

6 June 2020



## LRA's Loughton News

*In this issue:*

Coronavirus [local updates](#), [support available](#) and [the effect on District Council finances](#), [a Local Plan update](#)...

and more...

## LRA News

### **Epping Forest Special Area of Conservation (SAC)**

The District Council has issued [an updated position statement](#) about the new Local Plan, its potential effect on the SAC and the present position with respect to the granting of planning permission for new developments that may adversely affect the SAC. The Council says that it is continuing to work actively to resolve the current situation which has restricted housing and economic development coming forward in the district since 2018. Working with Natural England the Council is striving to identify potential opportunities to address the backlog of undetermined applications and is seeking legal advice as to the extent to which permissions can be issued. A further report will go to Cabinet at the December meeting.



Although the Council has been required to take Jessel Green off the list of proposed developments, LRA and Loughton Town Council are continuing to follow progress closely and will challenge any attempt by the Council to push through any other developments or "mitigations" which would adversely affect the SAC.

The District Council have now [launched a consultation](#) for their Draft Green Infrastructure Strategy. You can [read the draft strategy](#) and [complete the survey](#). The consultation runs until 16th July.

[More background](#) on the Local Plan on our website.

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### **The effect of the crisis on the District Council, and next steps**

#### ***Loss of income***

From papers prepared for their Cabinet, it seems the loss of income to the District Council is over £900,000 a month with business rates, council tax, leisure income and car parking income being the areas where the greatest risk is reported. Allowing for a possible general recovery from July the predicted annual loss of income is £6m (however, £2.7m of this figure relates to business rates where the Government specific grant is likely to reduce this loss significantly). These figures are likely to change as matters develop. The Local Government Association has asked the Government for extra cash to tide councils over. The Town Council is not expecting significant financial impact.

#### ***Investing in high street and other commercial property***

The Council has already set up wholly-owned companies ("Qualis") to buy high street properties and is considering expanding this activity. There is now a much increased risk factor of some companies failing, not only small ones, and the inability of others to pay their rent, temporarily or at all. We have asked for but not yet received figures for non-

payment of commercial rents on the quarter day (25th March) for instance, but we suspect there may be considerable default.

### ***Developing and supporting companies***

The Council is considering helping to "bump start" businesses by providing measures such as start off stock, fitting out premises, provision of payroll and book keeping services and similar more practical issues. It is also considering investing in companies via shareholdings, or by providing loans. There may be companies who are recovering who do not have the capital to return as quickly as they would like or to invest in the future. "Bump-starting" may be of little use if the battery has failed and needs replacing!

More on the Council's proposals [here](#).

### ***LRA comment***

Before the crisis struck, LRA Cllrs pointed out that the Council seemed to have failed to appreciate the extra risks involved in direct investment in commercial property as far as both future income and future capital values are concerned. There has also been national comment about the dangers of councils risking council taxpayers' money in areas where they have little or no experience, and the House of Commons Public Accounts Committee is investigating the whole situation. Providing further support to companies, either directly or through investment, seems equally far removed from the Council's normal areas of expertise, and equally risky.

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### **The Standard, 126 High Road**

LRA was contacted by residents concerned at the number of people congregating last weekend on Standard Green (which is part of Epping Forest), drinking alcohol and failing to observe social distancing. LRA Cllrs raised this with the District Council. The Council contacted the licence holder and manager of The Standard and he confirmed that he was selling alcohol along with food as a take-away service. The Council told The Standard that their alcohol licence doesn't cover this, and that they should stop doing so with immediate effect. The Standard can apply for a Temporary Event Notice (TEN) in the interim if they want to sell alcohol as a take-away service but they would need to apply for a full variation to include off-sales as a longer-term measure.

They agreed to comply and have so far applied for TENs on 9th, 11th, 12th & 13th June; they also intend to apply for a full licence variation. Any TENs received will have to comply with the Government's coronavirus legislation of take-away service, ensuring that customers wait in a queue with social distancing and that any food and alcohol is taken away from the premises.

LRA emailed the Council to point out that the sales seem to have been made from on the highway in front of the premises, and querying whether or not that can be covered by a TEN. As the Government has provided that no-one other than the police can make objections to TENs, we emailed the police to ensure that they have a full picture of events.

