



LRA's Loughton News

5 August 2022

In this issue read about the [latest update on the Local Plan](#). This has dragged on for a long time, but it is an important one to watch over the next few months given its potential to affect our town's quality of life and impact on the Forest.

Also residents will be aware of the difficulties caused by Thames Water's work and leaks over recent weeks. [Here's what we know](#).

Read also about [the latest proposals for the Higgins site](#) on Langston Road. And be aware of [road closures over the next month](#) (and they aren't all Thames Waters!) and that you still need to [pay for parking in Council car parks](#) on the Bank Holiday Monday.

In September, the [Loughton Horticultural Show](#) is being held, and for other events locally, read [What's On in Epping Forest](#)




With the recent heatwave, remember to [take care in the heat](#), be aware of the [fire risk](#), do not park over fire hydrants, and understand [the effect on the Forest of hot weather](#).

Thank you for supporting LRA, which is 100% run by volunteers locally. You can always contact us by email at contact@loughtonresidents.co.uk to raise an issue, to give your views, or to offer help.

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LRA News

New District Local Plan

As we reported earlier, the new Inspector, Jonathan Bore has released his proposed changes to the draft Local Plan to the District Council. The Council have [now said](#) they will respond by early September.

The Inspector has [said](#) any new and amended main modifications, once agreed with the District Council, will need to be published for public consultation. LRA Cllr Chris Pond therefore asked at the last full District Council meeting when the consultation

will start. There was no clear answer, however we understand that this could start from the third week of August.

[Background on our website.](#)



Another burst of bursts – Thames Water explains

The Town Council met with Thames Water and received [a letter](#) explaining the reasons for the recent appalling traffic jams in Loughton caused by their roadworks. In Buckhurst Hill they had been replacing a section of old Victorian pipe; this



stretch of pipe has been particularly susceptible to leaks and bursts in the past so this work will significantly reduce the risk to future disruptions in Loughton.

Unfortunately, while they were carrying out this work, several other bursts occurred elsewhere in Loughton; they had to repair these to prevent major supply interruptions. One occurred on a 12-inch diameter pipe on Alderton Hill and led to the full closure of this main road; it was quite a significant burst. The second burst occurred on Valley Hill, and temporary traffic lights had to be installed. It turned out to be a complicated repair because of the damage caused by the burst and because several new key pieces of equipment needed to be installed. There was also a sewer repair in the High Road restricting traffic flows, then the appearance of a sink hole close to where the repair was being undertaken which led to the need to close the entire road for two weeks.

While Essex Highways cannot interfere with the road closures for 'emergency' works, Thames Water must have a permit (which the County Council have to grant) before starting. If you see Thames Water closing roads, [check here for details](#). If it's not shown on the map, [tell Essex Highways](#) and [email us](#). [Background on our website](#)

LRA comment: *Thames Water's excuses are pretty feeble – if they had spent more in the past repairing and/or replacing our Victorian pipework instead of paying massive amounts to their shareholders, they would not now be needing to make so many repairs in Loughton. Once again we have had reports of barriers appearing, holes being dug, and then no action for days on end. The LRA-led Town Council are doing what they can, but Thames Water, and other water companies, seem to be effectively outside public control.*

The High Road lights, still out

We've [reported previously](#) that over half the streetlamps in the busiest part of the High Road are not working, and that entire light fixtures (including the lamps) need replacing with LED lights. Essex Highways plan to tackle this in "Epping" District in the first half of 2023.

LRA comment: *On past experience, we expect the timescale to slip, but at least we're on the list. But it's a pity that they can't even get the District's name right!*

Roding Gardens Green Overgrown

Residents of Roding Gardens contacted LRA Cllr Rose Brookes in July reported the Green, which the Council has responsibility for maintaining, was very overgrown. They had reported this to the District Council but no action had followed.

Rose contacted the grounds maintenance team who attended on site within 48 hours.

Loughton Town Council to move offices

Because of the County Council's intention to demolish Loughton Library on Traps Hill and replace it with a 5-storey block, the Town Council is having to move out by October. They plan to move back to their previous offices at 1 Buckingham Court in Rectory Lane (near the junction with Church Hill).



The Buckingham Court offices that were vacated in 2016 were successfully let out, but became empty in 2021 when the firm that had them ceased to trade. The Town Council reluctantly decided to return to the old site given the huge uncertainty caused by the County Council's unsustainable redevelopment plans.

