

Waltham Forest Echo

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Growing in Chingford

Fiona Flaherty, Jane Walker and Debra Oakaby on a local business network



"The Three Musketeers" running Link4Growth Chingford

A unique blend of community and business networking is sweeping the country and, earlier this year, it arrived in Waltham Forest. Link4Growth Chingford is run by three local businesswomen with a passion for supporting the local community. Commonly known as The Three Musketeers we're also known as Fiona Flaherty, Meducate Healthcare, Jane Walker, Walker Websites and Debra Oakaby, Coach Me Smart. Together they make a dynamic trio.

Link4Growth Chingford is part of Link4Growth, a nationwide not-for-profit organisation promoting local networking. There are currently over 70 local groups.

Whether you're looking for a job, or a particular service or product, or to start a business or Link4Growth

Chingford will introduce you to people who might be able to help you directly or know someone who can. Maybe you just want to get some experience of talking to other people about your business. You can do that, too.

In August 2014, they hosted the very first Link4Afternoon Tea, which was a huge success with lots of new people joining in and calls for more similar events. Link4Growth Chingford has also attended several local events as an exhibitor including the borough's International Women's Day celebrations, the Chingford Village Festival and the Waltham Forest Jobs Fair. As the only Link4Growth group in Waltham Forest, they attracted lots of interest and people liked the idea of meeting new people in an informal and friendly setting.

The Chingford group meets on the first Thursday of the month between 9.30am and 11.30am, at Goals in Morrison Avenue E4 8SN; It's only £3 to join in (includes refreshments).

To find out more visit:

Link4Growth website:
<http://link4growth.biz/l4g>

Link4Growth Chingford Facebook page:
<https://www.facebook.com/L4G.Chingford>

Link4Growth Buy Local Chingford:
gplus.to/L4gBuylocalChingford

Link4Coffee Chingford:
<https://paper.li/DebraOakaby/1400254948>

Highams Park residents to develop local plan

Gordon Turpin and John Moss

More than 450 residents have signed up to help prepare a Neighbourhood Plan for the Highams Park Area. The residents have joined the Highams Park Planning Group (HPPG) which was formally designated as the neighbourhood planning group for the Highams Park Area by Waltham Forest Council in July. The group will oversee the preparation of planning policies for the Highams Park area and a list of community projects local people want to see delivered.

The Council Cabinet approved the area to be covered by the plan, which stretches from Waltham Forest's eastern boundary with Woodford across to Wadham Sports Ground, the Ropers Field conservation area and Larkwood Playing Field in the west. The Planning Group hope this will be a great step forward in giving Highams Park a clear identity and recognised place within the Borough.

Gordon Turpin, Chair of the HPPG said: "This is a great opportunity for the residents of Highams Park to work together to protect and enhance what they love about Highams Park and to try and change those things they don't like! We expect it will take anything from nine months to one year to put the Highams Park Plan together and we will consult the residents for their ideas and suggestions for the plan as we go along."

He added: "The area covers around 384 hectares and is home to over 15000 people and lots of squirrels...so we have a lot of work to do!"

The Highams Park plan will be drawn up with help from Waltham Forest Council, who received a £20,000 grant from central government to help cover the cost of preparing it. Those working on the



First general meeting of the Highams Park Group

plan are already developing ideas for what new housing should be built in Highams Park, where it could go and what it should look like, how to breathe new life into the shopping centre, improvements to the Railway Station and on limiting the number of fast-food takeaways. Some of the Community Projects being looked at include: a café and toilets in The Highams Park (including a better children's play area), a multifunctional community arts centre, and a "bottom up" review of parking provision.

The Planning Group is open to all residents in the area who want to get involved, whether to help develop the policies, or just as volunteers helping out with one of the Community Projects. You can contact them on highamsparkplan@gmail.com or at www.highamsparkplan.org.

THE STOW BROTHERS



See a selection of our properties inside! p. 7-10

PLUS: Features • Interviews • Reviews • Comments and more...

Snapshots of social action

From the editor of Waltham Forest Echo



Welcome to issue two of Waltham Forest Echo. Thank you to everyone who read issue one and got in touch to tell us what you thought of it or to

send in your own contributions to our Autumn issue.

We're delighted with the response to the newspaper, and grateful for all the support and help we've had so far but we're also keen to hear from others who'd like to get involved, either as writers or helping with distribution and advertising so please let us to know if you'd like to join the team.

A lot can change in three months and the recent two-week trial of the mini-Holland scheme to boost cycling in the borough, which

featured on our first front page, has attracted plenty of attention, with strong feelings (and petitions) both for and against.

Whichever side you support in these debates, the controversy highlight the need for public sector organisations, community groups and citizens to find better ways to communicate with each other and to ensure that everybody's point is heard and understood.

While it's clearly impossible for a small newspaper to reflect the phenomenal range of activities taking

place in the borough, our second issue offers snapshots of groups involved in everything from business networking to neighbourhood planning, and hospital radio to transport campaigning. There are also features on the legacies of some of the campaigns and campaigners that helped make the borough the place it is today. Thank you for reading and please get in touch to let us know what you think.

David Floyd, Social Spider
WFEcho@socialspider.com

Polish school gets top results



Anna Blaszczak

A few weeks ago the results of the Polish language GCSE results were published. It was the first time pupils from the Polish School Walthamstow took them – with outstanding results! Even though, the children entered the GCSE early, every student from the school achieved overall grade A. This is a huge success not only for the pupils but for the whole school and community.

The Polish School Walthamstow, which opened its doors in September 2011, provides its pupils with a high quality education in a warm and friendly, family atmosphere. The caring ethos, which permeates all aspects of school life, promotes pupils' personal development well and ensures they feel safe, secure and valued as individuals.

With more than half a million people in Britain speaking Polish and an increasing number of Poles living in London and especially in Waltham Forest, there is a growing demand for community language schools. Polish parents feel it is important that their children learn to speak their mother tongue and learn about Polish history, geography and culture. The School aims to promote Polish culture and values in the Borough and supports tolerance and integration within the wider community. For this reason it works in partnership with the Polish Education Society, the Polish Embassy, the local Parish, community organisations, businesses, schools and local councilors and organises assemblies and events to encourage parents and pupils to meet new people and integrate with other families and community.

The School provides education primarily to children from Polish families but is welcoming young learners from every background. Teaching and learning is based on the National Curriculum for Polish Supplementary Schools. Currently the aim of the school is to provide high quality teaching for children starting their education at the age of 3 and then continue through smooth progression from a play-based learning approach to more structured lessons, leading all the way up to their GCSE exams. All lessons take place on Saturday mornings in Coppermill Primary School in Edward Road.

Explore the website
(www.swietarodzina.co.uk) or visit the school yourself!

News

From Cinderella to success – the Barking–Gospel Oak line

Graham Larkbey

Friday 26 September, saw the 'official' opening by Waltham Forest Council and London Overground of the long-delayed direct pedestrian link between Walthamstow Queen's Road and Walthamstow Central stations. This is the Barking-Gospel Oak Rail User Group's most recent success, one of whose most vociferous campaigners, the late Ray Dudley, is commemorated in the pathway's name.

When the Group formed in the 60s to fight the line's threatened closure, nobody dreamt that it would one day become a thriving, busy crosstown link. Through subsequent decades of decline and neglect, the Group fought tirelessly on behalf of its long-suffering passengers, winning some improvements to stations and services. The real step-change came when London Overground took it over in 2007. (Indeed, the whole Overground orbital-route idea was the brainchild of another Group stalwart, Richard Pout).

Suddenly, London's Cinderella Railway was on the Tube map – Oyster cards were accepted, grim uninviting stations were spruced up and restaffed, services were improved, new trains appeared and passenger numbers shot up. So much so that the Group had a new and unfamiliar



Longer electric trains coming soon

problem to contend with – overcrowding! In response, it stepped up its campaign for longer trains and electrification and eventually the Government was persuaded and announced last year that new, longer electric trains would begin running in 2017. Another success, which won the Group the prestigious national Railfuture award for "Best Campaign of 2013" and a personal award from Waltham Forest Council for its hard-

working Secretary, Glenn Wallis.

The electrification works will mean extensive and prolonged disruption during 2016, and the Group's focus in the coming months will be to ensure the best possible alternative arrangements for passengers during that period. The Barking-Gospel Oak line has improved out of all recognition since those far-off dark days- but the User Group's work is far from done yet.

For more information and news updates about the line and the group, go to www.barking-gospeloak.org.uk, or write to the Secretary at 227 Old Church Road, London E4 6RB. You can also follow us on Twitter @RidingtheGoblin. New members are always welcome, and membership costs just £5 a year.