A resident told us the car parks adjacent were being used as lavatories by multiple people. We advise you on health grounds not to use those car parks.

The Council have now granted the licence. We are very disappointed with this, and see it as a failure to protect residents by the District Council and the police.

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### **Housing Exchange resolved**

A District Council tenant had been about to exchange properties with another Council tenant when there was a delay because of the Coronavirus crisis. The Council then refused to complete the move, despite the rules specifically allowing for this sort of exceptional situation. The tenant approached LRA Cllr Chris Roberts and, with the help of Chris's intervention, the exchange of properties has now been completed.

### **Dangerous fencing**

A resident contacted LRA Cllr Bob Jennings about the Public Footpath between Clays Lane and Debden Road. She reported that the fence alongside Paul's Cobbs (off Clays Lane) was in a dangerous condition, collapsing across the footpath and exposing splintered wood and exposed screws and nails, some of which are at eye level. Bob asked LRA County Cllr Chris Pond to take this up at County, who sent a Public Rights of Way (ProW) Inspector to look at the problem. Unfortunately the fence belongs to the landowner, not the Council. We will continue to follow this up.

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### **Damaged trees off Clays Lane**

LRA Cllr Bob Jennings was contacted by a local resident who had concerns over the severe pruning of several mature poplar trees bordering the land currently used by Paul's Cobbs off Clays Lane. At least five trees had been reduced to around three metres in height and one had recently been 'ringed'. In 2013 the trees were made subject to a Tree Preservation Order. Bob took this up with the District Council, who replied that the trees had been suffering from various ailments, including a Hornet Moth infestation, which had rendered them unsafe. In December 2018 the Council had given permission for them to be felled to 2m-2.5m in height (application ref: EPF/2959/18), and so no action was possible now.

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### **Offensive graffiti**

A resident reported that someone had carved swastikas into the road sign at the end of Shaftesbury/Forest Road. LRA Cllr Chris Pond followed this up with the District Council, who always used to react quickly to remove offensive material. However, the Council said that they wouldn't take action as the sign belongs to the County Council. So Chris contacted the County Council and, knowing that they might take some time to respond in the current crisis, he took action to cover up the graffiti.

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### **Local policing**

LRA Cllr Chris Roberts recently met our local Community Police Officer, Marc Arnold. The police have been working to combat drug use and trafficking; arrests have been made in the Debden area. Chris raised the level of ASB on the Roding Valley Recreation Ground and in particular the lack of social distancing, open drug-taking, motorbike-riding and large amounts of litter, which all combines to create an unpleasant environment for normal folk, especially young families. Marc said the police were aware of the problem, and he had personally attended twice to calls there – he would talk to his sergeant about regular sweeps through the area. Chris also mentioned speeding cars, particularly on main roads and the M11 (worse late at night and at the weekends); Marc will refer this to the police traffic unit at Chigwell (we know that there have already been some arrests on the M11).

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### **Cllrs face-to-face with residents!**

On 13 May, five LRA councillors (Judy & Bob Jennings, Mike Owen, and Chris & Caroline Pond) took part with 50 residents in the Hills Amenity Society's\* online Councillors Forum to discuss a wide variety of local topics. You can see a report of the meeting together with seven video clips on the Hills Amenity Society's website - please click [here](#). And if you live in the HAS area\* and aren't yet a member (£5pa per household), contact [the Treasurer](#).

\*The three Loughton Conservation Areas are York Hill, Staples Road and Baldwins Hill.

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### **Dangerous trees in the York Hill area**

LRA Cllr Bob Jennings spotted that a tree with a Tree Protection Order (TPO) on the corner of York Hill and Potters Close had been damaged and was hanging over the footpath/roadway and in danger of falling on pedestrians and/or vehicles; another TPO'd tree which borders the footpath which links Woodberry Hill and York Hill was being weighed down by ivy so that it was becoming difficult to walk underneath and would

certainly cause a problem to the visually impaired. Bob contacted the District Council, which asked their Ground Maintenance team to investigate to ensure that the rights of way were kept free from obstruction or imminent danger. We will continue to follow this up.

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### Traps Hill fingerpost

A few weeks ago, in the middle of lockdown, we spotted that some idiot had displaced one of the arms of the fingerpost at the foot of Traps Hill.