LRA comment: *LRA Plans Group, along with many residents, strongly opposes the County Council's plans for the Library and the consequent unnecessary displacement of the Town Council. We note that planning permission for the new building has not yet been granted. [Background](#)*

If this email has been forwarded to you, get it sent directly to your inbox by [supporting LRA for only £5 a year](#).

Chequers Road Development

On July 27th, the District Development Management Committee (DDMC) agreed, on the chairman's casting vote, to allow a block of eight flats on a garage site in Chequers Road. There was existing permission for five houses given some time ago. The local planning committee had voted against. (Council owned sites are always referred to the District committee). A notable condition placing a duty on the developer to seek to minimise dust, noise and carbon emissions was agreed.

LRA Comment: *We regret that the majority of Conservative Cllrs on the DDMC approved this development, despite the inevitable harmful effect it will have on the Epping Forest Special Area of Conservation. Although the District Council has an "interim policy" to prevent such harm, the policy contains no effective measures whatsoever, and even if the Council immediately started to plan to introduce such measures they would not be able to bring them into effect before these houses are built and occupied and the resulting extra vehicle journeys have begun contributing to air pollution in the Forest.*

Double Red Lines in The Drive

Double red lines were installed in The Drive (from the High Road to the Loughton Health Centre and around junctions in Brooklyn Avenue on August 1st. This followed a petition from residents, individual complaints of obstruction, and observations by North Essex Parking Partnership (NEPP) Officers. LRA Cllr Katie Valentine led a dialogue with NEPP along with LRA Cllr Chris Pond throughout the process.

Double Red Lines mean **No Stopping At Any Time**. It is an absolute offence to stop on them, let alone park. Offending vehicles can be captured by NEPP's camera car and a ticket issued remotely. The first an offender knows is when it arrives through the post. NEPP tell us that no signage is necessary to accompany the double red lines.

Loughton Leisure Centre

LRA Cllr Rose Brookes continues to be active on the Leisure Centre Partnership Board. The swimming lesson programme now has the highest number of children the Centre has ever had in Loughton. In late September parents will be able to book online for lessons when a new system is launched.



Parents have raised their concerns with Rose about the changes of teachers their children have experienced at each stage. She raised this at a recent meeting with Places Leisure and they replied that during the pandemic many swimming teachers had left the profession. Nationally, Swim England estimate the profession is short of 5,000 teachers.

Places Leisure will be running a Swim Academy to enable recruits to get their Level 2 Teacher's qualification at a fraction of the cost on condition they will work for two years afterwards. (It costs about £1,000 to qualify as a swimming teacher with the Institute of Swimming). There is also a recruitment open day on September 10th. [More](#)

GROW Community Garden 6th Anniversary

The Garden is a food-growing project, with the purpose of bringing people together in a supportive and safe outdoor space to grow fruit and vegetables. It is supported by the Town, District and County Councils and recently celebrated its sixth anniversary with Town Mayor LRA Cllr Barbara Cohen, LRA Cllr David Wixley and Independent Cllr Stephen Murray in attendance. [More](#) and [News Article](#)

Broadway Town Centre Partnership

Judy Lovell, of Restore Community Church, is leaving the area and has had to step down from chairing the Broadway Town Centre Partnership (BTCPP). Judy ran the Restore Hub on the Broadway for six years, prior to volunteering to chair the partnership. She has done an excellent job and the Town Council awarded Judy the Citizen of the Year some time ago for her extensive community work.



No one had stepped forward to chair the partnership so LRA Cllr Rose Brookes has volunteered to be an interim chair for a few months until a suitable person comes forward. She has been given permission to do this until Christmas by Cllr John Phillip, Finance Portfolio Holder at the District Council, on condition she is non-voting

as these partnerships are not usually chaired by Cllrs. LRA Town Cllr Carol Davies will continue as vice-chair.

Please contact Rose by [email](#) if you would like to get involved in some way and if you could take a leadership role. In the past the BTCP organised Debden Day.

Can you write Plain English?

Many of the items in these LRA news emails are taken from local Council meeting agendas and minutes. These are written in rather formal and long-winded English, and we need someone who'll enjoy summarising the important point(s) into a short simple paragraph, with a link for readers who want to find out more. If you could help, please email david.linnell@loughtonresidents.co.uk



Planning and Licensing

[Read more on our website](#) about Planning and Licensing, the role of the LRA Plans Group (LRAPG), how to get more information and how to comment to the Town Council and the District Council, and to the LRA Plans Group – please have your say.

