

# Theydon Bois Issue 125 Sept., 2024 Village News



**Theydon Bois Donkey Derby 2024**

**Galloping Towards Another Successful Year**

## Theydon Bois Parish Council - Chairman's Report

On Wednesday 28<sup>th</sup> August villagers were given a second opportunity to view the revised plans for the redevelopment of the Balti House site in Station Approach.

At the request of the Developer, the format of this meeting was different to the first Public Meeting held in May, in that it was staged as an exhibition rather than a formal presentation and slides. Eighteen display boards were erected on easels aimed to show the original plans and how they had been amended to try and overcome some of the issues voiced at the May meeting. The proposed development is for a four-storey building containing ten apartments, an enlarged restaurant, work spaces on the first floor, eleven car parking spaces and a small coffee shop.



Over eighty people attended the meeting. A number of views were expressed on the night, but it is fair to say that the overwhelming majority remained negative as had been the case following the meeting in May. For those unable to attend the meeting, the Developer has promised to forward the information displayed on the boards to the Parish Council electronically and once received we will post this on the Parish Council website.

Although the Developer / Architects will review the feedback from the meeting, I think it is unlikely that we will see any further amendments. I therefore expect to see these plans come forward as a formal planning application towards the end of the year. These will then be considered by the Parish Council's Planning Committee at a public meeting where there will be a further opportunity for villagers to express their opinions. *(See illustrated views from the presentation opposite).*



Regarding other matters, the Parish Council's Highways Committee continues to monitor and where possible fund the repair of pot-holes in the Village. Villagers may have noticed the recent works undertaken in the shopping area of Forest Drive and in Green Glade where the damaged road surface has been repaired. Further works are planned. The Council are also pleased to learn that plans are in place for Essex Highways to resurface part of Coppice Row in the area around the Zebra Crossing.



**Councillor Peter Goch**  
**Chairman Theydon Bois Parish Council**



Theydon Bois Parish Council - **Chairman's Report** *(continued)*



View from Station Approach



View from the Bull



View from Station Car Park

## Volunteering in Theydon Bois

The Parish Council's main aim is to make our village a better place to live and visit and some of the most important ways in which we do this rely heavily on volunteers.

Having recently reviewed the village's emergency plan, we have now brought together a group of volunteers who will turn out to support local people in the event of a significant emergency. We're proud to say that Theydon Bois is one of the few localities in our district that has an organised group that is available to respond if the worst happens and this is a fitting testament to a community that has a strong tradition of helping others.

Around 20 people have agreed to become 'Theydon Emergency Volunteers' and many attended a training session at the Village Hall to prepare for their role on 5<sup>th</sup> June 2024 (see picture). The session included a 'Welcome' from Parish Council Chairman Cllr Peter Gooch, input on our emergency plan and guidance from our local emergency planning officer on how to run an emergency rest centre.



Almost all those attending said that they now have a much better understanding of how emergencies are managed and most said that they feel more confident about undertaking the emergency volunteer role.

A second training session is planned in the evening on 25<sup>th</sup> September 2024 for those who were unable to attend the first session and is also open to anyone else who might like to become involved.

The training is free and attending to find out more about the volunteer role doesn't carry any obligation to join the group. No experience is required, and volunteers will never be asked to undertake a dangerous activity nor enter any area that might be hazardous.

Village litter pick is another way in which the Council works with local people to improve our village. It is great to report that there are now 25 people in the litter pick group, of which 10-15 generally turn out for an hour or so on the first Saturday of each month, starting at 9am at the rear of the Village Hall car park. Thanks to the hard work of our local street cleaner, the central

## Volunteering in Theydon Bois *(continued)*

village area is maintained to a high standard, so the litter pick focuses our effort on the adjacent forest and approach roads, where sadly we always find discarded bottles, cans, takeaway food wrappings and the ubiquitous nitrous oxide cylinders.



In 2023, we collected almost 300 bags of litter and at one of our most recent litter picks, we were unexpectedly joined by our new MP, Neil Hudson (see picture - 3rd from left). It was the first time many of us had met Neil and those of us who spoke to him were impressed by his willingness to listen and obvious knowledge of the area. At a time when people are often quick to criticise and slower to praise, it would be easy to dismiss this visit as a public relations exercise - and it may have been! But for the record, Neil put in a full shift, and he didn't falter when, rather bizarrely, he found a relatively large number of not-so-fresh fish that someone had decided to dump in Coopersale Lane! And given that this visit happened shortly after the general election, it would seem to bode well for

his relationship with Theydon Bois that Neil chose our village as one of the first places to meet his constituents.

Theydon Emergency Volunteers and the litter pick are not the only ways in which local people freely give their time to the benefit of others. Lisa Kinneally and her team of helpers run the Community Cuppa in St Mary's church hall on the last Wednesday of every month. Affectionately known by some as a 'youth club for adults', this event is partly funded by the Parish Council and enables people to come together over a cup of tea or coffee and a slice of delicious cake. And for the past year or so, Cllr Pat Gill and others have offered those attending the added bonus of the 'Repair Café', where people can get a wide range of household items such as vacuum cleaners, radios and small furniture repaired.

It is not possible in this article to list all the voluntary activities that happen locally but in trying to provide a snapshot of how people come together to make difference in our community, it would be remiss not to mention two major annual events. The Christmas Market is organised by the Parish Council with the help of a team of local helpers, whereas credit for the Donkey Derby goes to the local Scout Group and Nik O'Flynn, ably assisted by a large number of helpers who have supported this event for many years.

If you are someone who likes to make a difference and are interested in any of the opportunities that are described here, please contact the Parish Clerk on **07927 581856** or via [parish.clerk@theydonbois-pc.gov.uk](mailto:parish.clerk@theydonbois-pc.gov.uk)



**Cllr Peter Cowup**

## News from our District Councillors

In my June report, I mentioned that changes likely in the way that Epping Forest District Council deals with planning applications as a result of criticism from the Planning Advisory Service. I also said that a special meeting of the Council to agree changes should be held. Following a workshop for councillors and presentations by the planning officers, a special Council meeting was held 8<sup>th</sup> August, 2024.

For the sake of comparison, I will briefly outline the system as it is now and then contrast it with what has now been agreed. We currently have the District Development Management Committee with three sub committees for the East, South and West of the district. All the councillors in the particular areas are members of the relevant planning committee. This means that there are 54 councillors considering planning applications.

Under the new system there will be just two planning committees, each with nine members. Membership of the committees will be based upon the proportion of Council members that each party has; in other words, it will reflect the political composition of the Council.

Ward councillors will no longer be allowed to discuss and vote on applications arising from within their ward, but they will be allowed to make representations to the committee, without time limit, and answer questions and suggest conditions. Contrary views to a planning officer's recommendation, will only be put to committee if there is a minimum of five objectors, one of which must be the Parish or Town Council.

Householder applications will not be put before a committee and will be decided by the planning officers unless the Planning Portfolio Holder together with the Senior Planning Officer or the Portfolio Holder with a planning committee chairman considers that it should be. Site visits will take place for all applications that are being put to a committee, not just when it is proposed and agreed at a committee meeting. The new system is expected to be introduced in the Autumn or early Winter and will be reviewed after nine months.

Whilst talking about planning, the Government is consulting on a revision to the National Planning Policy Framework. This is the document that sets out the principles upon which planning decisions should be made. It is a lengthy document of some fifteen chapters and 105 questions are posed. You have no doubt heard in the media of proposals to designate some areas of the Green Belt, as the Grey Belt. This is the document that gives guidance on such matters. It is available on line and if you wish to comment, you have until 24<sup>th</sup> September.

As you will be aware, there are several local government bodies responsible for various aspects of different matters in Theydon Bois and I accept that it can be somewhat confusing. There is the Parish Council, the District Council, the County Council and the Corporation of the City of London, the latter being responsible for all things Epping Forest, which includes The Green.

Nevertheless, although I only serve on two of the bodies, the Parish and the District councils, if you have any concerns, please do not hesitate to contact me, or my colleague Tippy Cornish and we will send your concern to the appropriate body.

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## Open Gardens Raise £2,000 for St. Clare

Delighted that this year Theydon Bois Open Gardens raised £2,000 for St Clare’s Hospice and £200 for the Air Ambulance. It was a huge success yet again with almost 400 ticket holders visiting the 18 open gardens.

A huge thank you to everyone who took part by opening their beautiful gardens and to all who visited. Money raised for worthy causes and a lovely afternoon wondering around our beautiful village.



**Mobile Library Service - Use it or Lose it!**  
 Dates for Mobile Library - V Hall Car Park - Every 3 weeks - 12.10 to 12.40pm

1 October	22 October	12 November	3 December
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 The bottom section features two images. On the left is a white mobile library van with 'Library' written on its side. On the right is an interior view of a library with rows of bookshelves and a person standing in the background.