LRA Cllr Chris Pond put it straight with his trusty umbrella (unfortunately we didn't get a photo of him in the act).




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### Margaret Chalk

We are sorry to report the death of former LRA Town Councillor Margaret Chalk on April 22nd. Margaret was a long-term stalwart of the Council's Planning and Licensing Committee, on which she often had strong views. She was also keen to defend and improve the Roding Valley fields, which were close to her home.

## Planning and Licensing

[Read more](#) about Planning and Licensing, the role of the LRA Plans Group (LRAPG), how to get more information with the Application and Reference Numbers below, and how to comment.

*If you wish to comment, **don't delay even during the lockdown**. The process is time critical with several stages along the way. If you wish to make comments please try to submit them before the deadline set by the council. Although submissions can be made and have to be considered up to the time a decision is made, once the statutory deadline has passed, the application might be determined before your comments are received.*

Here we report on selected applications which are of notable interest or concern. This by definition means that you will mostly read about applications that LRAPG objects to or raises concerns about. LRAPG reviews many applications, most of which are acceptable or require minor changes or conditions that applicants accept.

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### Planned Developments

**Lucton's Field, Borders Lane  
(the field opposite the College)**

**Epping Forest College Middle Site, Borders Lane**

Thank you to the many residents who have raised objections and have copied their responses to us. It is clear that Loughton residents are very concerned about the loss of open space, the impact on the Epping Forest Special Area of Conservation (SAC), parking, congestion and the impact of additional commuters at Debden and Loughton tube stations.



You can continue to send comments to the District Council. More information on [Lucton's Field](#) and the [Middle Site](#) is on our website

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### McDonald's, 202 High Road (was Pak Choi)

This was approved by the District Council on the casting vote of the chairman with

conditions attached to protect residents:

- Opening times will be 8am to 10pm Sunday to Thursday, and 8am to 10:30pm Friday and Saturday.
- A litter management plan will be created and needs to be approved by the council before opening.
- No service deliveries or waste collections should be made outside the hours of 5pm and 9.30pm.

*Application Number EPF/2162/19.*

**Oakwood Hill Industrial Estate, Unit 20**

This is a proposal for a new four storey office building with parking.

Given the design and location, LRAPG have raised concerns that this building will stand out when instead it should be designed to be as low key as possible. It will also not weather well and is likely to look an eyesore over time.

If the District Council is minded to approve the application, we have urge the Council to negotiate a green wall on the north elevation to tone down the impact on Lushes Road.

*Application Number EPF/0935/20. The date for comments has passed.*



**LRA's Farmers' Market**  
**Because of the coronavirus pandemic, the**  
**market on 14th June is cancelled**

Further markets will be considered in the light of government advice nearer the time.  
 We'll keep you updated via our [news emails](#), [Twitter](#) and [Facebook](#)

**Coronavirus/Covid-19**

Followed by [Local News](#) and [how get help and offer support](#)

**Latest Updates**

[Government Advice](#)

[NHS Advice](#)

**Local Support**

[County Council](#)  
[How to help and](#)  
[Facebook support](#)  
[group](#)

[Loughton](#)

## COVID-19 Mutual Aid UK Group

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### High Beech/Earls Path/etc - No Stopping or Parking

Last month double red lines were installed by the North Essex Parking Partnership (NEPP) in High Beech and other roads in Epping Forest to address on-street parking issues, deter non-essential travel to the Forest and support the Government's current guidelines to stop the spread of coronavirus. This was done under a temporary order under the Road Traffic Regulation Act. NEPP have confirmed that the legislation didn't require there to be advance public consultation. However, if the order needs amendment or NEPP seeks to make it permanent, public consultation would take place beforehand. [More](#).

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### Car parks in the Forest

The car parks were closed in April to prevent overcrowding and fly-tipping. All but two were re-opened just before the end of the May Bank Holiday, once the red lines were in place on Forest roads.

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### Roding Valley Recreation Ground

The good weather and the first significant round of the releasing of lockdown restrictions brought a huge influx of visitors from outside the area to the Recreation ground. Although most residents continue to responsibly enjoy the fields, sadly there has been an epidemic increase in litter and particularly of silver canisters and balloons.