Walthamstow's Wild Card



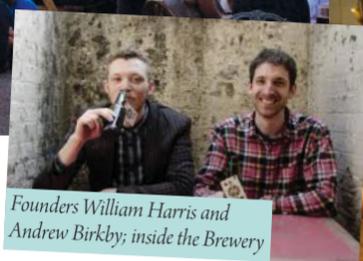
Ravenswood industrial space transformed

Aaron Smith

There's an independent brewery based in Walthamstow's very own Ravenswood Industrial Estate. The Wild Card Brewery is the creation of childhood friends, Andrew

Birkby and William John Harris. They released their first beer, Jack of Clubs, in January 2013, followed since by the Queen of Diamonds – both recognisable by the beautifully illustrated playing cards on the bottle.

Wild Card's Ravenswood space is both a working brewery and a bar, set



Founders William Harris and Andrew Birkby; inside the Brewery

in an industrial space dotted with seemingly lost and found tables and chairs, and a bar, produced at the Blackhorse Workshop down the road.

With the founders financing the growth of the business using their personal credit cards, the brewery need an affordable location. Living in the area, Walthamstow was a practical choice for Andrew and William but it was big risk; would people would be willing to join them for a drink on an industrial estate?

So far the answer seems to be 'yes' and a car park in E17 can now be regarded a weekend destination. Andrew puts this down to getting the important bits right: "Consistently good beer, staff that are passionate about what they do - and how open we are. The brewery and our stock are

and a sound system supplied by a laptop and speakers but it's also an increasingly established independent brand making appearances at independent fashion store Othershop and Walthamstow Garden Party. Their recent Cubana festival featured a member of the legendary Buena Vista Social Club.

Since Wild Card and 'wonderland of creativity', Gods Own Junkyard took up residency in the estate in February this year, other new businesses have followed including 'one woman sloe gin outfit', Mother's Ruin and Aura Rosa's bespoke cakes and patisserie, covering all of your weekend dietary needs.

Wild Card invite a revolving line up of (mostly) local food vendors to sell to their drinkers. So far that has included Route 66, Mama's Jerk and Chips with Dips. Woodfor's Choi Boys are soon to join this ever expanding line up, bringing the Korean concept of Pojangmacha to Walthamstow: surely worth a visit for the autocorrect opportunities alone.

So, all cards on the table, the Wild Card Brewery continues to prove itself an ace in Walthamstow's social deck.

visible to everyone and we're happy to talk about our plans with anyone."

Wild Card may be a lean start up business, boasting only a single toilet

Walthamstow Wetlands – Water result!

Gavin Rogers

Recently Waltham Forest Council received the wonderful news that the Heritage Lottery Fund would be providing £4.4m of funding to help see the Walthamstow Wetlands project come to fruition.

The announcement of the successful bid means that the £8.7m project – that includes additional funding from the Council and the owners of the site, Thames Water – can now transform the 200 hectare site into a unique landscape where people can experience open skies and waterscapes.

"The creation of the largest urban wetland nature reserve in London is

really going to change the way people use this area. Obviously it will be a great place to walk and enjoy the open space, but it will also help connect us to the rest of London and our neighbouring boroughs" Councillor Clare Coghill, Waltham Forest Council's Cabinet Member for Economic Growth and High Streets, said.

"Obviously for our residents in Waltham Forest this is great news, but actually this provides a great benefit to the wider population in East London and further afield. The site borders Waltham Forest, Haringey and Hackney and its proximity to the Olympic Park will tie it to the other facilities there."

The scheme will see 1.6 km of

cycle and footpath running through the heart of the Wetlands from Lockwood Way in the north to Coppermill Lane to the south. This will link into the existing network of pathways around the reservoirs.

There will also be four new entrances, with free public access during the site's opening hours. Improved habitats to support the nature conservation value of the site have also been factored in, as has preservation of the site's industrial heritage, including restoration of a locally listed pumping station to house a visitor centre, café, exhibition space, viewing terrace and educational space.

London Wildlife Trust will undertake the day to day management of the site, enhancing habitats for a wide range of species whilst ensuring that visitor

numbers do not adversely affect the site's important wildlife.

The Trust will encourage volunteering and active participation by local communities in the management and conservation of the site, and over 100 schools have expressed interest in visits and educational opportunities.

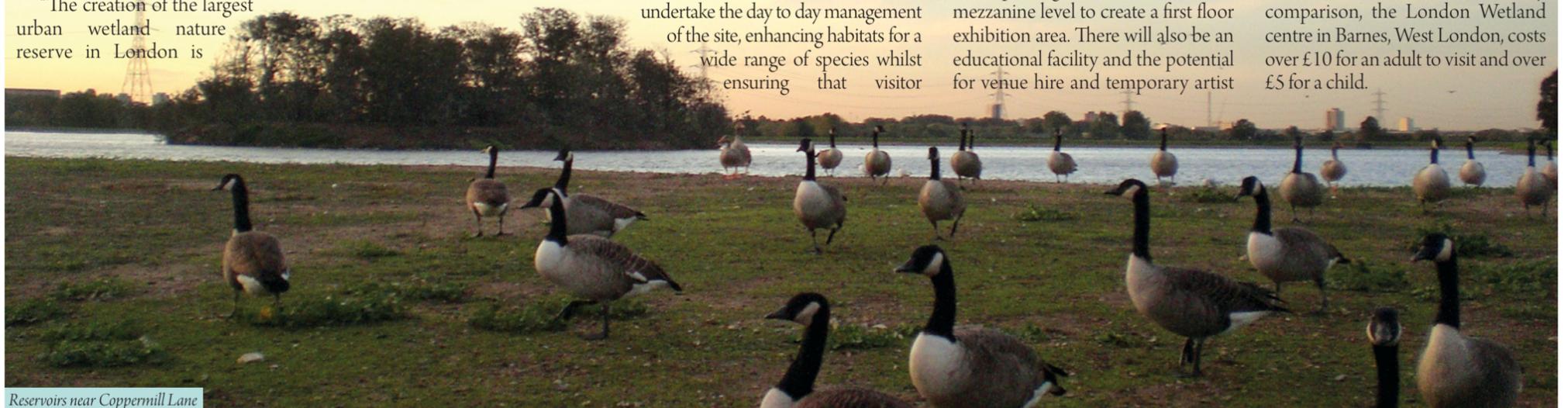
The site is fully operational, feeding Coppermill water treatment works which supplies water to millions of Londoners. It is also the largest fishery in the city and a site of international importance for the wildlife that it supports, in particular its waterfowl.

The refurbishment and reuse of the locally listed Marine Engine House will include a café located in the triple engine room, with a new mezzanine level to create a first floor exhibition area. There will also be an educational facility and the potential for venue hire and temporary artist

installations. Plus a viewing platform in the Grade II listed Coppermill Tower, a new car park and an upgraded Ranger's Lodge that will house a volunteer's hub.

London Wildlife Trusts website says the Walthamstow Wetlands is "such an important site – surrounded by heavily urbanised areas to the east and west, and interconnecting sites of high wildlife and biodiversity value to the north and south – contributes significantly to its potential as nature reserve which connects wildlife, landscape and people, and becomes a treasured asset for the communities of Tottenham, Clapton, Walthamstow, Higham Hill and beyond."

The site will be free to access. By comparison, the London Wetland centre in Barnes, West London, costs over £10 for an adult to visit and over £5 for a child.



Reservoirs near Coppermill Lane

Your friend in bed

Catherine Osbourne on Waltham Forest's award-winning hospital radio station



Mal Wayne chatting to a listener and her family

It's 8pm on a Sunday night and Whipps Cross Hospital Radio (WXHR) volunteer Petula André and WXHR chairman Mike Jones are heading up to the hospital wards to chat to patients and take song requests for the station's Down Your Ward show. They spend time with patients and give them the opportunity to chat live on air via a mobile microphone: "It makes the patients happy" says Petula. "Some of them might not have seen anyone for the day and I think it just cheers them up. Especially when you ask them for a special request just for them and they have to dig back into their past or think about themselves."

Winner of the Hospital Radio Station of the Year award in 2013, WXHR has three well-equipped studios and benefits from hands-on support from experienced ex-industry staff. True to its slogan 'Your friend in bed – 24 hours a day', the station keeps hospital patients entertained round the clock with a

mixture of music, chat, sport, news, information and interactive request shows.

Like most charities, WXHR relies on a team of dedicated volunteers. Changing tastes in media consumption have made it harder to recruit younger volunteers but the station, which first broadcast in 1969, still has a lot to offer says station manager Phil Hughes: "We've tried to maintain a balance of three things. One is to feel that we're chatting to patients and cheering them up. Two is that the people who come here are learning skills in radio and broadcasting. And three we're enjoying ourselves. If we're getting all three of those, then it's worthwhile."

