



LOUGHTON RESIDENTS ASSOCIATION



### Can you help, please?

Our *Loughton Life* newsletters are delivered by volunteers.

Could you help by spending a couple of hours, five times a year, by splitting up the copies for Broadway ward into the individual delivery rounds and dropping them off to the deliverers.

Please contact [david.linnell@loughtonresidents.co.uk](mailto:david.linnell@loughtonresidents.co.uk) for more information.



## LRA NEWS

**Looking after Epping Forest.** At a recent meeting, the Superintendent of Epping Forest and the Chairman of the Friends of Epping Forest gave District Cllrs [the results](#) of the consultation *Epping Forest – the next 10 years*. LRA Cllrs David Wixley, Leon Girling and Rose Brookes asked follow-up questions.

**Fly-tipping.** A resident contacted us about problems at a District Council garage site in Chequers Road. LRA Cllrs Debra and Chris Roberts followed this up with the District Council to get the rubbish removed and the gates repaired. Unfortunately the site is awaiting redevelopment, which may not start till next year.

**Housing problems.** LRA District Cllrs occasionally get called in to help tenants in difficult situations, and can act as a bridge between tenants & council staff. The problems are usually personal & specific to the individual situation, so we can't report them here, but we know that providing an independent voice can often be a great help in difficult circumstances.

### Roadworks in Torrington Drive.

- **The work being undertaken** is preparation for the installation of 64 new car parking spaces for the residents of Torrington Drive – approved under planning application – EPF/0415/16.
- **LRA Cllrs had objected** to this because at long last the parking review of the area is about to start - we expect this Autumn to see the first sets of proposals. These will be designed to free the area of commuter parking so that residents can park nearer to their homes - we have been battling for this for the last ten years. The new parking restrictions may well mean that the new parking bays won't be needed, and so we had suggested that the work should be delayed until after the parking review. Nevertheless, the District Council has decided to proceed.
- **Loss of trees.** The application involved felling the majority of trees (Lombardy poplars) along the boundary with the station. They were a stunning landscape feature when viewed from a distance. However, the Council's tree team identified that they had structural issues and fungal infections – meaning that they would have had a limited safe future. The tree team have insisted upon a



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replacement planting scheme - there should be a replacement tree for each one felled (it will be a mixture of species).

- **A tree being** felled by the Council's contractors landed on (and damaged) a parked car opposite – a passer-by was videoing the work and the video has appeared on social media.

**Suspicious email.** A resident contacted LRA Cllr Chris Pond after receiving an email, apparently from the County Council, asking her to click on a link and enter some personal information. Chris raised this with the Council, who apologised – they should not have sent out the email; they had tried to recall the copies but some had been missed. [If in any doubt, never click on a link in an email you've received, but approach the apparent sender direct or online, or consult some-one first



**Planning: bus shelters.** There are [planning applications](#) for internally illuminated digital panels producing a sequence of images which change every 10 seconds or more, to go on the shelters outside Barclays Bank (207 High Road) and Pink Accessories Ltd (252A High Road).



*[These are common in busy city centres; however, the [LRA Plans Group](#) would welcome comments on whether or not they are suitable for the High Road.]*

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## LOCAL NEWS

**FOR LOCAL EVENTS SEE SEPARATE EMAIL**

**Check ahead for events in red, which need to be booked in advance!**

**FOR LOCAL LEISURE ORGANISATIONS SEE <http://tinyurl.com/pbel693>**

**Chigwell Lane roadworks:** [plans](#); associated [traffic orders](#).



**Faulty streetlight?** Essex County Council is boasting that its beating its street-light repair target – if you know of a faulty lamp, please let us know and [report it](#) (if possible give the number on the light column).