Independent Cllr Stephen Murray collected dozens of black sacks early in the morning. After a complaint from a local resident about anti-social behaviour Cllr Rose Brookes spent several evenings in the area also collecting rubbish and monitoring behaviour in the car park at the bottom of Roding Road. Repeated requests have been made by both Roding Councillors to the police to regularly check the area in the evenings .

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### Essex Older Persons Bus Pass

From 15th June, the Essex Older Persons bus pass will not be valid before 0900 Mon-Fri on TfL buses.

However, they will remain temporarily valid on Arriva routes 66, 87 and Trustybus 418 (which are non-TfL buses).



### Changes to public transport in London

The government has agreed a £1.6bn funding and financing package for Transport for London (TfL) to protect key services, helping people to stay safe during the pandemic and supporting the capital's gradual recovery from COVID-19. This means the reintroduction of fares and the congestion charge (see next news item). There will be efforts to push forward new segregated cycle lanes, pavement extensions and road closures to traffic.

As soon as practicable, the use of Freedom Passes and 60+ card concessions will be limited to off-peak hours. Free travel for under 18s will be temporarily suspended and special arrangements will be made to ensure children eligible under national legislation can still travel to school for free.

The mayor has also agreed to increase fares next year



on all modes by RPI plus 1%, in line with the proposals in TfL's own business plan, in order to put the organisation on a more sustainable footing.

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### **Congestion Charges reintroduced & increased**

TfL say "As part of our plan to help London reopen carefully, safely and sustainably, the central London Congestion Charging and Ultra Low Emission Zone (ULEZ) and the London-wide Low Emission Zone (LEZ) have been reinstated. This is to discourage unnecessary journeys by road to help reduce pollution and congestion on London's roads. To encourage walking and cycling, TfL proposes to implement a number of temporary changes to the Congestion Charge from 22 June 2020." [More](#)




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### **Public Transport**

TfL say that they are working hard to increase Tube and bus services BUT in line with new Government advice, everyone who can work from home should continue to do so. Public transport should be avoided wherever possible to free up the limited space available to those who have no alternative way to travel. [More](#).

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### **Epping Forest district worst affected by coronavirus in Essex County**

According to the latest release by ONS on May 1, the worst affected area is Epping Forest, with 62 coronavirus related deaths per 100,000 people between March 1 and April 17. [News article](#)

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### **Essex Country Parks have re-opened**

The parks, car parks and toilets will be open to the public; however the children's play equipment, visitor centres and cafes will remain closed, in line with government guidance. [More](#)

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### **Protecting care home residents**

In May, under new Government procedures, priority coronavirus testing for staff and residents was offered to homes with current outbreaks, and then to large homes with no current infection. Essex County Council (ECC) is administering this in Essex. It has also increased its funding for care home residents in line with Government policy. In particular, in three weeks starting from scratch, ECC were delighted to have re-opened the 76 bed Howe Green care home (Chelmsford); it has separate zones for those who are virus positive and those who are negative, and patients are now being referred there on discharge from hospital.




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### **Risk of Legionnaires Disease on reopening your business**

Water systems in premises that have been closed due to coronavirus have a risk of containing Legionella bacteria which can cause serious illness when businesses reopen. [More](#)

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### **Providing virtual care and health and well-being support to vulnerable or shielded people**

Essex County Council are delivering 2,000 Video Carephones to vulnerable people in Essex with the aim of supplementing face-to-face contact, aiding social distancing and supporting emerging needs related to COVID-19. It also ensures that staff and their

families will be protected from infection and can continue to work during this time. [More](#).

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### Return to school

Essex County Council say that the return will take place on a gradual, phased and small-scale basis, allowing for local flexibility within schools in terms of class size, staffing, and the constraints of school buildings. [More](#) and [guidance for parents and carers](#). We'll keep you posted.

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### Library Services

The County Council has [announced a phased reopening](#) of library services, with 16 libraries in the County opening in the week of July 6th. Loughton Library is expected to open the week commencing July 20th.



### Jessel Green Family Fun Day 2020

[@ProtectJesselGreen](#) have announced with regret that this year's Family Fun Day has been cancelled. They look forward to next year's event.