With training and support from Phil, Mike Jones and the station's chief engineer Terry Hooper, many volunteers have gone on to pursue careers in broadcasting. Ex-WXHR volunteers now work in television, BBC radio and commercial radio like Absolute Radio presenter



volunteer Jason Bird

Annabel Port. "That's quite a badge of honour", says Phil.

For volunteer Jason Bird the station has offered an opportunity to meet new people and learn new skills: "My confidence has been boosted since coming down here. Originally I was a quiet, shy person who would sit in a corner and wait for someone to make conversation with me and now, because I've been on air, because I've had the training, I'm not afraid to say hello to a new person in the room."

So what does it take to be a WXHR volunteer? There's more to it than playing your favourite music says Phil Hughes. Responding to the audience, who are mostly 55 and older, and the ability to get along with people are just as important. The social aspect of engaging with older people and hearing their stories has kept volunteer Petula André coming back for 16 years: "If you like people then this is a great one to do. You might as well find something that you enjoy and I enjoy doing this."

For more information about WXHR visit: www.wxhr.org.uk or follow the station on Twitter @WXHR.



Phil Hughes and Mike Jones

Learning to swim

Grace Williams says coaching can change your life

Looking after my two-year-old son and expecting my daughter any day, I was struggling to stay afloat in life. I'd had a traumatic birth with my first child, taken a £20K salary cut to switch careers from the Civil Service to teaching in a challenging school and then resigned from that job because it was so difficult to balance it with childcare, and because I came home every day feeling I was a rubbish teacher.

I had no money, I'd put on three stone after having children and hated all of my clothes. The only thing that kept me sane was my late night trips to the local, run-down swimming pool: I glided through the water and my fears and worries were washed away.

In February my daughter was born and nothing had changed but when I looked at her for the first time I realised suddenly that now everything could get better if I wanted it to. I started to re-read old coaching books which had helped me deal with various relationship crises in my twenties, one of my favourites was *Feel the Fear and Do it Anyway*: corny, but true. I rediscovered the girlhood habit of keeping a journal every day and writing down my goals.

I forced myself to be confident enough to apply for a part-time community development job in my local area. Getting it saved me – working with people, encouraging them to make things happen together. I looked around and realised how lucky I was to live in this community, with its creative, can-do attitude.

Balancing work with two toddlers meant I lost weight easily and I acquired a whole new wardrobe courtesy of the local charity shop, making me feel like myself in a way I hadn't in years. Working in the community, I met so many inspirational people – mums who had changed their careers out of necessity

or people who had been made redundant and used the opportunity to do something totally different – all people who were passionate about beginning new projects to help the community (and themselves?).

I became a Star Partner for Unltd, a social enterprise support organisation, working with potential entrepreneurs and coaching them to develop their own projects. I realised that people in Walthamstow could really benefit from coaching, but it was often unaffordable.

After going on a free weekend course at the Coaching Academy, I set myself some goals, which at the time seemed impossible – to become a local Councillor, get a permanent job in community development and qualify as a coach.

I decided to develop a free coaching network for local people. Unltd liked the idea and awarded me a 'do-it' award, a small grant which allowed me study for my Coaching Diploma, attending weekend courses and working with practise coaching clients.

Now, a year later I have achieved my goals. I got a local, flexible job in Community Engagement at the Hornbeam, running a campaign to support people to use their resources and live well for less! I became a Councillor for the William Morris Ward in May. I qualified as a coach and am now about start my first free community coaching programme.

My personal definition of coaching is the joy of realising that swimming is much easier than drowning or treading water. I will be running monthly group coaching sessions at the Hornbeam, starting in October and running until March. If you would like to take part in Walthamstow's free Coaching Network and change your life, get in touch.

graciemaewilliams@gmail.com



Grace Williams happy to be a community coach

A tireless force for progressive change

Daniel Shannon-Hughes on the life of a local councillor and campaigner

In this time of government cuts to our public services, it is important to remember the struggles that led to their creation in the first half of the twentieth century. Often lost in the narrative of the introduction of the welfare state is the work of local men and women in pushing through progressive policies at a local level. One such local woman was Leyton Labour councillor, Jenny Hammond.

In her later life Jenny recorded several interviews about her life with the Waltham Forest Oral History Workshop (WFOHW). After her death WFOHW also printed her memoirs. This account of Jenny's life and her role in the establishment of public services in Leyton is based on tapes of those interviews, her memoirs and other interviews recorded by WFOHW with her family and friends.

Born 1894 in Downsell Road E15, Jenny grew up in a time when public services barely existed in comparison to those we have today. Bare footed children and the unemployed roamed the streets, families lived cramped together in one or two rooms in shared houses, and to see a doctor was a significant expense. The spectre of the workhouse still loomed large and workers enjoyed few rights. Jenny's father, who worked on the railways, was granted only four days holiday a year.

Although her family was poor Jenny says that they 'were never really hungry'. That did not stop her from being keenly aware of the plight of others in the community and a strong sense of 'the injustice of things'. It was these qualities that brought Jenny into politics and were the driving force behind her work in local government.

Her first involvement in politics came in 1927. Married with her second child less than two years old, Jenny was spurred into action when Leyton Council decided to stop her allowance of nursing milk. Like many other men in the community, her husband was out on strike. Stopping the milk was a political move to put pressure on the strikers' families. Jenny was furious. She put her baby in the pram and led a march to the Town Hall. Shamed by this demonstration of mothers with babies in buggies, the council immediately restored the nursing milk provision.

Next Jenny joined council appeal committees for Pensions and Maternity and Child Welfare. It was, she said, her 'first experience of how brutally the law was administered'.



Mrs Hammond with an Emergency Feeding Unit during an exercise in 1954 outside Leyton Town Hall

“...introduced some humanity in the proceedings”

Many of the elderly had not had their births registered, leaving them unable to claim their pension. Jenny forced the committee to expand the evidence they accepted to include school reports, and in doing so enabled many more pensioners to receive their state pension. Gradually she 'introduced some humanity in the proceedings'.

In 1929 Jenny was elected a Labour councillor for Leyton, a position she held for 33 years. During that time she worked tirelessly to improve the lives of the local community. Together with other strong willed and like-minded radical councillors, she was instrumental in introducing progressive legislation and public services that transformed the lives of ordinary people.

Jenny set up health clinics, services for the elderly, and provided

washing machines in the Cathall Rd Baths. Women washed almost all clothes by hand, a labour and time intensive task. Providing washing machines in the area would have hugely reduced their domestic workload. Jenny was also part of campaigns to build a public baths in Bakers Arms, which when opened gave the local community the luxury of a bath for three pence, and to replace slums with council houses.

A lifelong pacifist, Jenny greeted the outbreak of the Second World War with dismay. She was determined to have nothing to do with the war effort. Instead she threw her energy into welfare work, organising the Leyton branch of the Women's Voluntary Service (WVS). Under her leadership the WVS supported the bereaved and bomb victims, providing them with food, clothes and furniture.

It was during the war that Jenny was elected as Mayor. In her role she organised concerts to give the community relief from the horrors of war. Female mayors were very uncommon at that point and Jenny's daughter Iris acted as her Mayoress.

After the end of WWII Jenny and the WVS continued for another four years, introducing welfare services run by volunteers that were later taken up by the council. Including a meals-on-wheels service and a volunteer home help service for the elderly.

Both inside Leyton council as a councillor and outside as a member of the community, Jenny was a force for progressive change. As former MP for Leyton and Wansted Harry Cohen comments in his introduction to her memoirs, Jenny 'helped build our local public services from scratch, virtually brick

by brick, and against ignorant old fashioned and plain mean minded opposition'.

We owe a debt of gratitude to people like Jenny. But her story must also remind us that the welfare state was not just something introduced from on high. The provision of public services, accessible to all the community (at least in principle), was also the direct result of the actions and determination of ordinary people at a local level. Their achievements should be a source of inspiration as we seek to protect their legacy.

To for more information on WFOHW material held on Jenny Hammond please contact oh@wforalhistory.org.uk or visit www.wforalhistory.org.uk.

A far cry from the prawn sandwich brigade

Andrzej Perkins on Waltham Forest's local football club

Football is a simple game, played by 22 people on a grass field, with a leather ball. It is perhaps surprising then that football in the borough of Waltham Forest has a far more complicated and convoluted history.

The borough's oldest club, Waltham Forest F.C. can trace their history back to 1868, giving them a claim to be the second oldest club in Greater London. The original club, Leyton, disbanded and reformed several times before becoming one of the powerhouses of non-league football. They won the FA Amateur Cup – the Football Association's premier cup competition for non-league sides on three occasions, and were runners-up twice. The 1951–52 final was played at Wembley in front of over 100,000 people, with an estimated 50,000 more locked out.