Pavement Licensing – proposal to be extended permanently

The Government introduced pavement licensing in 2020 through emergency legislation in response to the COVID pandemic. It provided a simplified and fast track route for pubs, restaurants, and cafes to obtain a temporary permission to place furniture (including outdoor tables) on the highway, allowing businesses to increase their outdoor capacity safely, quickly and at a low cost. The regime is currently due to expire on September 30th; however, the Government is proposing to make pavement licensing a permanent fixture, subject to certain changes. [More](#) (page 61).

LRA comment. *As always, the problem is balancing the differing interests – in this case, between the businesses and their customers, and the residents using the pavements. LRAPG will be watching developments closely.*

Higgins Office and Hotel Development, 1 Langston Road

As we have [reported earlier](#), Higgins have proposed to build new offices and a 100 bedroom Travelodge hotel on Langston Road.

This planning application proposes replacing the existing car wash and cycle/refuse store with a 5/6 storey building for offices and a hotel, and converting the open green space on site with car parks. This would be alongside the existing Higgins building ([a site plan is here](#))

LRAPG are concerned about the amount of development on Langston Road which is impacting on the traffic at the junction of Chigwell Lane and Langston Road. The road network has been unable to cope with the additional traffic generated since the opening of the Epping Forest Shopping Park on Langston Road. In particular, the number of cars waiting to turn into Langston Road has caused the traffic to back up

past Debden Broadway. The District Council has been urged to negotiate with the developer for an additional lane for cars turning left into Langston Road to alleviate the traffic on Chigwell Lane and carry out other junction and signalling improvements.

LRAPG has also objected to the unnecessary high-level signage which is highly visible from long views, and jars against the treetops of Epping Forest. They are also a distraction for users of the M11. The existing Higgins sign sticks out like a sore thumb and this is the opportunity to negotiate its removal to tidy up the roofline along this part of Langston Road.

The Council has also been asked to ensure a legal agreement is entered into to stop the new offices from being converted into residential flats which the owners can do without planning permission.

Reference [EPF/1204/22](#). The formal consultation period ended July 29th, but you can still comment to the Council.

Davenant Foundation School, Chester Road

This is a retrospective application for air conditioning unit that has been added to a building that was [granted planning permission](#) in 2021.

LRAPG are very disappointed that air conditioning plant has been installed by the school without planning consent. Notwithstanding the school's claim that the building that was approved in 2021 would be a "*high quality standalone teaching building*", it would appear that through the inadequacies of the design the school needs the air conditioning unit. Had the original design been a better quality, there would be no need for it. This is a noisy and ugly bolt-on addition to the building that is too close to neighbours and is not sustainable. LRAPG has suggested, if it can be shown it is needed, it should be placed on a dedicated roof enclosure that is properly noise attenuated or, at worst, on an elevation that faces away from local residents' homes.

Reference [EPF/1330/22](#). The formal consultation period ends August 11th.

16 Eleven Acre Rise

This is an application for a retaining wall to the garden at rear.

Two houses are being erected on this corner site. The retaining walls being applied for are in connection with the retention of earth that has been put into the garden. Some parts of the garden have been raised by as much as three metres and the higher level of ground is greatly impacting on the privacy of neighbouring properties. LRAPG has objected to the works and asked the District Surveyor to look at the potential for future earth movement and subsidence.

Reference [EPF/1140/22](#). The formal consultation period ends August 4th.

Roads, Parking and Travel

Planned Road Closures

- Borders Lane - the road will be closed until August 7th for new connection works by Thames Water. [More](#)

- Clays Lane - the road will be closed until August 8th for works by Cadent. [More](#)

- Debden Lane - the road will be closed until August 24th for Cadent to replace old iron gas mains with more durable plastic pipes. [More](#)

- Englands Lane - the road will be closed until August 26th for Cadent to replace old iron gas mains with more durable plastic pipes. [More](#)

- St John's Road - the road will be closed August 5th to August 26th for works by Thames Water. [More](#)

- Lower Road - the road will be closed from August 5th to 26th for mains replacement works by Thames Water. [More](#)

- Brady Avenue - the road will be closed on August 15th between 9:30am and 3:30pm for pole replacement works by Openreach. [More](#)

- Lower Road - the road will be closed from August 29th to September 2nd for works by Openreach. [More](#)

- Rectory Lane - the road will be closed from August 30th to September 9th between 8pm and 5pm for road resurfacing. [More](#)

- York Hill, Woodbury Hill, Kings Hill - the roads will be closed September 1st to 5th for work by BT. [More](#)



Dates can change so [check here for the latest updates](#), and for other planned roadworks.