### Recycling Centres.

[Luxborough Lane recycling centre](#) has re-opened BUT only waste or recycling which cannot be stored at home without causing a health or safety risk will be accepted. Similarly, the [Waltham Forest centre at Kings Road](#), Chingford is taking garden and other recyclable waste (and has been open to Loughton residents in the past).

You should only visit these sites if absolutely necessary. If you can hold onto your waste, please do so until the sites are fully operational. [More](#).

Alternatively, [check out the Council's hints and tips on how to your reduce household waste](#).

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### Disposing of face masks and gloves

The District Council has emphasised that used PPE (such as face masks and gloves) should be put in your black bins and not in the recycling bins please. [More](#)



### Having a clear-out?

Why not pass on useable items using [your local Freegle](#)? Easier and more sustainable than going to the tip, where anyway you're only meant to take items you can't safely store at home. Please do NOT leave unwanted items in front of charity shops.

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**Enjoy the fine and sunny weather but remember...**

- Essex Fire and Rescue have [warned of the serious danger or wildfires](#) given the almost complete absence of rain for the last 2 months during [the record dry spell](#) and the forecast of continuing dry weather.

LRA Cllr Chris Pond has asked residents and visitors not to not smoke, or discard litter in any of our open spaces, including the Forest, Roding Valley, or town greens. Grass and scrub fires are a real risk in this drought, can spread rapidly, and can even threaten property. Also do not park over fire hydrants, as these are the only means the brigade has of putting grass fires out, often by long hose lines



- Thames Water [report](#) that they are seeing record demand for water as a result of the combination of the dry weather and people observing lockdown restrictions. With millions of homes using more water every day, being water efficient in the garden and inside the home will really help us ensure there's enough to go around. You can [learn more about being water smart here](#).

**How has the lockdown affected you and your family?**

The University of Bath is asking adults and/or children to complete a [survey](#) about the current lockdown and how people have been coping during this unprecedented time, to try and develop a better picture of what may have made the lockdown more or less difficult to cope with. The survey is totally anonymous and no personal or identifiable details are recorded. It should take around 20 minutes on average to complete the parents' section and around 10 minutes for the child/young person section.



**The Community Collage Project**

The District Council in partnership with Essex Police are piecing together a weekly collage of all the rainbows and artwork across the district. The rainbows represent our thanks and appreciation to all the NHS staff and key workers who are keeping us safe during Covid-19. The rainbows are also give everyone something to look out for on their daily exercise.

[More](#) and [how to get involved](#)

**Need an MOT?**

The District Council has restarted its [MOT service](#).

The car shown wouldn't need an MoT!



**Be a Roding Valley Womble**

If you've been for a walk on the Roding Valley Recreation Ground recently you'll have noticed an increase in the amount of litter that some ill-mannered folk are leaving behind

them. Some residents are already taking a pair of gloves and a plastic bag or a black sack with them when they go for a walk, and we hope more will join in - some even have a "grabber" to pick up the litter. (Unfortunately the Town Council have had to defer the formal start of their volunteer litter-picking sessions until the crisis is over).

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### Walking & cycling

Essex County Council has launched plans to expand the cycle path and footway network across town and city centres in the County, allowing people to cycle or walk more easily to work or shops and to help with social distancing. [More](#)

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### County and District Elections

The elections for Town and District Cllrs due to have been held last month have been postponed to 2021, when the next election for the Police, Fire & Crime Commissioner is also due. As a result, the Government is considering deferring the next County Council elections from 2021 to 2022. In the meantime, your LRA Cllrs are available as usual.

**Local News**  
*For What's On and Local Organisations, [visit our website](#)*

### Local Police Good News

Much of what the police does never gets reported widely, so here is some selected news from around the town on how the police have done lately.