In 1975, the club merged with Wingate FC, to become Leyton



Wingate, but reverted to Leyton FC in 1992 as the 'Wingate' side of the club linked up with Finchley, to become Wingate & Finchley.

In 1995, spiralling ground

maintenance costs saw the club leave their ground at the Hare & Hounds in Lea Bridge Road, this time merging with Walthamstow Pennant, becoming Leyton Pennant. In 2003,

now playing at their current home, Wadham Lodge in Walthamstow, the

club changed their name to Waltham Forest FC.

Forest enjoyed a purple patch between 2003 and 2007, when they won the Essex Senior Cup, and made it to the fourth round of the FA Youth Cup, dispatching local rivals Leyton Orient and Premier League side West Bromwich Albion on the way.

However, five years away from the borough of Waltham Forest saw dwindling crowds and eventual relegation to the Essex Senior League.

Forest refuse to lie down and die though, thanks largely to the dedication of a handful of volunteer committee members – particularly club stalwarts Tony & June Brazier, who met as teenagers on the terraces at Leyton in the late 60s. Forest are a real grassroots club, a far cry from the prawn sandwich brigade or even the relatively dizzy heights of Leyton Orient in League One.

The feel-good factor has come back to Forest recently, with community ties being established, a team playing exciting, attacking football and a move back to Wadham Lodge and the borough of Waltham Forest secured.

Latest fixtures can be seen on the club's website: www.walthamforest-fc.co.uk. Admission £8 for adults, under 16s free.

Waltham Forest Voices (2) – Denise Yacoob Greenan

Interview by Claire Landon

Originally from Mauritius, Denise Yacoob Greenan, 66, misses her verdant homeland but retains strong connections to it through Sega music and the explosion of tropical foliage in her garden.

"I feel most free sitting in the back garden among my palm trees. We had a lot of space in Mauritius, with children always playing and the birds singing – the birds still wake me up at my window at the same time each morning, but these days it's the magpies."

Each late summer, however, Walthamstow's famous flock of parakeets comes to dart about in the treetops, bringing with them exuberant squawks reminiscent of Denise's native land.

"We had a wonderful life in Mauritius, but my father decided that we needed a change for a better life". So the family of seven moved in with his sister in Chelsea.

Living at the epicentre of the Swinging Sixties suited the 15-year-old just fine.

Within years, she was working as a beauty therapist at Harrods, and in the evenings regularly found herself singing the blues at a club called Alphabet on Gerrard Street.

Even after her family moved to Tottenham, Denise, her sister and cousins spent weekends at Tiffany's, a restaurant and nightclub on Shaftesbury Avenue.

Denise became a model, then a crystal consultant at Selfridges – later getting poached by Army & Navy, House of Fraser and Barkers of Kensington – before returning to Selfridges to work alongside couture milliner Peter Shilling.

"Those were glamorous jobs! It was fantastic working in those places – we had gala

nights attended by the biggest stars. Once, I sold Wedgewood to Lenny Henry and his wife."

But a quieter life beckoned, as Denise and her new husband – who proposed on their first date – went to live near Romford, where they raised their son and welcomed five grandchildren.

Returning to northeast London, Denise now lives in Walthamstow with her two teenage grandsons, Joshua and Jamie, who attend local schools. With more time to herself, she is renewing her connections to both Mauritius and London through artistic pursuits.

Having always held a passion for Mauritian Sega music, once forbidden by her strict, French-speaking parents, Denise is now brushing up on her creole and writing her own songs in the genre.

The first track, recorded by her son at a local studio, quickly became Youtube hit: a Christmas song called 'Bonhomme Noel'.

Denise's next goal is to perform both in Mauritius and at London's Mauritian Open Air Festival, an annual event attracting 10,000 people. In the meantime, she is perfecting Sega dance moves and learning the ravanne, a large, goat skin-covered tambourine played to accompany the music.

Fluttering her green sparkly nails with enthusiasm, Denise proclaims: "The best part of my life is coming now, I am writing my own happy ending!"



THEO'S
SOCCER SKILLS CENTRE

Ages: 5 to 12, Open to boys & girls

Venue: Theo's Soccer Skills Centre
100 Oliver Road Leyton E10 5JY

When: Saturdays 9.30am - 11am (£7)
Wednesdays 4.30pm - 5.30pm (£5)

£1 discount for all Theo's Junior O's members (which is free to join)

Opportunity to progress to the Leyton Orient Academy
Please contact: enquiries@leytonorienttrust.org or
0208556 5973

SKILLS SHOOTING
DRIBBLING
PASSING SHOOT

THE STOW BROTHERS

EST 2014

SALES / LETTINGS / NEW HOMES / MANAGEMENT



The Stow Brothers is a new estate agent for Walthamstow, run by brothers Kenny and Andrew Goad, and we (really do!) do things differently.

We started the Stow Brothers because we wanted to make buying, selling, renting or letting your home as simple as possible. We are definitely 'people people' and we strongly believe that this goes a very long way to helping ease what can definitely be a stressful time.

From the start we always wanted to do business our own way, giving back as much as possible. So we donate a portion of every single fee to local charities, sponsor local arts-based and community events, and we support local businesses with our 'Stow Local' voucher scheme, as well as host local business pop-ups in our Hoe Street office.

If you would like to give us a call or drop in we would be happy to arrange a free and no-obligation valuation, or provide some advice if you're thinking of selling or renting your home.

As true locals, we love Walthamstow, and wanted to celebrate its charms, quirks and sheer brilliance. So we started the Wonders of Walthamstow, a listing on our website— consider it a guide to both the time-honoured local favourites as well as the areas lesser known gems.

Tel: 0203 397 9797 / Web: stowbrothers.com
Email: hello@stowbrothers.com / Twitter: [@stowbrothers](https://twitter.com/stowbrothers)
236 Hoe Street, Walthamstow E17 3AY

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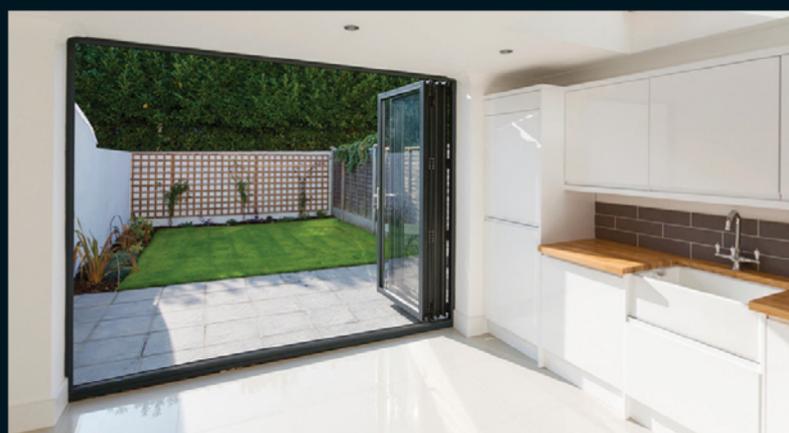
↑ Penrhyn Avenue, E17 5DF
£450,000
Three bed terrace house



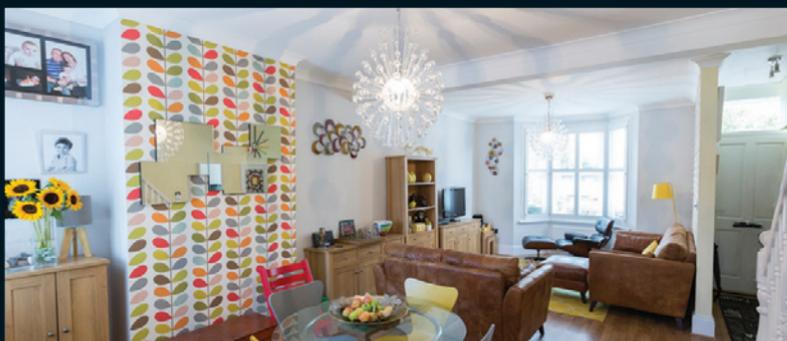
↑ Ulverston Road, E17 4BW
£490,000 Freehold
Three bed terrace house



↑ Orford Road, E17 9QR
Guide price £235,000 Leasehold
One bed apartment



↑ Turner Road, E17 3JQ
£550,000 Freehold
Three bed terrace house



SOLD! (SSTC)

↑ Kitchener Road, E17 4LJ
£425,000 Freehold
Three bed terrace house



SOLD!

↑ Forest Road, E17 4AA
O.I.E.O £550,000 Freehold
Three bed house

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↑ Bunyan Road, E17 6EY
£1,475 PCM
Two bed terrace house



↑ Hawker Place, E17 4GD
£1,050 PCM
One bed apartment



LET AGREED!