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## News from County Hall

It has hard to believe the summer is over and we are now entering the autumn months... let's hope the sun keeps shining for a little longer! During the summer I really enjoyed attending the Donkey Derby, well done to the organising committee for putting together such a fantastic event - it was wonderful to see the community come together.

At the County Council, Essex highways have been busy repairing our roads after being able to find an extra £37million this financial year to fix the problem. Finding this additional money was not easy and the administration have had to switch money away from other areas of the Council to do so, but roads and pavement repairs are a public priority and critical for safety as well as helping to grow the economy. The council are now undertaking some major repairs to our roads as well as carrying on with the day to day pothole repairs that take place. We have seen some benefits of this in the village already and I am pressing for further works to be completed.

I was delighted to see pavement and curb works on Loughton Lane finally completed - thank you to the Parish Council for their persistence and financial investment to ensure this work was completed.

I have been talking to local residents about ongoing safety concerns on Coppice Row and I have asked local highways officers to consider what further steps can be taken to mitigate speeding down the road. I will continue to press for action.

I continue to be the Deputy Cabinet Member for health and social care which accounts for the biggest portion of the County Councils budget. With an ageing population in Essex and ever complex needs the provision and funding of social care will continue to be an area of pressure. The County Council are dedicated to ensuring the most vulnerable people get the help they need, when they need it most, and the quality of care provided is at the highest possible level.

With my District Council hat on , as the Cabinet Member for Finance and Economic Development, it was wonderful to approve funding through the Government's Rural Prosperity Fund towards a project to improve the church railings in Theydon Bois, which will have a benefit for a well used community asset. Previously the church benefited from funding from the Shared Prosperity Fund towards a cemetery extension.

I would also like to pay a personal tribute to Richard Risdon, a long standing villager, who passed away earlier in the summer. I was humbled to attend his funeral and learn a little more about his life. Richard was the epitome of public service, placing community and duty at the heart of all he did. He was volunteering for local causes until weeks before his death. I was lucky enough to work with him as the President of Epping Forest Conservatives a role where he was utterly dedicated and supportive, often providing helpful advice and championing local causes. Richard will be greatly missed and my thoughts are with Carole, his family and friends at this difficult time.

If I can help with any queries please do not hesitate to contact me on [cllr.holly.whitbread@essex.gov.uk](mailto:cllr.holly.whitbread@essex.gov.uk). You can follow my work as your local County Councillor at [www.facebook.com/cllrhollywhitbread](https://www.facebook.com/cllrhollywhitbread)



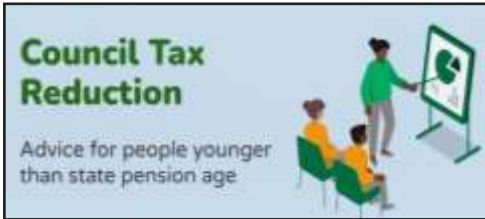
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## Citizens Advice Epping Forest District

### Could you get a reduction in your council tax?

All councils have to have a scheme for helping residents on low incomes with their council tax. If you are a pensioner the scheme is set by the government but for everyone else in Epping Forest the District Council has introduced a new scheme this year.



Some will now be worse-off or not eligible any more, but if you are on a low income, but were still not eligible in previous years, you should check whether you are now. For instance, if you have grown-up children living with you, in previous years their income was partly taken into account in deciding eligibility. That isn't the case any more.

You can read the outline of the scheme on the Council website. It is based on family size and income, but some types of income are not counted. The Council also has an exceptional hardship fund if you are entitled to council tax reduction but are still struggling to pay your council tax.

### Restriction of Winter Fuel Payment



The Winter Fuel Payment is £200 for single pensioners and £300 for couples. The government has decided to restrict it to pensioners receiving certain benefits. If you are concerned about losing it you can consider whether you might be eligible for Pension Credit, because that is one of the benefits which brings the Winter Fuel Payment with it.

Pension Credit tops up your state pension if you are below a certain threshold. If your weekly income is less than £218.15 if you are single, or £332 if you are a couple, you will probably be eligible. If you are a carer, the threshold goes up to £263.75 or £378.75. If you get Attendance Allowance or Personal Independence Payment the threshold is £299.65 or £414.45.



Pension Credit is means-tested so what you get depends on your income and your savings, but savings below £10,000 are ignored and there is no upper limit on savings. Even a small amount of Pension Credit means you get the Winter Fuel Payment.

You can check eligibility by using an online calculator, or we can check for you. You'll need to apply by 21 December to get the Winter Fuel Payment this year.



If you're in a couple and one of you is below pension age you'll have to apply for Universal Credit instead to get the Winter Fuel Payment.

**Contact us - Email via our website - <https://citizensadviceefd.org.uk/>- or phone 0808 278 7855 between 9.30 and 2.30, Tuesday to Thursday.**

**Or talk to an advisor in person at the Hub at the Civic Building in Epping every Thursday between 10 and 2, or at Waltham Abbey Leisure Centre every Tuesday, between 9.30 and 12.30.**

## Essex Police Information

**V**ision Zero - Vision Zero is our commitment to road safety and we will continue to work with partners to ensure we do everything we can to make roads safe: it's our ambition to have zero road deaths by 2040 or sooner.



On Tuesday 6 August, our roads policing officers held a Vision Zero enforcement day. At the Ongar Road site, they issued 60 traffic offence reports in addition to almost another 60 Fatal Four offences, those known factors that contribute to serious and fatal collisions.

Mobile phones continue to pose a road safety issue, with 24 drivers reported. Using a phone whilst driving means you are not in proper control of your vehicle.

A further 13 drivers were reported for speeding and two drivers were not in proper control of their vehicles and one driver was stopped for careless driving. Wearing a seatbelt is the law and prevents injury if you are in a collision – but 21 drivers were reported for not wearing theirs.

We also tackle issues relating to the condition of vehicles. They must be roadworthy to ensure safety of drivers and their passengers, but also to ensure it does not pose a risk to the safety of other road users. Two vehicles were identified as unroadworthy – one with a bald tyre and one in a dangerous condition. A third vehicle was reported for an insecure load, something that should be addressed prior to setting off on your journey.

Five drivers were stopped because window tints that prevented the legal amount of light to pass were in place – if your vision is obscured, it means less time to react to what's happening ahead. One car was seized for not being insured.

Roads Policing Unit officers also conducted four eyesight tests to ensure older drivers could be confident. We're very pleased to say all four drivers passed!

Help us keep roads in Essex safe for everyone.

**H**igh Visibility Patrols -Officers have been providing reassurance patrols in August, patrolling the high streets in Epping Forest District, including Loughton, Debden, Waltham Abbey and Epping.

This is business as usual but also to provide reassurance to the public in light of current national concerns. Not everyone was happy to see them today though - having also spotted and arrested someone who was wanted on recall to prison!



## St. Mary's - View from the Vicarage

On Sunday 6<sup>th</sup> October, St Mary's Theydon Bois will celebrate Harvest Festival in the 10.30am service, and on Tuesday 1<sup>st</sup> October there will be a special Soup Lunch to which all are invited beginning at 12 midday in St Mary's Church Hall.

Both of these are opportunities to bring tinned food to be donated to the Manna Centre to support the work they do in offering hot meals to those homeless in London from their day centre near London Bridge.



In August, the *Revd Canon Janet Nicholls, Rural Adviser and Agricultural Chaplain* in the Diocese of Chelmsford has written a short piece focussed on the place of this time of year in the life of the church: -

***And let us give thanks.....***

*In the season of Harvest Thanksgiving, our prayers are naturally those of thanks. We are invited to give thanks to God for the goodness of creation and thanks for all those whose work has ensured that the harvest of the land produces the food to sustain us, whilst maintaining habitats for all God's creatures.*

*Our churches and communities often accompany Harvest Festival services with the opportunity to eat together. Many of us might be called upon to say Grace on such occasions.*

*The practice of saying Grace provides a prayerful pause before the feasting begins. These precious moments offer the opportunity to affirm the sanctity of our food. As Agricultural Chaplain, I enjoy inviting guests to feast their eyes on the food before we pray.*

*As we name the food in front of us, we might take a few moments to reflect on the huge amount of commitment that has been involved in its production. When local food-sourcing has been prioritised, our prayers of thanks become strikingly real and personal.*

*I've found that this simple, prayerful practice can be transformational. Not only will we deepen our appreciation for the food before us, we might even find that the liturgy of our Harvest Festivals becomes a living, breathing liturgy, shaping our attitudes to the food we eat.*

**Rev. John Fry**  
*Vicar of the Theydon Parishes*  
*Area Dean of Epping Forest and Ongar*



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## Richard Risdon 1936 - 2024

Richard Risdon who has died aged 88 was a true gentleman and lived a life of service to the Church and to the village. As well as being a Churchwarden, a Sidesman and on the Parochial Church Council for many years he also spearheaded the Vestry building project at St Mary's providing much needed reception areas for the Church. He was very active within the Conservative Association and was a life long deliverer of leaflets, litter picker, Churchyard tidier and willing volunteer! He also supported many charities and good causes close to his heart.