**Confirm your Electoral Registration form.** All registered voters should have had a form from the District Council – you need to confirm your details or so let them know of any changes. If you didn't get a form – or if you have any comments on how easy (or otherwise) the form was to understand and use – please contact [elections@eppingforestdc.gov.uk](mailto:elections@eppingforestdc.gov.uk)



**Travelling by Tube?** Some information from LRA Cllr Chris Pond:

- **more London peak hour Tube trains** now go from Loughton's central platform (& some from the Epping platform) - please check the indicators! Unfortunately this increase is at the expense of a reduction in the Hainault loop line trains.
- **More trains from Debden:** a spin-off of the Night Tube will be a service from Debden into London on days it operates (Debden is beyond the night tube generally), midnight – 1.39am, about every 12-15 minutes. This is as trains start their Night Tube service after finishing their outward journeys at Epping on the "day" service
- **Reminder: the Night Tube starts today** on the Central and Victoria lines, running all night on Fridays and Saturdays. Central line: Ealing Broadway to/from Loughton/Hainault via Newbury Park. There will be a train about every 10 minutes. Standard off-peak fares will be charged and



Day Travelcards cover journeys made until 04.29 the next day. Some bus services are being extended to help meet increased demand for travel to and from Night Tube stations.

- **railway trivia:** there are now 14 departures from Loughton to London between 8am and 9am, the most from any station in Essex except Shenfield (15), but because of Night Tube, Loughton now has the most departures per week to London of any station in Essex.

### Recycling.

- **Small waste electrical & electronic (SWEE)** items, including batteries and low-energy light-bulbs can now be recycled every week.  
Please put them in a plastic carrier bag on top of either of your wheelie-bins
- **Textiles:** now collected weekly as for SWEE items
- **Missed collections:** please do let the District Council know ([ContactUs@eppingforestdc.gov.uk](mailto:ContactUs@eppingforestdc.gov.uk); 01992 564608 so they can chase up the contractor (Biffa). (if the SWEE storage compartment on the lorry is full, they're meant to still collect SWEE and textiles, but have been known to "forget")

• **Epping Forest District Museum**, 39-41 Sun Street, Waltham Abbey

- talks, including 'London's Burning' on 22nd September and 'The Last Anglo Saxon King' on 24th November. 2 - 3pm. £5 (including refreshments) - book online at [www.eppingforestdc.gov.uk/museum](http://www.eppingforestdc.gov.uk/museum) or by telephone on 01992 564226 (Mon-Fri 10am - 4pm).
- free 'Tea and Chat' session every Wednesday 2 - 3pm; enjoy a free cup of tea or coffee and the chance to get involved in a small activity which can include object handling, games, drawing etc. - details online or by telephone, as above.



**Loughton WI will be re-locating** to The Jubilee Hall, St Michael's Church, Roding Road. Meetings are held at 1.15pm on 1st Wednesday of each month (not August), except in January (2nd Wednesday). Visitors welcome. Next meeting Wednesday September 7<sup>th</sup> includes a talk: *From Russia with Love*. Next year they shall be celebrating the Centenary of the Loughton Women's Institute.

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## OFFERS & HELP AVAILABLE



**Fire safety visit** from Essex Fire & Rescue Service - improve your chances should there be a fire in your home. If you'd like a FREE visit please phone 0300 303 0088. [EFNW]

**Looking to start up your own business?** Contact [Best Growth Hub](#) for advice. For information on future business events in the Epping Forest area contact the District Council's [Economic Development team](#).

**Having trouble with your gadgets?** bring them along for help and advice at *IT and Tea*. Saturday August 27th. 11am - 1pm. Loughton Library, Traps Hill.



**Watch Out** is a monthly magazine offering advice to the elderly and the vulnerable about how to protect themselves from fraudsters and rogue tradesmen.

[Dementia Friends Awareness Sessions](#) sessions led by the District Council Community and Wellbeing Team with [Epping Forest District Dementia Action Alliance](#) (part of an initiative to make the district of Epping Forest a 'Dementia Friendly Community') – [find out more..](#)



**CAR TAX ONLINE UK**  
Tax your UK car online

Want to know if a vehicle's been taxed?  
Go to <https://www.vehicleenquiry.service.gov.uk/>  
and enter the registration number and make.