↑ Thorpe Road, E17 4LA
£1,740 PCM
Three bed house



LET AGREED!

↑ Green Pond Close, E17 6EE
£800 PCM
Studio apartment



LET AGREED!

↑ St Johns Road, E17 4JQ
£1,550 PCM
Three bed terrace house



LET AGREED!

↑ Clarence Road, E17 6AG
£1,475 PCM
Three bed terrace house

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EST **THE STOW BROTHERS** 2014

SALES/LETTINGS/NEW HOMES/MANAGEMENT



Walthamstow is one of London's most interesting places- a bustling vibrant area nestled between Epping Forest at one end and the wide open spaces of the Lea Valley with its reservoirs, canals and marshes at the other.

The Walthamstow Wetlands project has just been given the go ahead and will turn the ten Victorian reservoirs into London's biggest nature reserve, right on our doorstep. The area is already home to a unique range of migratory and wintering waterbirds and other wildlife, and the project will mean everyone has access to this wonderful 'wild space' and its unusual inhabitants.

Waltham Forest waterbirds clockwise from top left:
Grey Heron, Lapwing, Black-Throated Diver and Shoveler

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The M11 link road: 20 years on

Edward Swan talks to local residents who opposed government plans for a new motorway

The M11 link road is the four-mile dual carriageway running roughly parallel to the Central Line through Leyton, Leytonstone and Wanstead. To younger residents or those recently arrived in the area, it may appear unremarkable – just a somewhat ugly and noisy highway, but for those who remember the 1990s in Waltham Forest and Redbridge, the road is something else entirely – it is a symbol of popular resistance, government indifference, brutal dispossession and community spirit.

The construction of the road, which began in 1993 and was completed in 1998, was intended to provide a more direct route for traffic to central

London, avoiding the high streets of the area. To make way, 350 local homes were acquired by compulsory purchase and demolished, along with several acres of green space.

The first site of protest was George Green in Wanstead, where campaigners initially occupied a 250-year-old sweet chestnut tree that was to be destroyed by construction work. Kate Hayes has lived in the area since 1956 and was an activist in the protests. She remembers how the arrival of the 'dongas' – a diverse group of environmental campaigners from the emerging direct action movement – signaled the beginning of 15 months of continuous protest in the area.

"The dongas were laid-back, they dressed up a bit, but they weren't

layabouts. Some of them were young doctors, lawyers and journalists who gave up their jobs. I was a respectable middle-aged lady, but I went in to take them food."

After the destruction of the chestnut tree in December 1993, the focus of the protests moved to squatted houses in the streets slated for demolition – most notably Claremont Road in Leyton, and Fillebrook Road in Leytonstone. Local residents joined forces with the dongas to resist eviction by whatever peaceful means they could.

Ann Williams, a former protester who moved to Wanstead in 1987, remembers the interaction between the dongas and the local people: "There was an extraordinary alliance of



The eviction on Fillebrook Road, Leytonstone in June 1995

young hippies – some of them were covered in tattoos – and these respectable middle-class ladies ... The security and the police were much less likely to manhandle the dongas if they were surrounded by residents."

One fond friend of the dongas was Dolly Watson, who was 92 years old when she was evicted from the house where she was born in Claremont Road, and gained almost legendary status for her refusal to leave her home, famously declaring of the protestors: 'they're not dirty hippy squatters, they're the grandchildren I never had.'

The protesters drew attention, partly for the unprecedented length of the campaign and their sheer numbers, but also for their quirky creativity, squatted houses were turned into living works of art, and their quick-wittedness in the face of the security crews and police sent to evict them.

Kate recalls: "There was a committee, a really bright bunch, they were the first to use mobile phones, and they were always ahead of the police. Our boys could move very quickly, they didn't destroy anything; they used to just be there, and weld themselves to the wall of houses the road builders wanted to destroy. Then there were those who burrowed and dug down underground. The dongas could have run an army; they were always one step ahead."

Locals and dongas set up a 'telephone tree' to alert each other on developments, which Ann took part in: "Everyone was afraid that they would come to George Green in the middle of the night, which they eventually did, so we all had five people that we would phone in order to spread the word to get down there as quickly as possible if anything happened."

While the dongas may have had previous experience of protests, for

many local people, it was the first time they found themselves in organised civil disobedience: "It was a strange time," remembers Kate, "all of a sudden we were getting up at dawn, writing letters and protesting. I used to fit in early morning protest before I went to work. But I was a teacher then and we were expected to behave, I just had to make sure that I never had my photo taken."

Twenty years on, and much has changed. There is greater acknowledgement at government level that increased road construction rarely solves traffic problems, and less appetite for public works projects which entail forced evictions, partly as a result of the public outcry and enormous expense caused by the M11 link road protests.

Although some locals initially supported the construction of the road, the promised benefits of reduced traffic on high streets never materialised, and the M11 link road quickly became one of the most congested roads in the country. Most residents now agree that the effect of the road on the local area has been severe. As Ann says, "The long-term impact has been a huge increase in air pollution, and it's directly due to the volume of traffic on the link road. That's the most serious aspect of it, apart from the loss of the houses, the trees and a large amount of green space."

Kate agrees: "When I was a teacher we never heard the word asthma, now we hear it all the time. What they did was wrong, people didn't want the road, they rode roughshod over people's views. The government was going to have this place, and they didn't bother about what mayhem they caused here. I knew several people who packed it in and left, but where do you go if you've lived here all your life?"

ADVERTISING IN

Waltham Forest Echo

is the new quarterly community newspaper for Waltham Forest. Waltham Forest Echo promotes the work of local community organisations and voluntary sector groups, along with arts and cultural activities taking place in the local area and provides an opportunity for local people to express their opinions on local issues.

10,000 copies of each issue are distributed across the borough and the newspaper is also available online at www.walthamforestecho.co.uk. Please contact us if you would like to advertise in our next issue.

Advertising rates: Full page – £800
Half page – £450
Quarter page – £250
1/8 page – £150
Back page + 25%
Page size – 357mm high x 265mm wide

Material for advertisements should be provided no later than:

Winter 2015 issue: Friday 19th December 2014
– publication-Monday 12th January 2015

Spring 2015 issue: Friday 20th March 2015
– publication-Monday 13th April 2015

Contact details to book an advertisement:
020 8521 7956 / WFEcho@socialspider.com



Olympic legacy park well liked by locals

James Cracknell

A park revamped with money from the Olympic Games has been well received by locals in Leyton - who waited nearly three years to use it.

Drapers Field in Temple Mills Lane was paved over and used as a storage facility during London 2012 but is now once again in use a popular park after £2million was spent improving its facilities.

The decision to close the green space in September 2011, for use by the Olympic Delivery Authority, was a controversial one at the time. It was used by 9,000 people a month, including many who enjoyed its all-weather football pitches.

But during London 2012 the whole area was fenced off and covered in asphalt - hardly the best way to boost participation in sport.

Not until March 2013 was the green space was finally handed back to the council, after which another year of work lay ahead before the revamped Drapers Field could open again in June this year.

New facilities paid for with Olympic legacy money include a



Drapers Field new legacy playground

cycling proficiency course, children's play area and cafe. The all-weather football pitches have also been replaced and upgraded, along with the changing rooms and toilets.

Table tennis, climbing frames, water fountains, trampolines and an unusual undulating design make the playground stand out from others in the borough.

Park users told the *Waltham Forest Echo* the revamp was worth the wait.

Mum Merry Jarvis took her seven-year-old daughter Milly. She said: "We had seen it being built and Milly has wanted to play here for a while.

"I like the cafe and she is enjoying the water fountains. The Olympic Games was a phenomenal event and it brought in a lot of money so I think

sacrificing one park for a few years was okay."

Ali Mohamed had taken his young boys to the park and they enjoyed it so much he took them back again the next day. "We loved it so we came back," he said. "It is a new style of play area, it's very nice.

"I used to play football here before so I remember what it is like, and this

is an improvement. I've been playing football somewhere else while this park was closed but in my view it was worth it."

The council had bowed to the demands from London 2012 organisers on condition that there'd be money to upgrade Drapers Field after the Games were over. The park is likely to be well used thanks to its location on the edge of the Athletes' Village, now being converted into a residential area.

Council leader Chris Robbins said: "It's a wonderful place and packed with local people young and old enjoying everything from the water fountains to the table tennis, not to mention the football.

"Anyone who wants to see something tangible and lasting that the Olympic and Paralympic Games has brought to this borough as a legacy should get themselves down here. It's fantastic."

