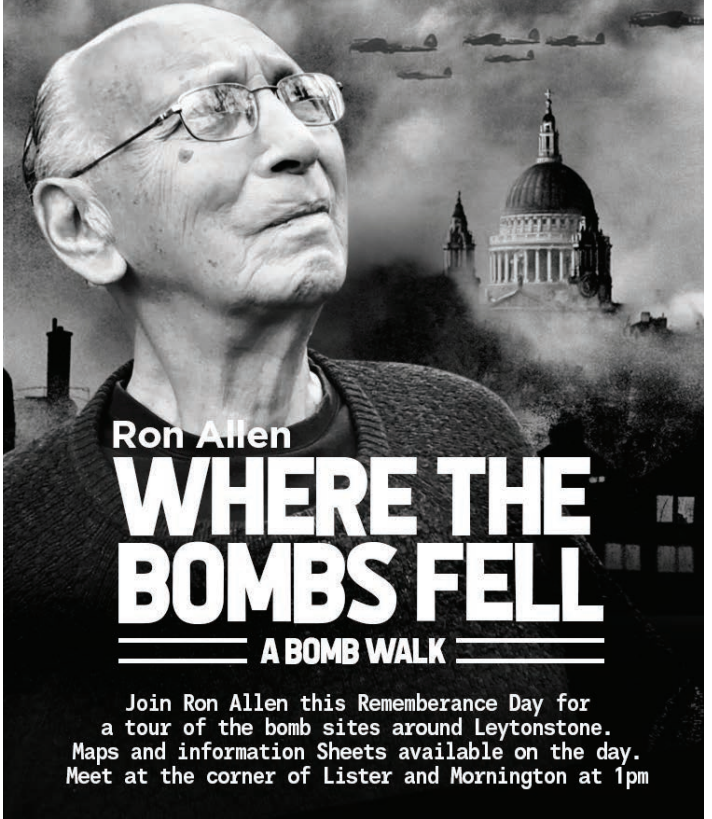
*Businesses listed provide discounts to BARA members
as a service to the community.
Terms and conditions are subject to the businesses'
needs and are subject to change.
If you experience any problems please email
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SUNDAY 10TH NOVEMBER



Ron Allen

WHERE THE BOMBS FELL

A BOMB WALK

Join Ron Allen this Remembrance Day for a tour of the bomb sites around Leytonstone. Maps and information Sheets available on the day. Meet at the corner of Lister and Mornington at 1pm

THE BIG ? BARA QUIZ

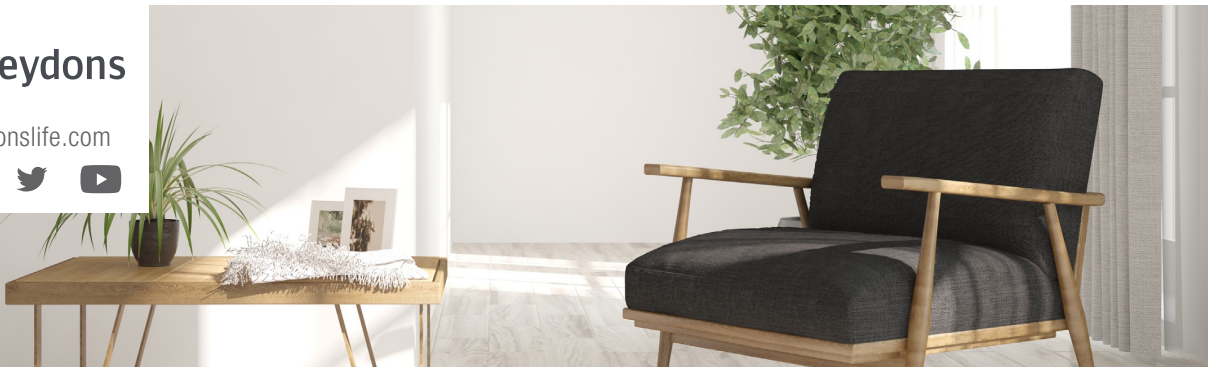


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