Richard was born on 10th May 1936 at a small nursing home in Southend. His family moved to Totteridge during the war and after prep school he boarded at Felsted. His early life there was tough with fagging, caning and cold showers but he grew to love the camaraderie and challenge of the sports teams and was a great all rounder. Long before the days of padding and concussion management he was chosen to play hockey for Essex.



Despite having qualified as a Chartered Accountant in 1961 he realised that his real forte lay in organisation and administration and thereafter spent his working life as a company secretary in various large institutions. His open door policy, wise words and big heart meant that his shoulders were often employed by his staff to cry on!

He was a real family man and he and wife Carole moved to Theydon from Buckhurst Hill in 1967 with 2 daughters, Louise and Helen. He became Vice President of the tennis club and was also a keen player. He was a life member of Essex cricket club and attended as many games as he could. Latterly he became a passionate armchair ref for all the rugby internationals!



He was never happier than spending time with his 8 grandchildren, sharing with them his love of history, sporting prowess and his great sense of humour. He was actively involved in the debating society and although didn't find navigating technology easy, he was always keen to explore and investigate new topics.

Richard never really retired and was still working for a property management company when he fell ill. Only a few years ago, he was up before the County Council pleading his case to get parking restrictions put in place in several of the roads in Theydon which were without them. Although ultimately unsuccessful he passionately campaigned for what he believed in.

The packed Church Service held to celebrate his life on 18th July was testament to the high regard in which he was held and how his tireless service was appreciated by so many in the village.

## Theydon Bois Action Group

**LOCAL PLANNING MATTERS**

**Balti House Proposed Development.** A further public meeting was held on 28 August in the Village Hall. This took the form of an ‘exhibition’ of proposals rather than the previous ‘presentation with Q&A session’. It was well attended by villagers and TBAG Committee members and supporters. Sadly, the proposal has barely changed from the last iteration with some corners being cut back but essentially the proposal remains too high at 4 storeys, with excessive glass, and too urbanising a vision for this sensitive centre-of-village location in the setting of a Grade II listed public house, The Bull, and the locally listed Victorian railway station building. It would greet visitors from the tube with an uncharacteristic image of our village. TBAG anticipate a full planning application will follow.

**Land north of Forest Drive. EPF/0292/21,** Still ‘under consultation’ according to the EFDC website despite the formal decision to permit given on 17 January 2024. As far as TBAG are aware, no complaint has been made by the Parish Council regarding EFDC’s complete bypassing of Policy DM9 in making their decision.

**Blunts Farm Padel Court. EPF/0931/24.** Erection of 8 padel and 2 tennis courts and an ancillary clubhouse building. TBAG have raised a strong objection to this proposal because of its highly conspicuous and detrimental impact on the openness of the Green Belt.

**Blunts Farm Public Hearing. EPF/2402/21.** The Planning Inspector held a two-day informal public appeal hearing to hear representations on an Enforcement Notice which had been served by EFDC to stop the unlawful continued use of agricultural barns on Blunts Farm. This followed EFDC’s refusal to grant planning permission for the change of use from agricultural to B8 storage. The only village interest group to make a representation was TBAG, whose Chairman spoke over both days, and a near neighbour also spoke against the appeal.

**EFDC Planning Committee restructuring.** Government has the power to place into ‘Special Measures’ any local authority who loses more than 10% of any planning appeals brought for major developments over a 2 year rolling period. Planning applications would then be decided by the Planning Inspectorate rather than the local authority and EFDC would not receive the planning application fees. EFDC sought advice from the quango Planning Advisory Service (PAS) on Planning Committee Restructuring. Because EFDC were running at 9.8% of lost appeals they have now received advice that there should be just 2 Planning Committees consisting of no more than 12 District Councillors. Our District Councillor Sue Jones made good representation to ensure that if an objection to an application is made by a Town or Parish Council, the matter should go to committee for a decision as it currently does and not be dealt with under delegated authority by a planning officer. This was unanimously voted through. TBAG take the view that the PAS recommendations are anti-democratic in nature. What is the point of having District Ward Councillors if they are unable to represent their constituents? Cllr Chris Pond (Loughton Residents Association) commented “The thrust is to put an additional barrier between the people and EFDC.”

As threatened, the Labour Government are starting to tinker with our planning system and are consulting on revisions to the National Planning Policy Framework, threatening to assign some Green Belt land as ‘Grey Belt’. Will Green Belt planning legislation be watered down to allow inappropriate development in the wrong places? TBAG will watch with concern to see whether the Green Belt is protected or just used as a dumping ground for development.



# Theydon Bois PHARMACY

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## Theydon Bois Primary School

**Theydon Primary Sports Review 2023/24**

WOW! What a year it has been for Theydon Bois Primary School. From gymnastics to cross-country and athletics to swimming, pupils have delivered excellent performances.

Sport has always been an important part of school life in Theydon. Largely thanks to the contributions of the local community, both in volunteering to support clubs and events and also financially, such as the building and maintenance of our own swimming pool from 1961.

Thanks to this continuous and generous support, the school will soon have a new Multi-Use Games Area (MUGA) to extend and improve our sports offering to the children even further.

These investments, along with the hard work and dedication of school staff and volunteers, create an environment where children can learn valuable life lessons through sport and strive to achieve their full potential. This past academic year, there have been some notable achievements that have shown its worth all the effort.



West Essex inter-school swimming gala team

As it has been such a big part of the history of the school, it is only right that we start with swimming. This year, autumn and summer school swimming galas were introduced to give many more children the opportunity to experience this unique event and extend the use of a unique school asset. At the West Essex inter-school gala at Waltham Abbey, Theydon children excelled: beating not only schools of a similar size, but also triumphing against the biggest primary schools in the region.

This earned Theydon a place at the county finals, where the year 5/6 squad picked up bronze medals and year 3/4 children also got a wonderful opportunity to experience a county swimming event.

Traditionally a big part of school life is cross-country and all children at Theydon run frequently through their commitment to the daily mile. Every child also has the chance to run in the school cross country championships, with distances appropriate for various age groups. It is always a competitive and inspiring event and gives children a great sense of achievement. The best runners are chosen to represent the school at the regional finals, where Theydon

Theydon Bois Primary School *(continued)*

finished first in every age group and gender category! The overall positions meant that Theydon were selected for 4 of the 8 teams sent from the region to the county finals, where they finished in the top 5 schools in Essex: a superb achievement.

But the sporting achievements do not stop there. In athletics, Theydon Bois has its own athletics championships where all children get the chance to compete in multiple events such as long-jump, javelin and sprints. These championships are so big they have to be split over two days!

This experience undoubtedly helped children to compete well at the regional competitions, as they won the small schools competition in both the track and the field championships.

As well as this, they qualified for the regional finals in sportshall athletics and finished 5th overall.

Their passion for running showed clearly as the school again sent 100 children to the Mini London Marathon - thank you parents for supporting this event.

Theydon Primary is also extremely lucky to have a thriving gymnastics club, where children train weekly and are able to compete in inter-school competitions as well as earn themselves special Theydon Bois gymnastics grades.

This year was a very special year for three young gymnasts, who made it all the way to the trio national finals in Stoke-on-Trent. The trio team were also recognised at the regional awards evening.

The incredible sports offer also includes team sports such as netball, handball and football, new offerings such as table tennis, our own cheerleading club and even triathlons!

One thing is for sure, this year will take some beating but I'm sure the amazing children at Theydon Bois are ready to give it a go!



District sports 600m record breaker

## Villager Keely 's Marathon Journey

Theydon resident Keely Halcro took part in one of the world's largest fundraising events and greatest sporting challenges in the City of London, namely the London Marathon. Village News asked Keely to tell us more

**My story:** Something I've always dreamed of and always said one year I will do the "London Marathon" and now I've turned it into a reality.....April 2024 I did it! In memory of my wonderful beautiful Mum for the fantastic St Clare Hospice.



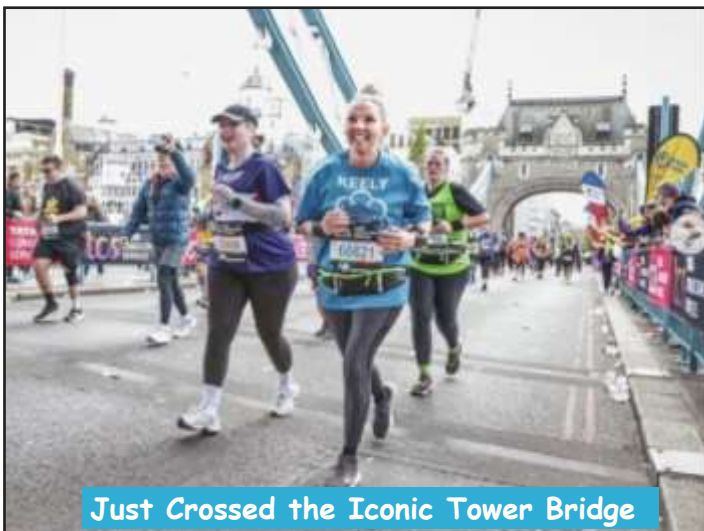
This is where mum spent her last days and we couldn't be more thankful to the staff and everyone that have ever donated to St Clare Hospice. Without you, the care wouldn't be possible and there would be patients suffering and families broken. With this in mind I wanted to give something back to this amazing Charity whom I will never be able to thank enough. Mum fought till the very end and she called everyone at St Clare her "Angels".