Some people may still question whether the loss of Drapers Field for nearly three years - only one of which was spent on the revamp itself - was strictly necessary. But the end result seems far easier to agree upon.

HAVE YOUR SAY -

Have you got some points to make about what's going on in Waltham Forest? Why not write a letter for Waltham Forest Echo's letters page.

Letters should be up to 300 words.

Email to

WFEcho@socialspider.com

Take a journey with Community Transport Waltham Forest

- Services include vehicle use on a self drive or driver provided basis
- Door to Store Shopping Service for the elderly and disabled
- Excursions Club to places of interest
- Waltham Forest Community Driving School catering for all your transport training needs



DRIVEN BY OUR COMMUNITY

For more information : 020 8521 0665

Or visit our website: www.communitytransportwf.co.uk

Low Hall Business Park, Argall Avenue, Leyton E10 7AS



Being a property guardian in Chingford



Former School Assembly Hall turned living room

Sara Mowbray

This morning I woke up, drew the classroom blinds, walked through the assembly hall to the kitchen and

cooked some breakfast. After finishing my breakfast in the staff room I then made my way to the toilet cubicles and shower rooms to get ready for the day ahead. I grabbed some clothes from my locker, and a purse from the

filing cabinet before checking my pigeonhole and heading out for the day – just an average day as a property guardian.

Confused? As a property guardian I rent and help maintain various

commercial buildings such as factories, warehouses, farms, churches, police stations and most recently a school. Being a property guardian is ideal for me as it offers affordable and spacious living. I decided to explore this approach to renting as a newcomer to London, as I learnt and understood very quickly that a cramped house share that still exceeded my full time wages was quite normal in this city. Showering timetables, climbing over bicycles to get out of my own front door and being kept awake all night listening to someone's else's music was something I was not prepared to endure. This is when I made a decision to change my situation and begin actually enjoying living in London. After researching alternative options of living and renting I decided to become a property guardian. Admittedly it was initially a sacrifice to leave the more central area of London in which I was living to become a property guardian in Chingford, Waltham Forest. However I have been able to create my own office space at home and avoid the stress associated with an unsteady income thanks to the

reasonable monthly rent that comes with this scheme. I have also enjoyed meeting and sharing my living space with other likeminded people and made great friends. In addition to this I have discovered an unknown and progressive part of the city that has allowed me to grasp both the positive aspects of city life as well as enjoy some of London's most admirable beauty spots, such as Epping Forest.

Unfortunately the drawback of being a property guardian is that the properties are only being rented on a temporary basis, this is because the building will eventually be let, leased, renovated or demolished by its original owner. As the date for the final outcome of the property gets closer, the property guardian scheme will offer other accommodation. When this date arrives I will be disappointed to leave but also see this as part of my London journey.

It is certainly not for everyone but I personally would not swap my life as a property guardian, as it is rare that you can have a music studio, meditation room, workshop and gym all under one roof!

Through conflict we find bigger peace?

Michael Lomotey

Warning references to domestic violence and abuse

As I write, it's eve of Rosh Hashanah which starts the Jewish High Holiday Days. The following ten days are a time for reflection with a lovely custom of asking for forgiveness. Ask your friends, your neighbours and anyone you've done wrong to let you off the hook, say your're sorry and reconcile with them. It's a great concept and a tradition that is taken up quite widely.

I thought about this recently. I thought about the asking for forgiveness.

I talked to a Walthamstow friend recently and she opened up how she was much happier now that she had escaped an abusive relationship. I was glad for her but it was harrowing listening and I don't want to repeat it.

What made me stop as I walked along was thinking about her and the custom of saying sorry. I've seen various statistics, which say one in four women will have suffered abuse of

some kind during their lifetime. Jewish Women's Aid confirm the figure is the same in most communities. Whilst I hope it's not true, the stats say that in Walthamstow it is likely to be so.

How do those who have survived abuse or are still being affected by it, feel about the concept of reconciliation during Rosh Hashanah? It's not something we should ask them to deal with surely? This is a situation where religious values need to be carefully considered.

Repentance is necessary only when you have done something wrong. Abraham's a well known character in the old testament who was asked to sacrifice one of his sons and sent the other son into the desert with only enough water for a day – in effect attempted infanticide, twice. His actions over his two sons are horrendous and he shows no remorse.

And as for the tradition, the abused should not have to take the initiative. What if it's a child, can they start the process of asking their abuser to

repent? Even worse if the abuser is not ready to accept responsibility, which is often the case; the abuser is usually in denial. It's an imperfect and a difficult situation.

Judaism says the wrongdoer must make right, if you cause harm, you must heal. Financial problems, make restitution etc. It is not the victim's duty to reconcile; that compounds the abuse and can be harming.

As a community we can say to the abuser seek help. It's on you to deal with it and come clean. As a community we can offer help by taking responsibility for each other. For those seeking advice, my synagogue Kehillah North London, can put you in touch with groups for support such as Jewish Women's Aid, Refuge or the NSPCC. There are many sources for help, support and advice and we should all be willing to help find those sources and contact them for those who need our help.

L'shanah tovah tikatev v'taihatemi/v'taihatem

May you be inscribed and sealed for a good year.

The Chingford Squeeze

Standing at Walthamstow, feeling the strain
Waiting for arrival of the Chingford train;
Highams Park to Wood Street, picking up on route
To travel to the city on the daily commute.
Move along the carriage, try to find some space
Elbows digging in the ribs, backpack in the face;
Sidle ever closer, shuffle down inside
Nose to nose with strangers for an intimate ride:
Eyes on Metro, nose in a book
Risk the occasional circumspect look,
St James Street to Clapton more cramming in
Mobiles and iPods add to the din;
The coughs and the sneezes, the squashes and squeezes
The chatter, the clatter, the rush hour frowns,
The chudder the judder towards Hackney Downs;
Bethnal Green passes, we're off on a roll
Pressing on, stressing on nearing our goal.
Slowing to a crawl, the tunnel is in sight,
Packing up our bits and bobs preparing to alight;
Liverpool Street: terminate on platform one,
Just another working day, and only just begun.

Janet Greenwood

Writing for Waltham Forest Echo – Guidelines

What are we looking for?

News stories – up to 300 words – short pieces about what local charities and community groups have been doing over the last 3 months or will be doing in the next 3 months

Features – 500–1000 words – feature articles about local charities and community groups: how they started, who's involved and what they're making happen

Interviews – up to 1000 words – interviews with people running organisations and campaigns in the local area

Opinion – 300–500 words – short columns on things you're really happy or really angry about

Reviews – 300–500 words – reviews of local arts events, theatre productions, film screenings or books with particular local relevance

Letters – up to 250 words – short opinions on what's going on in the local area

Listings – up to 100 words – information on upcoming events and ongoing services providing by local charities and community groups. Key points to include: What it is, when it's happening, where it's happening, who it's for, how much it costs (if applicable)

This list is intended as a guide. If you've got an idea for something else, let us know

What should I do if want to write something?

If you've got an idea for something you'd like to write, please get in touch with the editorial team. We will respond within 1 week (if not sooner)

Why can't I just write my article and send it in?

You can do but it's better if you contact us first so that we don't get five people writing a feature about the same thing and no one writing about everything else

When is the deadline for the next issue?

The deadlines for contributions to the third issue are:
Features/Interviews/Opinion/Reviews – Friday 12th December 2014
News/Listings/Letters – Friday 19th December 2014

Is there any payment?

No. We're not currently able to offer payment to writers

Will my article be edited before it's published?

Yes. Letters will only be edited for length and clarity. Any other contributions will be edited as part of the process of putting together the newspaper

Who do I contact if I want to write something?

Send an email to WFEcho@socialspider.com with the subject heading 'Winter issue' explaining what you'd like to write about

Waltham Forest Echo Autumn 2014

Waltham Forest Echo is a quarterly community newspaper for the London Borough of Waltham Forest

10,000 copies of each issue are distributed via shops and community spaces

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Production Editor: **Martin Parker**

Writers: Aaron Smith, Catherine Osbourne, James Cracknell, Daniel Shannon-Hughes, Edward Swan, Sara Mowbray, Gordon Turpin, John Moss, Fiona Flaherty, Jane Walker, Debra Oakaby, Michael Lomotey, Anna Blaszcak, Graham Larkby, Gavin Rogers, Grace Williams, Andrej Perkins, Claire Landon, Janet Greenwood, Jane Duran, Linda Flowers, Pamela Hutchinson.