**Hate Crime.** If you are the victim of hate crime, xenophobia or racism, or spot some offensive graffiti, please [report it](#).

## HELP WANTED

**Barbecue in aid of the local CAB.** Loughton, Buckhurst Hill and Chigwell Rotary.  
Sunday September 4th, 2pm. See EVENTS email.



**Do you know some-one with a classic car or motorcycle?**  
On Sunday September 11<sup>th</sup>, LRA Cllr Howard Kauffman is planning a follow-up to last year's successful display; from 10am on the car-parks at the end of High Beach Road, opposite *Café Rouge*. Come for an hour or more.  
Contact him now at [hbkauffman@aol.com](mailto:hbkauffman@aol.com)

**Know a Blue Badge holder?** Essex County Council want their views in a [survey](#) on Blue Badge parking at railway stations.



Easy way to [register](#) as an Organ Donor with the NHS.



## GENERAL

**Monday August 29<sup>th</sup> - Bank Holiday.**

- **Parking.** Remember that NEPP wardens now work on Bank Holidays unless the sign says that charges don't apply, they do!
- **if you're unwell** over the bank holiday, NHS 111 is available 24/7 to offer medical advice and help when it isn't an emergency.



**Essex Chief Constable's pay.** Following a misleading article in the *Daily Mail*, the Essex Police & Crime Commissioner has issued a [statement](#) setting out the facts.

**Unwanted phone calls & emails?** You may be getting these because you've clicked on a form somewhere agreeing to let them pass on your details to "carefully selected third parties" or "trusted partners" and so have got onto a call list that is then passed around. [Which?]



**Please be careful what you throw away** in the general waste wheelie-bin. Dangerous items such as gas bottles, asbestos, hazardous chemicals, needles and syringes must not be disposed of in your household rubbish bin (or in the general rubbish bins at recycling centre); these items pose a serious risk to the health of recycling centre workers who handle your waste. The County Council doesn't now landfill your general waste; it is shredded then sorted by machine and by hand before being treated, so staff can be put at risk.



**If you watch BBC TV programmes online** on a computer or smartphone, even if you don't have a TV, you need a TV licence. From September 1<sup>st</sup>, that will include catch-up viewing on iPlayer. The National Audit Office says that the BBC have demonstrated that their detector vans can identify viewing on a non-TV device (others remain sceptical).



Photo: Marc Miles

**St Nicholas Church**, Borders Lane, is a small and intimate former private chapel built on the site of an earlier parish church. It is part of St John's parish and can be visited – there's a service every Thursday morning at 9.30 for approximately 45mins, and that is an ideal time to visit and perhaps linger afterwards.

### **Look after yourself, your family & your home.**

Neighbourhood Watch 32 –page guide: [Members-Guide-PDF-2016.pdf · version 1](#)

**Disposable cups.** According to a recent BBC report, in the UK we throw away 2.5bn disposable cups a year. The way those marked *recyclable* are dealt with means even those that go into the recycling bin probably go into the general waste (the technology to separate the plastic lining is only available at one UK processor).

*Garden Organic* suggest we buy cups marked as *compostable* rather than *recyclable* (and then compost them).

**Shortcuts in Excel!** If you use Excel spreadsheets, do you know about these handy shortcut ways of avoiding lots of tedious work? Works on *Excel 2013* or later.