My mum was my utter inspiration and that's how I conquered this challenge, something very much out of my comfort zone, I knew in my mind I could do this, even if I had to crawl over the finishing line but thankfully I didn't! I went on to raise a staggering £10,030 for this amazing charity with the help of friends, family, and local businesses.

As I raised this amount St Clare have recently got in touch with me and asked me to become a "Christmas Campaign Champion" during this November and December to work as an ambassador along with 5-10 others in the aim to raise £80,000. With the wonderful and kind help of 2 fantastic local businesses...."Butler and Stag Estate Agents" and the Queen Victoria pub, we can hopefully make this happen!

**St Clare need to raise more than £14,250 every single day to cover their costs. To help them to reach this target is crucial ensuring that they can continue supporting our local community. Therefore every single penny helps, so please think about donating to St Clare Hospice, Hastingwood, Essex.**

**My journey on Marathon day:** Reflecting on my journey through the 2024 London Marathon has brought forth a rush of emotions and memories that I will cherish for a lifetime. This experience wasn't just about achieving a personal goal but also about making a meaningful impact by raising over £10,000 for St Clare Hospice.



Just Crossed the Iconic Tower Bridge

The generosity of people supporting this incredible charity, which provides vital care costing thousands each day per person, is something I will forever be thankful for. From the moment I learned I had secured a spot in the marathon, my determination kicked into high gear. Training became a daily commitment, regardless of

## Villager Keely's Marathon Journey *(continued)*

the weather—be it cold, rain, hail, or sun. Nothing was going to derail my mission to cross that finish line.

When the big day finally arrived, my goal was simple yet profound: to complete the marathon. The adrenaline and excitement were palpable from the start line to the euphoric moment I took my last step across the finish line.

The support of the crowd, cheering and urging me onward, was unlike anything I had ever experienced. Seeing familiar faces among friends, family, and locals along the route provided a powerful boost when I needed it most.

Throughout the marathon, there were no low points—any challenges faced during training faded away in the thrill of the event itself. Running past iconic London landmarks and fully immersing myself in the experience was nothing short of exhilarating.

Crossing the finish line and being greeted by loved ones with my hard-earned medal in hand was a feeling beyond words. The London Marathon not only fulfilled a lifelong ambition but also left me with a deep appreciation for the journey and the support that made it possible.

To anyone considering taking on the challenge, I can't recommend it enough. It's an opportunity to test your limits, experience unforgettable moments, and contribute to causes that matter deeply. The London Marathon has left an indelible mark on my life, and I am forever grateful for the chance to be a part of it.



Finishing Line Feet Away



Elation!

## Using Pharmacies Online - A Word of Caution

### The Unseen Risks: How Online Pharmacies Might Be Unreliable

In today's digital age, the convenience of online shopping has extended to the healthcare industry, giving rise to online pharmacies. These platforms promise a simple solution to acquiring medications—quick, discreet, and often cheaper than traditional brick-and-mortar pharmacies. However, beneath the surface, there are growing concerns about the reliability and safety of these online pharmacies.

#### The Allure of Convenience

Online pharmacies offer numerous advantages. For many, they provide access to medications that might otherwise be difficult to obtain, especially in remote areas. They can also save time, allowing patients to order their prescriptions from the comfort of their own homes. The cost savings can be substantial, as online pharmacies often bypass the overhead costs associated with physical stores. But with these benefits come significant risks that consumers should be aware of.

#### The Dark Side of Online Pharmacies

**1. Counterfeit Medications:** One of the most alarming dangers of online pharmacies is the prevalence of counterfeit drugs. According to the World Health Organization, a significant percentage of medications sold online are fake. These counterfeit drugs can range from being ineffective to downright dangerous, containing harmful ingredients or incorrect dosages. Consumers are often unaware they are purchasing these counterfeit products until it's too late.

**2. Lack of Regulation:** Unlike traditional pharmacies, which are subject to stringent regulations and regular inspections, many online pharmacies operate in a gray area. Some are based in countries with lax regulatory environments, making it easier for them to distribute unsafe or illegal medications. This lack of oversight means that consumers have no guarantee that the drugs they receive meet the necessary safety standards.

**3. Risk of Misdiagnosis:** Many online pharmacies offer prescription medications without requiring a proper prescription. Some even provide online consultations, but these are often cursory and lack the thoroughness of an in-person evaluation by a healthcare professional. As a result, consumers may receive medications that are inappropriate for their condition, leading to potential health risks.

**4. Privacy Concerns:** When purchasing medications online, consumers must share sensitive personal and medical information. However, not all online pharmacies have robust security measures in place to protect this data. There have been numerous reports of data breaches, where hackers have accessed customers' private information, leading to identity theft and other forms of cybercrime.

**Challenges in Legal Recourse:** If something goes wrong with an order from an online pharmacy—such as receiving counterfeit drugs, experiencing a severe side effect, or falling victim to a data breach—seeking legal recourse can be challenging. Many online pharmacies are based in jurisdictions that make it difficult, if not impossible, for consumers to pursue legal action. This leaves consumers with little to no protection.

#### How to Stay Safe

While the risks associated with online pharmacies are significant, this doesn't mean all online pharmacies are unreliable. However, consumers must exercise caution:

- **Verify the Pharmacy's Legitimacy:** Look for online pharmacies that are accredited by recognized bodies, such as the Verified Internet Pharmacy Practice Sites (VIPPS) program in the United States.

*(continued on next page)*

## Theydon Bois Cricket Club

**Cricket Club Nominated For Major Award** -Theydon Bois Cricket Club are proud to have been nominated for an award under the ECB Cricket Collective Awards Scheme for 2024. The Club has been shortlisted as a potential winner in the Tackling Climate Change category.



Two years ago the Club installed solar panels on the roof space at the rear of the Clubhouse. This has proved to be a major success with the number of electricity units consumed over the last two years reducing by 55%. Last year, following up on the success of this project, the Club installed a rain harvesting system which captures rain water from the roof of the Clubhouse.

This water is then available to water the cricket square saving mains water and costs. These projects were part financed by grants from the ECB (English & Wales Cricket Board). Winners will be announced at an event on Wednesday 11<sup>th</sup> September.

On the field of play the Club has enjoyed another good season with both senior elevens comfortably positioned in their respective divisions in the T. Rippon Mid Essex Cricket League. The junior cricket section has also proved to be as popular as ever with both the children and their parents.

The Club has been pleased this year to be in a position to provide the opportunity for boys and girls aged from 5 years upwards to learn the basics of the game as well as having a lot of fun.

The Club is able to offer excellent facilities at the Buxton Trust, Loughton Lane ground. If you are interested in cricket and would like to become a member, either as a player or as a social member, then the Club would like to hear from you. You can be assured of a warm welcome.

**Further information on Theydon Bois Cricket Club can be found on their web site at [www.tbcc.co.uk](http://www.tbcc.co.uk)**

### Using Pharmacies Online - A Word of Caution (*continued*)

- **Check for a Valid Prescription Requirement:** Legitimate online pharmacies will always require a prescription from a licensed healthcare provider before dispensing medications.
- **Research the Pharmacy's Location:** Ensure the online pharmacy operates from a country with strict regulatory standards for medications.
- **Be Wary of Prices That Are Too Good to Be True:** Extremely low prices can be a red flag for counterfeit or substandard medications.

**Protect Your Data:** Only provide personal information on secure websites, indicated by a padlock symbol in the browser's address bar and an "https" prefix in the URL.

While online pharmacies offer a convenient and often cost-effective way to access medications, the potential risks cannot be ignored. As consumers, it's crucial to be informed and vigilant. The allure of convenience should never come at the expense of safety and health. By taking the time to verify the legitimacy of online pharmacies and being cautious in their practices, consumers can reduce the risks and make more informed choices.

**Aliasgar Gulamhussein  
Theydon Bois Pharmacy**

## Theydon Bois Tennis Club

### A village club for local people

Theydon Bois tennis club sits at the heart of the village, at the end of Sidney Road, adjoining the village cricket pitch. We are a friendly and busy club, with lots going on. Social sessions run throughout the year on Saturdays and Wednesdays, where members of all levels join in for fun tennis, often followed by a drink at our bar. For those looking for competitive match play, you will find a team to suit all standards. We enter several levels of ladies, mens, mixed, juniors and vets teams into a variety of Essex leagues. We welcome new members and offer competitive packages for those interested in joining at any part of the season. For all membership information see our website or contact [theydонтениsmembership@gmail.com](mailto:theydонтениsmembership@gmail.com)

### Spotlight on junior tennis at TBLTC

Our junior tennis coaching programme runs throughout the year, with sessions for various ages and abilities on Fridays and Saturdays.