Thanks to: The Mill, Trevor Duberry at Leyton Orient Trust, The Stow Brothers, Sarah Kinson

Advertising: If your organisation is interested in advertising in Waltham Forest Echo, call 020 8521 7956 or WFEcho@socialspider.com or see guidelines on page 11

Waltham Forest Echo is published by Social Spider CIC on behalf of WFWellComm CIC, a social enterprise formed by charities and social enterprises based in the borough

The member organisations of WFWellComm CIC are:

Age UK Waltham Forest, Community Transport Waltham Forest, HEET, Learning Disability Experience, Social Spider CIC, Streetlife Radio CIC

WFWellComm Management Board: **Sheena Dunbar** (Age UK Waltham Forest), **David Floyd** (Social Spider CIC), **Stanton Lafoucade** (Streetlife Radio CIC), **Tom Ruxton** (HEET), **Helen Tredoux** (Community Transport Waltham Forest), **Ann Weekes** (Learning Disability Experience)

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www.walthamforestecho.co.uk

Waltham Forest Echo has been funded by
The National Lottery through the Big Lottery Fund



READER SURVEY

Please help us make the best possible newspaper for you and answer the questions below! This survey is online at: www.surveymonkey.com/s/WFEcho2 Alternatively, you can fill this out by hand, take a picture and post it on the Waltham Forest Echo Facebook page or cut it out send it by post to Waltham Forest Echo, Social Spider CIC, The Mill, 7-11 Coppermill Lane, Walthamstow, London, E17 7HA

Where did you pick up your copy of Waltham Forest Echo (WFE)?

- shop pub or cafe GP surgery
 library community centre barbers/hair dressers/nail studio
 other _____ someone gave it to me

Which was your favourite article in WFE issue two?

What would you like to read more about in future issues of WFE?

community groups / politics / sports / events / family / the arts / people's stories

What would you like to see less of in future issues of WFE?

community groups / politics / sports / events / family / the arts / people's stories

Do you feel more informed about community issues after reading WFE?

Not at all / not much more / somewhat more / much more

How likely are you to go to an event listed in WFE?

Not likely / Likely

Would you like to be more involved in your local community?

Yes / No / Not sure

Did WFE issue two give you some ideas about how and where to get involved?

Yes / No / Not sure

About you

I am male / female / other

I am 18–24 / 25–35 / 35–44 / 45–54 / 55–64 / 65–74 / 75+

I live / work / both / neither in Waltham Forest

I live in Chingford / Walthamstow / Leyton / Leytonstone

Listings

OCTOBER:

Tutu Exhibition – Black History Month / Every weekday in October from 9am – 4pm
St Margaret's Leytonstone

A photographic exhibition capturing moments from the life of Desmond Tutu will be on show at St Margaret's Leytonstone for the Black History month of October. It will be the first time the exhibition, hugely popular in South Africa, is shown in the United Kingdom. Admission is free and the church hopes that many will visit the exhibition and be inspired by Tutu to challenge division and live in harmony with others. For images and more information contact Father Neil-Allan Walsh on 02085191813 or neilallanwalsh@yahoo.com

Basics: Welding
Wednesdays 15th, 22nd, 29th October / 7.00pm – 9.30pm
Blackhorse Workshop

Introducing the basics of welding, this course shows you how to use MIG and Arc Welding to make different types of welds, from fillet welds for joining right angled sections, butt welds for plate welding, and lap joints for overlapping metals. Using these three types of welds, you'll have the opportunity to make a small metal coffee table combining all three techniques. This course is ideal for beginners and anyone keen to start working with metal. Led by our resident technician... £100.00

An Introduction to Stonecarving
Tuesdays 21st Oct – 25th Nov
7.00pm – 9.30pm
Blackhorse Workshop

This six week evening course will provide an introduction to the techniques of carving in stone. It will briefly cover the history behind it and introduce you to the tools of the trade. You will then learn how to use chisels to develop a small relief carving or inscription of your own. This course is aimed at beginners with no prior experience. It may also appeal to those interested in graphics or design. £195.00

NOVEMBER:

Woodwork Basics: Marking, Sawing & Halving Joints
Thursdays, 20th, 27th Nov & 4th Dec / 7pm – 9.30pm
Blackhorse Workshop

This session teaches you the skills of marking out, sawing and chiseling timber. You'll master the art of cutting accurate corner halving joints that form the foundation of all furniture making. About Woodwork Basics: This workshop is one of our series for complete beginners. Each course introduces a different set of

carpentry skills and an explanation of simple joinery. They aim to get you comfortable with using a range of basic hand tools and techniques so you can get started in the... £75.00

JANUARY:

Drummond & Hammett Cigar Box Blues Guitar Workshop
January 10, 2015 / 9.30am – 5.30pm / Blackhorse Workshop

We're delighted to be welcoming back to the workshop blues loving guitar makers Tom Drummond and Pat Hammett of Drummond & Hammett to lead a special one day workshop to craft your own traditional cigar box blues guitar. The grand-daddies of the delta blues Blind Willie Johnson, Lightnin' Hopkins, Jimi Hendrix and Hound Dog Taylor (to name but a few) founded the movement on homemade instruments, and thus spawned 'the blues' from a time of hardship and economic depression. Today musicians like Seasick Steve and Jack...£150.00

Ongoing:

Organic Lea Market Stall
Every Saturday 10am – 3pm
Hornbeam Cafe

Located right outside the Hornbeam Centre on Saturdays, the market stall sells organic and ultra-local sustainably grown fruit and vegetables, plus homemade bread, jams and preserves. It's a buzzing space, where buying fresh produce is an enjoyable activity and where information about food can be freely shared. Healthy Start vouchers can be used to buy fruit and vegetables at the stalls or box scheme.

LETS Join / last Saturday of the month 10:30am – 12noon
Hornbeam Cafe

Pop along to the comfortable surroundings of the Hornbeam Cafe to find out about Waltham Forest LETS (local exchange trading scheme) on the last Saturday each month. If you like the way that people can exchange all kinds of goods and services with one another without the need for money, then you can also join up on the spot. Members are also welcome to pop by to chat and trade. For more information here or email info@wflnets.org

New Lammas Lands Defence Committee / every third Thursday of the month / 8pm – 10pm / Hornbeam Cafe

Our aim is to defend the former Lammas Lands of Leyton and Walthamstow Marshes, so that they remain public open space in perpetuity.
www.lammaslands.org.uk

Fork to Fork – Seasonal Supper Club
last Saturday each month
6.30pm – 10.30pm
Hornbeam Cafe

The Hornbeam Cafe invites you to a vegetarian feast with delicious healthy tasty food – locally sown, grown, picked and cooked! All 3 courses for just £15! You can choose your time to book a table (latest 9pm). Advance booking is essential. The café can cater for all special dietary requirements. Click here for more information, including how to book.

Bakers Arms Book Group
last Friday of the month / 7.30pm / Hornbeam Cafe

We are an informal and friendly group (sometimes some of us haven't even read the book!) meeting on the last Friday of each month. Tea, coffee, wine available. New members welcome, just turn up. Book list here.

Portfolio Space
Mon-Fri 9.30–5.30pm / 877 High Road Leytonstone

A co-working space for freelancers, project-lovers and job-seekers. 5 pounds a day for WiFi, teas and coffees.
PortfolioBar.co.uk
portfolio.bar.space@gmail.com

'Job Shop' Get working: Community Links
every Thursday (until 18th Dec) 9–12 / The Mill, Coppermill Lane

6 hours of initial support, advice, encouragement and help in accessing other services, support and Training within the borough. One-to-one Jobsearch; Interview Skills; Information, Advice and Guidance; CV Coaching and writing letters. Motivation Jobsearch techniques and jobsearch support More activities, tailored to individuals needs A Customer Service training will be announced in the borough soon to be arranged At our Barking Road offices We currently offer: Training in literacy and Numeracy ICT Training for beginners Customer service and retail Communication Skills/Literacy and Numeracy

Conversation Mill: Get your voice heard, have your say
Every Thursday 2pm – 4pm
The Mill, Coppermill Lane

Conversation Mill with Waltham Forest Community Radio Group: A celebration and archive of the life experience of older people in Waltham Forest. Recording sessions at which older people are invited to talk about their lives, opinions and experiences and select favourite poems and pieces of music to accompany the recordings. Each two-hour session will be edited into a one-

hour radio programme to listened to by anyone with Internet access, including the friends and relations of the participants, even if they live on the other side of the world. Assistance towards travel costs to and from the sessions may be available for less mobile participants. Please contact David on 020 8520 1591 or Adele on tinman.adele@yahoo.com

Waltham Forest Carers Association

provides information, advice and support to anyone looking after a friend or family member who cannot manage without help, due to illness or disability. The charity offers advocacy, benefits advice, support groups, a Newsletter and activities such as trips and craft sessions. We can help carers access the care and support they need from the NHS, the council or elsewhere, and together these services help carers to sustain their caring roles, and promote the health and happiness of cared-for people as well as carers themselves. Contact WFCA on 020 8556 0857 or at info@walthamforestcarers.com.