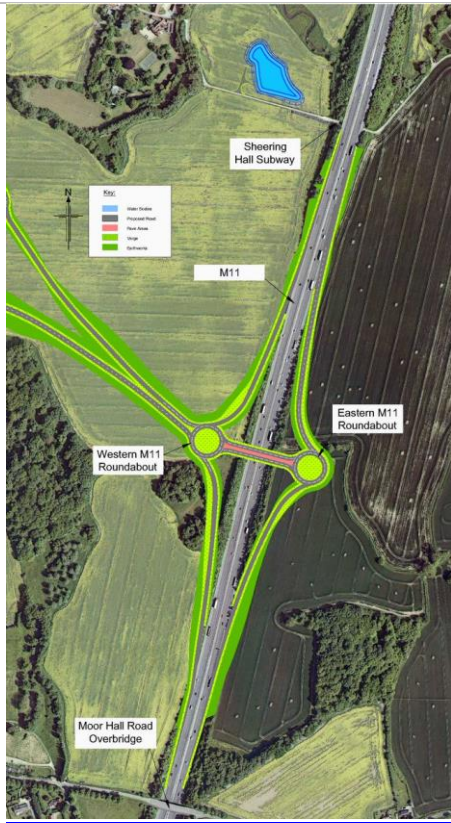


- **Autofill** lets you complete a column – say of each month of the year - by typing in the first one or two months' names and then clicking to fill the rest of the column
- **Flash Fill** lets you manipulate data – for example, if you have three columns for *title, first name and surname* and you want to combine the data for each person in one column (as *title first name surname*) you can fill in the first line and then get Excel to complete the column.

**How?** Go to *Excel help* and search for *Autofill* or *Flash Fill*.

**New M11 junction gets [funding boost](#).**

**New NHS GO app** aimed at young people but available to all. 24/7 instant access to health information. Also available online.



**NHS**

## Questions about your health? Download NHS Go

Young people have been saying they need quicker, easier access to reliable information.

NHS Go is the new way to get 24/7 instant access to information that can help you take control of your health.

It's easy to use, fast, reliable, and has accurate and up to date information about health issues.

The app is anonymous, confidential and can be downloaded for iOS and Android. It's also available online.

NHS Go is brought to you by Healthy London Partnership. It is free to download on iOS and Android.

[www.NHSGo.uk](http://www.NHSGo.uk) #NHSGo @HealthyLDN

**Know the signs – for children, their parents and teachers. Feel free to share. [EFNW]**

## KNOW AND SEE THE SIGNS

 <p><b>POSSESSIONS</b></p> <p>They give you money, drugs, alcohol or gifts and expect something in return.</p>	 <p><b>FLATTERY</b></p> <p>They give you attention to make you feel special but they also ask you to do things which aren't right.</p>	 <p><b>VIOLENCE</b></p> <p>They promise you the world but threaten you or use violence if you don't do what they want.</p>
 <p><b>ISOLATION</b></p> <p>They tell you no one understands you like they do and take you away from your family and friends.</p>	 <p><b>PRESSURE</b></p> <p>They put pressure on you to have sex with them or with someone they know.</p>	 <p><b>INVASION</b></p> <p>They take pictures or film you and threaten to post them on the internet. They make you look at images that make you feel uncomfortable.</p>



**TWITTER: Follow us on Twitter at @LoughtonRA**



**FACEBOOK: *Like and Follow* our Facebook page by going to [www.facebook.com/LoughtonResidents](http://www.facebook.com/LoughtonResidents)**

## **NOTES**

1. We expect to send out the next news bulletin on Friday September 2<sup>nd</sup>.
2. In the process of drafting these items and sending them by email, some links to websites or email addresses can be broken; you can get round this by right-clicking on the link and then clicking “open” or, if this does not work, by cutting and pasting the address into an email or browser as appropriate.
3. If a web address doesn’t work, or anything else is wrong, please let us know at [david.linnell@loughtonresidents.co.uk](mailto:david.linnell@loughtonresidents.co.uk)
4. LRA gives no warranty about, and will take no responsibility for, items or services offered – purchasers/users should make their own enquiries, and will be acting at their own risk.
5. To enlarge a picture, click on it and then drag one of the corners outwards
6. EFNW = Epping Forest Neighbourhood Watch

David Linnell

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**For more about LRA & Loughton see**  
**[www.loughtonresidents.co.uk](http://www.loughtonresidents.co.uk)**  
**or email [contact@loughtonresidents.co.uk](mailto:contact@loughtonresidents.co.uk)**

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