Our two club coaches, Dave Wright and Heidi Cornwall, guide the juniors through their development and encourage them to achieve their potential. Dave Wright plays tennis at County level and has recently been appointed as the under 8's performance Coordinator for Essex tennis and is involved in taking many players through their junior stages of competitive tennis and beyond. This year, Heidi Cornwall was the winner of the prestigious National LTA 'Rising Star' award for her commitment to the club and the juniors she works with.



### Junior tennis and multi-sport camps

Junior camps are run during school holidays; offering tennis, along with other fun activities and sports for children aged 5-15 years.

Open to both members and non-members, these camps are very successful and become booked very quickly. See the club's social media for details of camps which will be held in October half term.





## Theydon Bois Golf Club



## A Day of Golf and Generosity - Joint Captains' Charity Day

Theydon Bois Golf Club came alive on Saturday, 31st August, as members gathered for the annual Joint Captains' Charity Day. This year, the event was dedicated to supporting St Clare Hospice, a cherished local institution that provides compassionate care to those with life-limiting illnesses.

The event kicked off early with a shotgun start with course in immaculate condition, a testament to the hard work of the greens staff. Several challenges took place throughout the day, including a nearest-to-the-pin contest, a "challenge the pro" event on the par-3 third hole, and a "hit the green in one shot" challenge on the 18th hole.

Following the game, the Captains expressed their heartfelt thanks to all who had participated and supported the event, and then presented the prizes to the winning team of Declan Wallace, Neil Taylor, Stephen Ramsey and Gary Clark.

To finish the day a charity auction was held, where a variety of items, donated by members and local businesses, were up for grabs. The bidding was spirited, and by the end of the day, a significant sum had been raised for St Clare Hospice.

As the day came to an end at Theydon Bois Golf Club, it was clear that the Joint Captains' Charity Day had been a resounding success. Not only had it provided a memorable day of golf, but it had also reinforced the club's commitment to supporting vital local causes. The funds raised will go a long way in aiding St Clare Hospice, ensuring they can continue their invaluable work in the community.



Captains Pat Davies & Bernard Todd

## Tippy's Topics - Theydon Bois Facebook Groups



Welcome readers old and new to our regular round up of news and views, topics and debates from our All Things Theydon Bois and Theydon Bois Villagers Only Facebook pages- our online community for the discussion of issues relevant to our village. Please feel free to join and enjoy our community pages.

As I am writing this issue I have had to place my mobile into the fridge as it is roasting hot at last! following on from a few weeks of torrential downpours. So many individuals are working or have been working on their gardens which are in full bloom and are a pleasure for the eye to see.

I'll start this issue with a subject that was not actually shared to social media but was relayed to me personally and to which I have been asked to share.

During the recent elections on the 4th July, a female villager named Angela had decided to visit St. Mary's Church Hall to cast her vote. She drove up to the Village Hall to park her car, upon entry she noticed a young man waving his arms around to signify a problem. When she parked he came over with a female and showed Angela that she had a flat tyre! He told her that he would take care of the situation whilst she casted her vote next door. Upon her return Angela was so happy to see that the couple had changed her tyre for her, she wanted to give them something to say thank you but they both refused, stating that they were just happy to have helped. Angela managed to get their names which were Gavin and Lisa. Angela was so overwhelmed at such a kind gesture that she really wanted to share the news. So a massive thankyou to these heroes.

The Balti House in Station Approach met members of the village on Wednesday 28th August for a second exhibition of proposed plans for redevelopment. (This is reported elsewhere in this magazine). The last meeting was well attended, however many villagers were not impressed by the sheer magnitude of the proposed development and declared their feelings both at the presentation and online.



The donkey derby was well attended and luckily enough the sun was shining! It was shared to the group a couple of times that some individuals had concerns about the welfare of the donkeys, who appeared to enjoy the event themselves!

## Tippy's Topics - Theydon Bois Facebook Groups *(continued)*



We were assured by many that not only does all the money raised go to local scouting and guiding groups with other stalls (rotary, church, PTA, playground) raising money on their own stalls. But that for those concerned about the donkeys, they have access to shade (which they generally shun!) and water and are rotated between races so they do not do all of them. The course is 200m long and takes about 2 minutes for them to walk/trot/canter round.

The jockeys all have to be experienced riders and are informed beforehand in how riding a donkey is different to riding a horse (they perform best when you do nothing and leave them to it!) If you have concerns, the lady who owns them clearly loves her animals and knows they enjoy racing and says they get bored when they do not have the opportunity to do it.

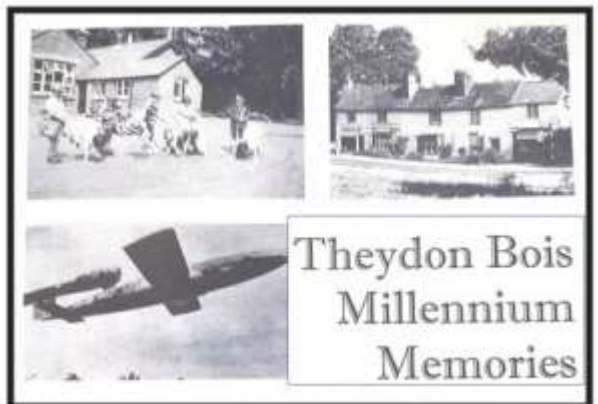
The Theydon Bois pre-school was awarded an "Outstanding" rating at its recent Ofsted Inspection lots of people were delighted but however, if I am being truthful I am not surprised! The staff are a credit to the school and it is through their sheer hard work and determination that they succeed in bringing the best out of the children they teach - Well Done to you all! The staff have been busy

over the summer holidays building a new outdoor learning environment for the children to enjoy - using funds from sponsors.

We are very lucky as a village to have such wonderful schools on our doorstep from the preschool, the Montessori and Theydon Bois primary school! Thanks for everything you do!

There have been numerous posts regarding dogs not being kept on leads and missing cats. In relation to this a couple of incidents that individuals wished to share have been reported to the police, whereby legal action has been threatened to the admins. We do not want to see the closure of the sites which have been an absolute life line to so many people, posts are sometimes removed or comments closed due to issues that are beyond our control. We always consider every individuals feelings however we are open to legal action and this has to take priority. We understand that on occasion this may upset individuals which we fully understand and all we can do is apologise.

Finally, for those unaware there is a DVD (hopefully still available) called Theydon Bois Millennium Memories, it contains wonderful excerpts of the history of our village, events, World War 2 and so much more. I did advertise this on the village sites several years ago and many enjoyed it. Copyright © 2000 & 2006 Theydon Bois and District Rural Preservation Society.



I sincerely hope you have enjoyed my round up of news. Lots of Love - Tippy

## Theydon Bois & District Rural Preservation Society

**Theydon Applications Update:** There have been only been approximately 7 new Planning Applications for Theydon Bois since our last Village News Report in July and decisions on a number of these are still pending by the Parish including one on the controversial Balti House Development that is unlikely to come before EFDC and the Parish Council until October. We have raised objections to 3 of these so far.

There have been two presentations by the Balti House Developers at the Village Hall the revised one was last Wednesday 28<sup>th</sup> August and around 80 people attended. There were not any significant changes and this is probably an exercise by the developers to indicate to EFDC that they have “Consulted” local residents prior to submitting a full planning application. The height, scale and positioning is clearly out of character with the location near historical listed buildings including the Grade II listed Bull. Perhaps the Developers are waiting for the imminent adoption of the proposed changes to the NPPF and Housing Targets that effectively will take any local objections by residents out of our hands?

In this proposal “in favour of Sustainable Development” there will be new Five Year Housing Targets. The likely increase for Theydon is from 725 to 1210. Where will these all go? Will the required infrastructure be put in place? ‘Although residents’ views must be taken into consideration and objections can only be in the context of the new planning rules. EFDC has in the past accepted a “106 Agreement” where instead the authority just accepts a “community contribution, usually of just a few hundred pounds. We have already experienced this with the end of Forest Drive Development. If our Society is to continue in its present form helping to protect our village and it’s surrounding Greenbelt as it has done since 1943 then please consider joining us. Membership is only £6.00 a year for your household. See the June magazine or our website: <https://www.tbruralpres.org.uk> for full details.

**Events:** The Society was happy to support this year’s Donkey Derby with an Ad. in the programme and we had our usual stand with some of our committee members on hand that had information about planning, photos of our Greenshoots activities and Crafts and competitions



relating to Theydon for the children singly and in groups. These were well supports and seemed to be enjoyed by those participating including some (helpful?) adults? We will be running further Greenshoots events during the next year.