Voluntary Action Waltham Forest (VAWF)

supports voluntary and community groups by providing them with a range of services and by acting as a voice for the sector in the borough. VAWF works to support, promote and develop local voluntary and community action by offering training courses, fundraising and governance advice, networking opportunities and an information service promoting events, funding and news for the charity sector in the Waltham Forest. For more information about any of these services call 020 8558 3614 or visit www.voluntaryaction.net. Volunteering opportunities for Waltham Forest are listed on www.do-it.org.uk

Waltham Forest Alzheimer's Society

provide information and support about dementia, including home visits, and running monthly Dementia Cafés and bi-monthly carers' groups. If you or someone you know needs more information about dementia, the diagnostic process or local dementia services please do contact us on 020 8556 8171 or walthamforest@alzheimers.org.uk

Scope Waltham Forest

Scope exists to make this country a place where disabled people have the same opportunities as everyone else. We provide support, information and advice.
www.scope.org.uk

Scope Day Opportunities service Adults 18+

Flexible and person centred support programs and activities for disabled adults, the opportunity to learn new skills and meet people in their area supporting them towards independence. Cristina De La Puente, email: Cristina.DeLaPuente@scope.org.uk

Scope Befriending service 0–19 years

This service is about enabling disabled children and young people to access social and recreational activities through the provision of a Befriender to assist in this process. Anjum Ahmed, email: Anjum.Ahmed@scope.org.uk.

Healthwatch Waltham Forest

is the independent consumer champion for health and social care locally. Healthwatch is all about local voices being able to influence the delivery and design of local services – whether it's improving them today or helping to shape them for tomorrow. If you have any views on local services, good or bad, we are here to listen and influence the way services are designed and delivered. We provide you with information, advice and support about local health and social care services via our Information Service. Contact us: Phone: 020 3078 9990, email: info@healthwatchwalthamforest.co.uk, website: www.healthwatchwalthamforest.co.uk

Next issues listings:

To have your event or activity listed in the next issue of Waltham Forest Echo email the details: Date, Type of Event, Title of Event, Venue/Address, Short Description, Time, Cost and Contact Information to WFEcho@socialspider.com by **Friday 19th December 2014**.



East London Performers dancing at the Festival

Leytonstone Festival biggest ever

Jane Duran

What do cheese tasting, Alfred Hitchcock, Jazz and sword fighting all have in common? They all were featured in the Leytonstone Festival, along with poetry, dance, films and all kinds of music. 65 events across ten days in July, at over twenty different venues, made the 2014 Leytonstone Festival the biggest ever.

St John's Church was at the centre of activity with their excellent Sunset Tower Tour and an Open Day, which included displays by the Blackhorse & Standard Women Morris Dancers. They also hosted several concerts including a very moving event 'Commemorating the Great War in Word and Song' performed by Jeanne Holland Young, David Hayes and Roderick Sime to coincide with the centenary of the outbreak of the First World War.

Young people played a huge part in the Festival this year. As well as a very popular dance event there was a Children's Carnival, a performance of Macbeth by students from Davies Lane and Selwyn primary schools and a fantastic evening at Wanstead Tap with some of E11's Stars of the Future.

Other highlights included an interactive hands-on workshop 'Exploring Hitchcock', the fencing demonstration and 'have a go' sessions with the Newham Swords Fencing Club, the return of festival favourites Jane Grell with an evening of Jazz, Poetry and Storytelling and The Woodhouse Players who displayed all their usual energy and talent in 'Compleat Female Stage Beauty' at the Welsh Church.

Two local charities were the beneficiaries of events run during the

Festival. A music gig at O'Neills Pub raised money for local charity CHAOS and Jazz at the Star of India in aid of the Cygnus Trust, was a great success despite clashing with the World Cup Final!

The cheese tasting events proved so popular they had to be moved to a larger venue and the Pop-Up Restaurant at Carlton House was a run-away success sealing Leytonstone's reputation as foodie heaven.

Every musical taste was catered for, with nearly 30 music events - and the whole thing culminated in the amazing What's Cookin' Picnic at Henry Reynolds Gardens. The Picnic, now in its seventh year becomes more popular every year and a heavy shower of rain did nothing to dampen the spirits of the large audience who had assembled to dance, eat and enjoy an amazing line up of music.

Shortly after the end of the Festival the Trustees were saddened to learn of the death of the festival's Hon President Vi Gostling. A Leytonstone resident for all of her 97 years, Vi was one of the founder members of the Leytonstone Festival over thirty years ago and was out enjoying events this year. She was particularly pleased that despite the Festival's growth and professionalism it still retained its community roots and was particularly gratified to see so many young people involved. Vi's dedication to local projects saw her awarded the MBE for services to the community in 2009 and the trustees are proud to have had her support.

The trustees will shortly be seeking artists to take part in the 2015 Festival. To register your interest email jane@starofindiauk.com

BIG Choir, Drum Workshop, Eastern Vibes



Stow Festival brings noise

Pamela Hutchinson

Did you know that Coldplay's very first single was mastered in E17, and released by a Walthamstow label, the feted indie outfit Fierce Panda? That's just one of several fascinating bits of local pop trivia that I picked up on a musical history walking tour during Stow Festival weekend this month. Grime star Lethal Bizzle also hails from these parts, we learned; Primal Scream's *Screamadelica* album was recorded in E17, and Pavarotti, Sex Pistols and the Beatles played Walthamstow venues over the years.

Will the Stow Festival earn its place in Walthamstow's musical history? I think so. Like Coldplay, the volunteers who run the event also favour the

colour yellow, so even if you missed one of the festival's 36 events over the weekend, you surely can't have failed to spot the posters, flyers and T-shirts in buttercup shades rivaling the late summer sunshine for brightness.

This year, the fourth instalment of the Stow Festival welcomed an estimated 5,000 music lovers to gigs in a diverse range of venues featuring more than 100 performers, most of whom were locals. Friday night saw a very arty night of electronica in the William Morris gallery, complete with projections featuring the designer's work. Throngs of singers and musicians made a day of it in the town square on Saturday, curated by Walthamstow Acoustic Massive. Household name Barry Cryer entertained a packed house at the

Rose and Crown on Thursday with a night of musical comedy. The following evening, punk legend John Otway took to the very same stage, for an altogether more raucous evening. There were more gigs across the weekend at pubs (The Warrant Officer, Chequers), and cafes (Le Delice, Bygga Bo, 56 St James), and even Queenie and Ted's vintage boutique in the village.

Walthamstow has stamina, though: the dancing continued right until Sunday, when the Wild Card Brewery was bursting at the seams with revellers getting down to beats provided by Electronic 17.

Stow Festival was many things, but it was not a quiet weekend. Here's to next year.

Murder just for fun

Linda Flowers

Rope by Patrick Hamilton
Performed by The Woodhouse Players 13th September 2014
Directed by Danny Mullings,
Asst Director Jenny Williamson

"Rope" is an unusual play – disturbing, macabre and full of suspense. The simple set of one room is perfect for the action. The language and props reflect the period as does the music. The audience on the night I attended particularly enjoyed the off stage laughter effect from the guests in the other room.

The subject matter is both horrifying and shocking. We know from the very beginning that students Brandon (Matthew Pert) and Granillo (Oscar Aleman) have committed murder and the tension develops as to whether they will be found out. As they bicker we see their relationship



disintegrating and this makes us wonder about the real nature of their relationship. Brandon shows the true darkness of his character through his arrogance and over bearing dominance of the weaker Granillo and his calculated courtesy to the victim's father. Granillo's descent into drunken wreck is well drawn. Both parts were very demanding and sustained very well throughout.

The dinner party interplay is witty and funny with Leila (Gina Sneesby) and Kenneth (Stuart Clark) cleverly giving us the light side to contrast with the darkness of the hosts' actions. Sabot the maid (Rosalind

Morris) only appears in Act 1 but adds to the plot development.

Sir Johnstone (Oliver Clement) – the victim's kind father – and his distracted aunt (Jackie Withnall) provide special pathos. Pitifully blind to the fate of Ronald they return home after a phone call and we know what horror is to follow. Sir Johnstone's handling of the phone call is particularly poignant.

Tom Raw's excellent portrayal of Rupert Cadell keeps us guessing as to what he knows. Will he expose them? His character – the poet who is injured in the war develops and shows he is not the amoral cynic he thinks he is.

That the two have committed murder just for fun, revealing that philosophy is their motivation, makes this play all the more horrifying.

Danny Mullings' straightforward period production works extremely well. This tight knit ensemble brings this period piece to life and leaves you imagining what happened next.