- Stolen vehicle identified by Automated Number Plate Recognition (ANPR) – a suspect was located and arrested and the vehicle recovered.
- Wanted male spotted on The Broadway. He ran from police and was found hiding. Taser presented and suspect arrested.
- Male arrested for thefts, public order offences and assault. Already given 16 weeks in prison.
- Drugs warrant executed – multiple thousands of pounds in drugs found, and two suspects arrested and remanded.
- Motor vehicle seized for no insurance.
- Prolific shoplifter arrested in possession of stolen goods in Debden.
- Bike driven dangerously. After numerous reports of a rider driving a bike dangerously and at high speeds on roads, fields, and pathways throughout the Debden area, risking causing injury to numerous people by nearly colliding with them, the local team's great knowledge of the local area led to the bike being located as the rider was trying to hide it. The bike was seized and the rider reported for numerous offences.
- Drugs: a 23-year-old male was stopped and searched in Borders Lane after being asked to account for being in this location. A search revealed Class A and B drugs and a substantial amount of cash: he was charged with possession with intent to supply.
- Source of dropped canisters: after several unsuccessful visits to the garage blocks in Whitehills Road, police located the youths leaving hundreds of empty canisters there. They carried out checks and took personal details and decided that the most appropriate way to deal with the offenders this time was to give a warning – and to make them clear up all the canisters.
- Reports of suspicious activity in Loughton led police to stop two vehicles; they found 6 wraps of cocaine and 22 bags of cannabis. Two suspects are now in custody and the drugs have been removed from the neighbourhood.



### Vehicle thefts

The car thieves were back with vengeance recently; 16 out of 41 crimes reported in the district in one week were thefts of vehicles or attempts to steal them. Most, but not all were in areas adjacent to the London boroughs.

Of these, nine were Range Rover/Land Rover vehicles. One theft was caught on camera and took just 5 minutes to gain entry and steal it. The police emphasise that if you own an expensive, sought-after car, you need to take additional security measures such as steering-wheel locks, retractable/folding bollards in your driveway, and/or after-market professionally-fitted tracking devices. For best results these products should be *Secured by Design* or *Thatcham-approved* devices.

Don't rely on the manufacturers' own security devices, no matter what make, nor how good they are supposed to be. If the thieves come equipped to steal a particular type of vehicle, they are usually not equipped with other tools to deal with additional security devices. They are then likely to move on elsewhere, as it will take longer and make more noise if they continue to attempt to steal your car...



### Nitrous Oxide canisters

Many residents have raised the littering of the Roding Valley Recreation Ground, the Forest, and streets by cream frother canisters. This is an issue for the Government to legislate on, and we've noticed [a petition](#) which may interest you.

### Essex Police Performance Report – Quarter 4 2019/20

The report ([overview](#) and [detailed report](#)) highlights the day-to-day and special activities of the force. The latter include the Mental Health Street Triage Team, which attended 33% more incidents than in the previous quarter, providing specialist support to those in mental health crisis, thereby reducing the demand on other front-line resources, including local A&E departments.

Also, an investigation into money laundering over a six-year period linked to the supply of Class A drugs worth over £2 million led to 12 warrants being executed and nine suspects arrested, four of whom were remanded into custody; this operation completely dismantled that organised crime group.

The force's top two priorities are *More Local, Visible and Accessible Policing* and *Cracking Down on Anti-social Behaviour*, which is what residents and LRA have been asking for over the years. We see public support and involvement as key to successful policing in these areas, and in dealing with other types of crime.



### Epping Forest Cattle

Cattle will be turned out to graze across the Forest over the coming weeks. More than 1,000 years of grazing by domestic animals has shaped the landscape of the Forest today. The Conservators have re-introduced the traditional management technique of cattle grazing to restore historical semi-natural wood-pasture in some areas of the Forest and to ensure that the veteran trees and their associated flora and fauna survive for future

generations to enjoy.

(This is from the City of London's Epping Forest May [Forest Focus newsletter](#), which has more interesting items on the Forest.)

### Muntjac deer

In our Spring Townwide *Loughton Life* newsletter we reported a deer sighting in Goldings Road by LRA Cllr David Wixley. It, or another one, was spotted later in Copper Beech Court. Sadly, David also received a phone call from a member of St. Mary's Church to say that a Muntjac deer had died under a tree in the grounds of the church (the caller thought that the deer may have been pregnant). More recently David saw a deer in Copper Beech Court again, and a neighbour has seen 5 muntjac together there. He's also heard of a deer in Aldborough Hatch, an urban area on the edge of Fairlop Plain in Redbridge, and is wondering if Muntjacs, like foxes, are adapting to urban living?

### Litter and dog waste bins

The District Council contractors check and empty our litter and dog waste bins on Mondays, Wednesdays and Fridays, but sometimes they fill up in between these times, or get missed.