On the **25<sup>th</sup> October** we have a talk by Mike Payne titled ‘The Mysterious Meridians of Highams Park and Chingford. (*Why the Greenwich Meridian is in the Wrong place*). This like all our events is free to members.

<https://www.tbruralpres.org.uk>

## Theydon Bois Village Association

**If you are looking for a venue for that special event, your Village Hall could be just the place!**

We always try to keep our rates competitive and Theydon Bois residents receive a 10% discount on party and event bookings!

The hall is modern, well equipped and well-presented and we get lots of positive feedback from our event hirers. We have fast wi-fi, 80 car parking spaces, and disabled access and facilities. Party and event hire includes full and exclusive use of the kitchen, the bar, and tables and chairs



**Oak room:** this is the room to the right of the foyer. It's ideal for a wedding reception, special birthday (*see photos below*) or children's party. This room can comfortably take 150 guests seated, considerably more without tables/chairs. As well as the large floor area, it has a stage, audio visual facilities and easy access to the kitchen, and the extra bonus of the lovely patio and gardens for summer bookings. For children's parties, the ceiling height and space works for those bouncy castles!

**Small Hall:** this is the room to the left of the foyer. It's great for a celebratory lunch or dinner party, a baby shower or smaller parties. This room can comfortably take 60 guests seated at tables

**Why not consider your village hall for your next special event For further details or to make a booking, please contact our Bookings Manager, Angela, on [Bookings@theydonboisvillagehall.com](mailto:Bookings@theydonboisvillagehall.com) Telephone : 07775 472177**



decor by "Adivahs Event"

## Theydon Bois Horticultural Society

**Show on 20th July** - We had an excellent show with a large number of people coming to visit it. Sadly a number of the classes had only one or two entries but the lemon drizzle and Dundee cakes were well represented. Please make an effort to submit some entries next year! The weather was good and we were able to have the ever popular tortoise races outside again. We are grateful to Michael Chapman, Epping Forest Verderer, for presenting the trophies.



**The trophies were awarded as follows:**

- **The Gazette Challenge Bowl** for the best fruit or vegetable exhibit - Shirley Weetch.
- **The Gerald Buxton Cup** for the best flower or plant exhibit - Shirley Weetch.
- **The Frank and Josie Way Memorial Cup** for the best Fuchsia exhibit – Liz McGuire.
- **The Ted Lock Memorial Cup** for best Cactus exhibit - Liz McGuire
- **The William Way Cup** for the most successful exhibitor in both the fruit and vegetable section and the flower and plant section - Shirley Weetch.
- **The Elcee Cup** for the most successful exhibitor in the Handicraft section – Lois King.
- **The Committee Cup** for the most successful exhibitor in the Photographic section - Ray Crick.
- **The Keswick Cup** for the most successful exhibitor in the Cookery section - Heather Howland.
- **The Secretary's Cup** for the most successful exhibitor overall - Shirley Weetch.
- **The Banksian Medal** for the most successful exhibitor overall. This award cannot be given to the same exhibitor for two consecutive years - Liz McGuire.
- **The Garden News Shield** for the most successful exhibitor in the Junior section - Teddy Bruce-Jaja.
- **Mini-Shield** for the runner up in the Junior section - Ray Bruce-Jaja.

## Theydon Bois Horticultural Society (continued)



Lois King



Shirley Weetch

The weather was perfect for our trip on 1st August to RHS Garden Hyde Hall. As this was during their flower show there were lots of interesting plant stalls. The colour coordinated perennial borders were stunning!

We have three talks arranged – all are in the Village Hall.

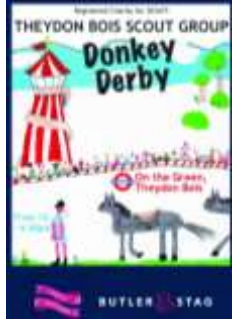
- ***Soil, Sweat & Tears***, a talk which includes a quiz with plants as prizes, by Brian Carline on Wednesday 20th November at 7.30pm. This will be followed by the AGM.
- ***Unusual Spring Bulbs*** by Nick Dobson on Wednesday 12th February 2025 at 2.30pm.
- ***Uzbekistan: Mountain Flowers and Monuments*** by Hugh & Diana Meteyard on Wednesday 19th March 2025 at 2.30pm.



Hyde Hall Borders

## Donkey Derby on 14th July 2024

This year's Donkey Derby went ahead with a few minor tweaks after the heavy rains beforehand made the green rather boggy. Thousands of people attended to watch the donkey races with child jockeys onboard and enjoy the various games and activities around the site.



There was a good representation of scout groups from around the area, some of whom were offering axe throwing as an activity. Sadly the vintage motorbike display could not go ahead as they feared getting stuck in the ground. The Ferris wheel, the "Theydon Eye", was also deemed too heavy to come onsite.

All the money raised goes to supporting Theydon Bois scouting and guiding groups. It is also an excellent way for other local groups including the scouts, the church, preschool, tennis club, PTA and Rotary groups to run stalls to raise funds and connect with the public.

Donkey Derby committee chair Nik O'Flynn, said: "We were really pleased to be able to put on this event as we were concerned we would have to call it off at the last minute due to the wet ground. Fortunately the sun was on our side and it dried out enough to be able to hold it and the weather was great on the day itself."

The committee was out there the week after making some minor repairs to the green, notably where vehicles had entered the site at the top end. We would like to thank everyone who helped out on the day - your support is invaluable and what makes it a real community event, would like to thank everyone who came along and supported us and we managed to have it all packed up and off the green in time to watch the Euros football final!"





Donkey Derby on 14th July 2024 (continued)



Donkey Derby on 14th July 2024 (continued)



## The Meaning & Origin of Phrases & Sayings

### **Bakers Dozen – Meaning - Thirteen.**

**Origin** - In the Middle Ages in England there were severe penalties for anyone who gave short weight. Bakers were often uneducated and unable to count. To guard against miscounting twelve as eleven they habitually gave thirteen loaves when selling a dozen.

### **Face the Music - Meaning - Accept the unpleasant consequences of an action.**

**Origin** - May come from the tradition of disgraced officers being 'drummed out' of their regiment.

### **Keep your nose to the grindstone - Meaning - Apply yourself conscientiously to your work.**

**Origin** - Before the mechanisation of the metalwork trade the standard method for knife grinders when sharpening blades was to lie flat on their fronts with their faces near the grindstone in order to hold the blades against the stone.

### **Left in the lurch - Meaning - Left in a difficult position without help.**

**Origin** - Originated with the French game of louché or lurch, played in the 16th century. Players suffered a lurch if they were left in a hopeless position from which they couldn't win the game. The card game of cribbage, or crib, also has a 'lurch' position which players may be left in if they don't progress half way round the peg board before the winner finishes.

### **No names & no packdrill - Meaning - Say nothing and avoid repercussions.**

**Origin** - Packdrill - the carrying of a heavy pack - was a punishment given to soldiers in the British Army.

### **On the fiddle - Meaning - Engaged in corruption.**

**Origin** - In the Navy, or perhaps any ship in years gone by, sailors received their meals on a square plate with a raised edge called the fiddle. If they were to overfill their plate they were said to be 'On the fiddle'.

### **Raining cats & dogs - Meaning - Raining very heavily.**

**Origin** - The phrase is supposed to have originated in England in the 17th century. City streets were then filthy and heavy rain would occasionally carry along dead animals. Richard Brome's *The City Witt*, 1652 has the line 'It shall rain dogs and polecats'. Also, cats and dogs both have ancient associations with bad weather. Witches were supposed to ride the wind during storms in the form of cats.

### **Well heeled - Meaning - Wealthy.**

**Origin** - It would be reasonable to suppose that this is the opposite notion to 'down at heel'. In fact the term originates from cock fighting. The cock was considered well heeled if it had large and dangerous spurs.

### **At the double - Meaning: An indication of urgency and speed.**

**Origin** - "Double" was the old nautical name for the rapid drumbeat summoning all hands to action stations

### **Beat around the bush - Meaning: Getting to the point in a round about way.**

**Origin** - This phrase is several hundred years old and comes from hunting. The beaters beat for the hunters, often around bushes; however the beaters never catch the prey... the hunters go directly to the quarry to catch the prey.

### **Bob's your uncle - Meaning: All is fine and problem free - everything has been fixed.**

**Origin** - The origin goes back to the 1890s and follows the appointment of Arthur Balfour as Secretary State for Ireland. The man who gave him the job was the then Prime Minister, Robert Cecil (Lord Salisbury), who also happened to be his uncle.

## Epping - Eppingen Twinning News



In June 14 people travelled to Eppingen for a German Language course. This is a biennial event and the first since Covid. Most people were hosted by German families. What a successful week! Each morning, we had a German lesson with a topic which complimented the cultural visit in the afternoon. The first day it was everything about potatoes. Eppingen is a farming community so this was appropriate. Later in the day we visited a massive factory which prepared potatoes from local

farms ready for supermarkets. We were impressed to hear the energy used was created from potatoes peelings.

The next day the subject of wine was covered. Around Eppingen there are hillsides covered with vines. The wine is not exported but never the less of high quality. That afternoon we travelled through vineyards in an open cart pulled by tractor stopping periodically to sample a particular wine. It was great fun.

**Wine tasting in the vineyard** - You can't go to Germany without having Kaffee und Kuchen.



At the bakery we saw the processes in producing bread from milled flour and then had cake and coffee.

Our visit at the weekend was to the ancient city of Augsburg. We had previously learnt some of the history of the town. Its origins date back to the Middle Ages being on the trade routes to Venice and beyond. Huge wealth was created especially by the Fugger family who were known throughout Europe. Their wealth was wisely invested and they founded a social initiative; creating homes for poor families known as the Fuggerei. There are 140 flats in 67 houses. Incredibly these homes still exist and the tenants still pay the same rent as in medieval times 88 cents. Their only obligation is to pray each day in the tiny church. The upkeep is entirely supported by the Fugger family.

**Buildings in the Fuggerei** - Augsburg is also famous for its waterways. There are three rivers The Werth Lech and a smaller one. By creating a series of weirs, the city produces much of its electricity. We had time to wander through the town visiting important buildings including the town hall with its sumptuous gold ceiling, The Fugger house and the cathedral

There is a large brewery in Eppingen, the Palmbräu, which was to be our final visit. There we saw all the processes in production of different beers. Therefore, the lesson that morning gave us useful phrases associated with beer production and consumption. On a more cultural level we learnt about the life of one of Germany's famous painters Casper Friedrich David.

Our final evening was a get together with many of our German friends in the Palmbräu cellar where we were served a wonderful meal. Another highly successful week making new friends and renewing old friendships.

*Continued on opposite page*

## Theydon Bois Pre-School



Theydon Bois Pre-School are delighted to announce they have received the prestigious recognition 'OUTSTANDING' award in their recent Ofsted visit. This is the first time this has been awarded to the pre-school and we are overjoyed with the outcome. This wouldn't have been possible without the dedication from the staff and committee members and of course the parents/carers and children attending. We extend a heartfelt thank you to you all.



Here are a few comments from the Ofsted report highlighting how fabulous our village pre-school is:

- 'Children thrive and flourish in this excellent pre-school. They are very happy and their confidence soars'
- 'All children, including children with special educational needs and/or disabilities, make exceptionally good progress in their learning'
- 'Parents say that the pre-school is the best place for their children. They praise the staff for their dedication and say they are inspiring'

As Co-Chair I would also like to thank the committee members who have come forward to ensure the pre-school secures a strong enough committee to remain open, we are grateful for your support.

**SARAH GYSBERS**

### Epping - Eppingen Twinning Association - News Summer 2024 *(continued)*

**Evening meal in the Palmbräu cellar** - Going forward we hope to be at the Town show in Epping. We have now decided to have a monthly Stammtisch; a German expression for a regular informal get together in a pub. Behind the scenes hard work by some members has resulted in a bilingual website which gives news, details of future events and more.



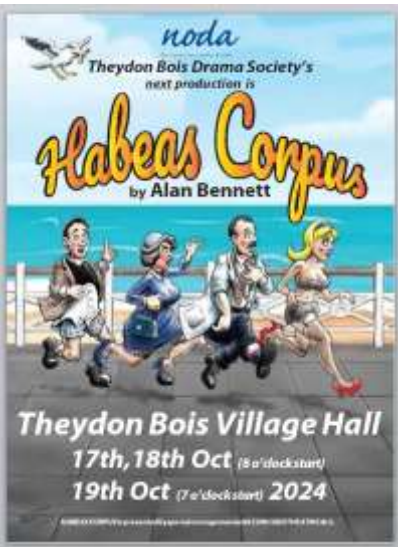
Check out the QR code and take a look [www.epping-eppingen-twinning.info](http://www.epping-eppingen-twinning.info)

For those without internet phone Joy on 07944570971 if you would like more information about the association,

# Theydon Bois Drama Society

The Society are absolutely thrilled to have been very successful at this year's National Operatic and Dramatic Association Awards. They were the District winners of:

- **Unsung Hero Award: Andrew Pegrum;**
- **Lifetime Achievement Award: Simon Gilbert;**
- **Best Comedy Performance: Rebecca Manning in The Vicar of Dibley;**
- **The Innovation Award: Scenes from a Midsummer Night's Dream;**
- **Best Programme: The Vicar of Dibley.**



The Vicar of Dibley went on to win the Regional award for Best Programme. The picture shows Angei Beckett-Franks representing the Society at the awards. Longstanding Theydon residents will be particularly pleased to see Simon Gilbert's Award – born and bred in Theydon, the son of the redoubtable Betty Gilbert, he moved away to Norfolk just last year and is much missed by all of us in the Society.

Our next production will be 'Habeas Corpus' by Alan Bennett – written in 1973, this outrageous farce is Mr Bennett's take on the 'permissive society' of the 70s, and has all the classic attributes of farce, with mistaken identities and lost trousers playing a significant part in the action. It all takes place in the home of Dr Arthur Wickstead (played by Theydon resident Paul Arber) and also on the West Pier in Brighton (when it was actually a Pier!). **Tickets are on sale from 6 Sept from [www.theydonboisdramasociety.co.uk](http://www.theydonboisdramasociety.co.uk). We hope to see plenty of you there!**

Teresa Greener – Chairman.



**Theydon Bois Parish Council - Save The Date**

**Theydon Bois Christmas Market**

**Friday 29th November 2024**

Road closure will be between 1pm – 10pm  
Traffic diversion will be put in place

**If you are interested in having a stall at this year's Christmas market, please contact the Parish Office**

**Theydon Bois Village Hall, 01992 813442 mob 07927 581856**  
email - [parishclerk@theydonbois-pc.gov.uk](mailto:parishclerk@theydonbois-pc.gov.uk)



## Village News from 10 years Ago - September 2014

**Days Out from Theydon - Brighton Pavilion** - Brighton has long been the traditional place for a summer's day out for Londoners with the beach and the pier being the most obvious attractions. If you visit the town, do not miss the unique and fascinating Royal Pavilion which encapsulates the spirit of this town of pleasure.

The Royal Pavilion, looking like a cross between the Taj Mahal and an ornate wedding cake, and its beautiful gardens are situated in the heart of the town, a stone's throw from the sea. A tour through the richly decorated rooms explains how the town became



**Steve & Sally at the Bull - The First 10 Years** -

The Bull dates back to the 17th Century, being originally a private residence called 'The Tile House'. The building was later extended and became an inn known as 'The Bull's Head' before settling on the name we know today. Today the pub retains much of its original charm with exposed oak beams and polished wood floors in the bar area. Over the door are the name of licensees Sally & Steve Allen who took over the pub tenancy at the Bull in November 2004. Village News popped to talk to them.



**Village News visited Theydon Bois Golf club to talk to Richard Hall** who has been the professional there for some 21 years. Richard arrived in 1993 from the Moors Valley Golf Centre near Bournemouth, previously working as an assistant at Parkstone and then professional at Tavistock. His twin brother Chris is also a professional and qualified for the European tour in 1996. *Tell us how you started in Golf.* I was born and brought up in Derbyshire. I started playing golf when I was 13, my parents had moved very close to the local golf club so during the holidays when I was looking to get a bit extra pocket money, I used to go to the golf club and caddy.



**New Rotary President** - On 1<sup>st</sup> July this year 'Raz' Zoers became the new president of the Rotary Club of Epping. We asked him why he has such an unusual name and what Rotary is all about. Raz explained that his surname is of Dutch origin and that his forbears emigrated to the east end of London in the mid-1800s as gentlemen's walking stick and umbrella manufacturers. Now there is not so much of a call for silver tipped canes and Raz's career took him along other paths. Why 'Raz'? Well, after leaving Beal Grammar School for Boys in 1970, Roger Zoers joined the Royal Navy as a Cadet Officer to become a naval helicopter pilot. When he joined Britannia Royal Naval College, Dartmouth, his course colleagues decided that it was not prudent to be known as Roger ('Roger the cabin boy and all that!') and so they named him by his initials, R.A.Z., and the name has stuck throughout his working and, now retired, life.