If you see an overflowing bin - please [let the Council know about it](#).

### Roadworks

We check the list of planned roadworks each morning. County Highways have been doing lots of road repairs in Loughton - and across the County - during lockdown. However, we haven't been posting them on [Facebook](#) and [Twitter](#) because there has been so little traffic and so no danger of holdups, except where a main road is being closed. When traffic picks up again we'll go back to reporting temporary lights etc on the main roads.

### Blue badge holders

If your Blue Badge is about to expire in the next three months, please apply as quickly as possible to ensure you get your new badge before the current one expires. For further information on applying, click [here](#).

### Royal Gunpowder Mills

Last month, the [Royal Gunpowder Mills](#) in Waltham Abbey were featured in the BBC's [Countryfile programme](#). For much more extensive and detailed coverage, see [Flog It series 17, Episode 15](#) shown on 8/1/20, which will be available on BBC iPlayer (about 48 minutes in) till the autumn.

### Good news – appeal succeeds

Essex and Herts Air Ambulance's (EHAAT) appeal for funds to purchase Personal Protective Equipment (PPE) [has exceeded its target of £50,000](#) in just weeks. But more is needed to keep this vital service running – see [here](#).



### Things to do

There are lots of organisations (societies, museums, charities etc) providing online facilities to occupy your time during lockdown, and we can't list them all here. But here are two which caught our eye this week:

#### *Physical exercise*

Epping Forest District Council told us about [3030 Essex](#), which is back for its 3<sup>rd</sup> year and this year wants you to move more for June. Whether you walk around the house more, join in a Keep Essex Active channel or challenge yourself to get the garden completed, it all counts. On the [Keep Essex Active YouTube channel](#) there are a number of classes premiering during lunchtime, so it would be great if you could encourage your workplace to

get involved in these, for better wellbeing and to refresh them for the afternoon. On the channel they have something for everyone, so do encourage people to check it out as part of their 3030 Essex movement.

### ***Mental exercise***

This summer the WEA is offering hundreds of online classes and online tasters and courses in a variety of subjects – find out more [here](#).

## ***Need help? Offering help?***

This is a summary of the work of some local organisations. [More](#) on how the Epping Forest Community has been supportive during the coronavirus pandemic to date.

### **Voluntary Action Epping Forest (VAEF)**

Individuals, organisations and referring agencies can [contact VAEF](#) with support requests for assistance with shopping, prescription collection and delivery, welfare befriending calls, recruitment and support of volunteers and delivery of free food parcels.

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### [Epping Forest Carers FIRST](#)

They support adult carers in the District by providing specialist information and advice regarding their caring role. For many, caring is a rewarding and positive experience, but for others, without the right help and support caring can feel overwhelming.

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### [The Essex Alliance](#)

They are a co-operative of charities and social enterprises in Essex. Residents can search the website to find charities, community groups, and social enterprises, organisations who can offer home deliveries and home-based activities and home school resources, plus information on where to find help and advice, including how to volunteer to help your local community.

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### [Spark](#)

They are a mental health charity for young people, based at Loughton Youth Centre on Border's Lane, providing online or telephone mentoring and counselling.

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### [Epping Forest Foodbank](#)

They provides a doorstep delivery service to people in crisis referred to them by frontline agencies. You can also [give help](#).

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### [Loughton Covid-19 Mutual Aid](#)

They organise around street-based WhatsApp groups. This means that requests for help and offers of help can be co-ordinated based on where you live and will also strengthen the connections between people who live nearby each other.

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### [Epping Forest Community Transport](#)

They help the vulnerable to get essential shopping, prescriptions and reach their important medical appointments.

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### [Loughton Voluntary Care](#)

They support Loughton residents with community transport, shopping and prescription collection, and provide telephone befriending.

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**Samaritans**

They are there to listen 24 hours, 365 days a year; they can be contacted on freecall number 116 123 or by email at [jo@samaritans.org](mailto:jo@samaritans.org)

**Cruse Bereavement Care Epping Forest**

They provide telephone support to bereaved adults, children and young people on a one-to-one basis. Helpline: 0845 2669710.

*Thank you for being an LRA member, Our next Loughton News email is due to be issued Saturday 4 July 2020, although that date could change.*

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