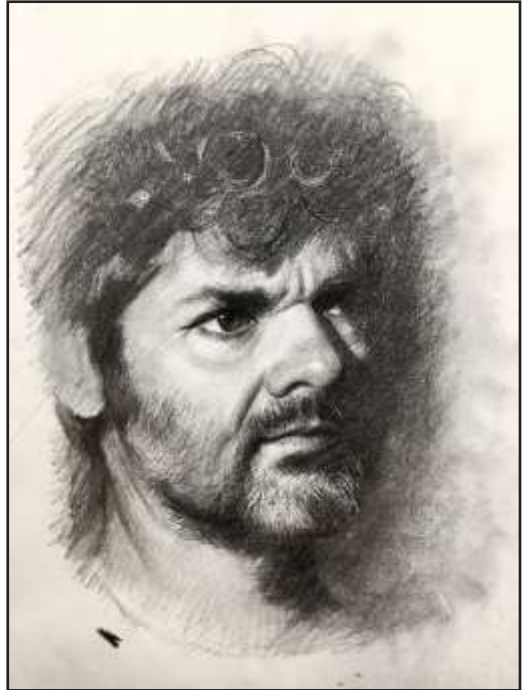


**Theydon Bois Art Group** has some great art demonstrations scheduled to take place from September, onwards. These include a charcoal portrait demo on **Friday 13th September**, by professional artist Paul Berryman (photo attached).

Other demos include creating landscapes with acrylics and watercolour paintings of birds and shellfish along with silk painting. All demos are held at the Village Hall on a Friday evening, and you don't have to be a member to attend - just pay £5 on the door.

Contact Ann Harrison (our Chairperson) via email [annah955@gmail.com](mailto:annah955@gmail.com) to become a member of the group or sign up to receive the newsletter.

Further info on the benefits of becoming a member can be found at <http://www.theydonartgroup.co.uk> or follow us on facebook and insta @theydonartgroup to keep up to date with the latest events.'



## Friends of St. Clare QUIZ NIGHT

Village Hall

**Saturday 12<sup>th</sup> October 7.30 for 8pm**

**BYO Food & Drink**

**Tickets £10 per person. Call**



## THEYDON BOIS SINGERS

**Save the date**

Our Christmas concert will be on **Tuesday 10<sup>th</sup> December 7.30pm**

at Theydon Bois Village Hall

Join us for an evening of Christmas music and carols





## Volunteers aged 5 to 75 help at Allotments



A group of volunteers spent a warm but showery Sunday morning, tidying up the allotment site recently. With the youngest aged 5 and 7 to the oldest 75 a happy group of whom only some are shown in the photo, started by clearing rubbish - from plastics to carpets, dumped on the allotment bonfire site and moving wood and other burnable items to within the safety bunwall so when it is lit, it will be contained. Next they moved dumped composable materials from in front of our compost heaps, onto the heaps, and then covered the site to allow the material to rot down to become really rich and useable compost. Finally the surrounding area was cut down, to clear access. Many thanks for all those involved. **Allotments are now available to rent, with for the first time in several years no waiting list. The cost is £50 per year. Details from the Parish Council.**

ROBERT LEVINE

**St. Mary's Church Theydon Bois Invites you to**

**Music & General Knowledge  
Quiz Night!**



**Saturday 16<sup>th</sup> November 2024 - Theydon Bois Village Hall**

**7.30pm for 8.00pm start**

**£6 per person. BYO food and drinks.**

**Tickets (for tables of 8 or individuals)**

**are available from**

**Amanda Simmance - 813732 or mandrew\_harris@hotmail.com.**

**Places are limited so book soon to avoid disappointment!**

**Full payment will be required 14 days before the event to secure tickets.**



## News, Comments &amp; Notices

**Summer Line Dance at HOME INSTEAD** In July, Home Instead Epping Forest hosted a delightful Summer Special Line Dance at Theydon Bois Village Hall. After the resounding success of last year's Summer Tea Dance and our Valentine's Dance earlier this year, it was wonderful to see so many people come together for an afternoon of fun, music, and dancing.

We were thrilled to welcome back Emma and Martin from Steps Ahead Dance Academy as our special guests. They demonstrated some easy and enjoyable line dance steps, encouraging everyone to join in. The enthusiasm was brilliant, and soon, the dance floor was filled with guests moving to the lively country-style music.

Adding to the fun, many attendees donned cowboy hats, which brought an extra touch of charm and laughter to the event. For those who remained seated, there was plenty of foot-tapping, hand-clapping, and singing along. It was amazing to see the smiles and laughter on people's faces, highlighting the positive impact of music and social interaction on both mental and physical wellbeing.

**Heartwarming Feedback** - One of our amazing care professionals, Sharon, shared some touching feedback from the event: "Just wanted to let you know how Iris and Geoff thought this afternoon was fantastic and thoroughly enjoyed it. Well done! P.S. I did too!"

Events like these are a testament to the strong community spirit at Home Instead Epping Forest. The success of the Summer Special Line Dance was made possible by the dedication of our care professionals who support our clients. Attendees, both clients and guests, expressed their gratitude for our specialised care and support, highlighting the positive impact on our community's mental and physical well-being. Thank you to everyone who attended and made this event such a memorable experience. We look forward to creating more joyful moments together in the future!



## Drew & Son Annual Charity Dog Walk



Drew and Son will be hosting their Annual Charity Dog Walk around Epping Forest on **Sunday 8th December 11am**. Pictures from last year opposite. Starting from Theydon Bois Youth Club. All welcome with or without a dog.

**Harry, Steve & Karen Drew**



News, Comments & Notices

**Repair Café continues to run really well alongside Community Cuppa**

SEPTEMBER 25	OCTOBER 30	NOVEMBER 27 (The Christmas one!)
No Community Cuppa in December		



*Both Community Cuppa and repair Café are not-for-profit activities and are supported by our Parish Council*

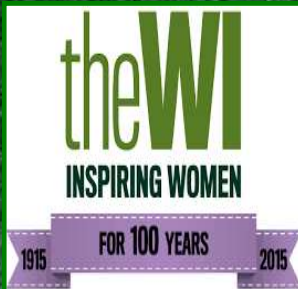
**Theydon Bois Men's Forum**



Meets in the hall behind Theydon Bois Baptist Church. The meetings start around 10.15 when coffee is served and this is followed by the talk which can be on various subjects that we hope will be of interest. The dates of the meetings are as shown below together with the subjects of the talks and the speaker.

9 Oct 24	“Bird Migration” Stan Kitchiner
13 Nov 24	“The Great Experiment – Wartime Rationing” George Grimble
11 Dec 24	“Blessed are the Cheesemakers” John Pearson
8 Jan 25	“The Manchester Ship Canal” Richard Thomas
12 Feb 25	“The Old East End of London” Howard Slater
12 Mar 25	“The Spanish Civil War” Nick Dobson
9 Apr 25	“Hearts of Oak- The V.C. Story Part 2” Mark Smith
14 May 25	“How They Built Lighthouses”
22 Jun 25	“All Quiet on the Western Front” Mervin Martin

**Theydon Bois Women's Institute**



18th Sept	“Living & Growing with a 3 acre small holding” Helen Reynolds
16th Oct	“A Funny Thing happened on the Way to The Old Bailey” Mr Chris Truran
20th Nov	“The Work of Home Instead” Mrs Maureen Wheeler
13th Dec	NOTE A FRIDAY not WEDNESDAY “Vancouver to Niagra” Mrs Pauline Martingale

# Village Activities 2024

*The information, opinions and views presented in Village News and on the Village Website reflect the views of the authors and contributors of the articles and publication of articles, advertisements or product/services information does not constitute endorsement or approval by Village News or the Parish Council.*

13 Sept	Theydon Bois Art Group - Demos in V Hall - see page 40
25 Sept	Theydon Emergency Volunteers meeting - see page 4
12 Oct	St Clare Friends - Quiz - Village Hall - see page 40
17-19 Oct	Drama Society "Habeas Corpus" - Village Hall - see page 38
25 Oct	Rural Preservation Society - Talk - Village Hall - see page 28
16 Nov	St Mary's Quiz Night at Village Hall - see page 41
20 Nov	Horticultural Society Talk - Village Hall - see page 31
29 Nov	Theydon Bois Christmas Market - see page 38
1 Dec	Theydon Bois Village News - Copy Deadline Date
8 Dec	Drew and Son - Annual Charity Dog Walk - see page 42
10 Dec	Theydon Bois Singers - Christmas Concert - Village Hall 7.30pm
Various	Community Cuppa & Repair Café - see page 43
Various	Village Litter Pic - First Saturday in each month - see page 4
Various	Men's Forum - see page 43
Various	St Mary's - see page 13
Various	Women's Institute - page 43



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[theydonnews@virginmedia.com](mailto:theydonnews@virginmedia.com)  
or send to c/o Parish Clerk, Parish Office as below



## Theydon Bois Parish Council

Theydon Bois Village Hall, mob 07927 581856

email - [parishclerk@theydonbois-pc.gov.uk](mailto:parishclerk@theydonbois-pc.gov.uk)



Thanks to our Sponsors : Theydon Bois Pharmacy, Indian Ocean, Theydon Bois Balti House, Martin Shepherd Solicitors, Theydon Bois Dentists, Butler & Stag, Drew & Son, Home Instead, Woodland Grove Care Homes  
See pages 7, 9, 14, 17.

**NEXT VILLAGE NEWS COPY DEADLINE - 1st December 2024**