Launch of “TravelEssex”

The County Council and bus operators across Essex have announced a new bus identity, TravelEssex, to help the transport network build back from Covid. The launch of TravelEssex is just the start of a process of improvement for bus travel in the County. [More](#)

Keeping our streets clean

The Environmental Protection Act 1990 places a duty on the District Council to ensure that streets and open spaces are, so far as is practicable, kept clear of litter and refuse. At present this costs just over £30 per household a year (over £1.7m a year spread over just under 57,000 households). [More](#) (item 7).

LRA Cllr Chris Pond reported a high-pressure iron gas canister that had been left in Staples Hill Path; the District Council removed it within a day.

You can help by [reporting litter](#) in the streets.

On Street Parking on Bank Holidays

Remember that NEPP wardens now work on Bank Holidays. Unless the sign says that charges don't apply, they do!



Police, Fire and Crime

Great Eastern Path

The path runs along the side of Loughton Station. Following concerns raised by Independent Cllr Stephen Murray, additional patrols and other problem-solving measures were put in place to combat crime and ASB, including use of CCTV equipment.

Suspicious vehicles

The police have been investigating social media reports of suspicious vehicles in Loughton. If you have any information you can submit a [report online](#) on the police website, or use the 'Live Chat' button to speak to an online operator between 7am-11pm. You can also call 101 or phone Crimestoppers anonymously on 0800 555 111.

Is it an emergency?

Every day Essex Police's dedicated Force Control Room and Resolution Centre take thousands of calls. In June, on average, the call handlers received over 1,000 calls to the 999 number (and 700 calls to the 101 number) every day from the public, of which around only 20% were considered to be an emergency. The number of inappropriate calls is increasing, so they are asking people to consider the appropriateness of their use of the 999 service to ensure they can continue to get an emergency response to those in need. [Find the best way to contact the police.](#)

Visual Impairment Procedure

If you are visually impaired, the Police provide a procedure to confirm a person at your door is a police officer, This can be used by anyone with a visual impairment, to any degree, and regardless of whether they have a guide dog or not. Other eligible service users would include anyone who cares for or supports someone who is visually impaired.



The works by calling 101 or 999 and obtaining a one-time memorable password, which the officer at the door will quote to you. [More](#)

5 Items to protect from thieves in your shed & garage

Have you got a valuable bike, power tools, lawnmower, leisure equipment and/or garden furniture? Registering items on Immobilise (for free) makes them less likely to be stolen, as they're harder for thieves to dispose of – and if they are stolen and recovered, the police will know who to return them to. Immobilise isn't just for mobile phones and gadgets – anything with a unique identifier can be registered (for free!)

on the [Immobilise](#) database. The items hidden away in your garage or shed often get overlooked, but you can protect them too, taking steps to make it easier for you to be reunited in the worst-case scenario of your belongings being stolen.



Check if a website is safe!

[Getsafer online](#) keeps you safer online by letting you check on a new website before you access it and is billed as the UK's leading source of unbiased, factual and easy-to-understand information on online safety. It's a public/private sector partnership supported by leading organisations in banking, retail, internet security and other sectors. It provides lots more information on protecting yourself, and your children, online.

Council News

Request for Memorial Bench at Loughton Cemetery

The Town Council has agreed to a request received from a local resident to have a bench installed (at the resident's expense) in Loughton Cemetery.

LRA comment: The [Cemetery](#) is an attractive, calm green space next to the church on Church Lane. It is looked after by the Town Council and is well worth a visit. You can follow the [Tree Trail](#) compiled by Tricia Moxey in 2016.

Town Council grants to local organisations

So far the Town Council has awarded the following grants for 2022/23. The Council has also recently awarded £1,000 to The Lopping Endowment Corporate Trustee Limited, for the purchase of a defibrillator.

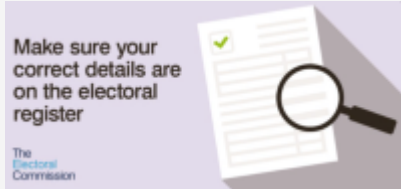
Organisation	Amount Granted £	Purpose of Grant
Alfie James Productions	200.00	Performance skills workshop
Affordable Counselling	500.00	Counselling sessions
Basics Essex	1,000.00	Assistance towards equipping a new doctor
Epping Forest ReUSE	484.98	Operational Costs (safety boots/uniform)
Lopping Hall Art c/o Lopping Hall	300.00	Hire of display boards for exhibition
Loughton Chigwell & District Synagogue	500.00	Supply of weekly food parcels
Loughton Voluntary Care Association	391.00	Phone bill and premises rental
Restore Grow Community Garden	2,500.00	Running Costs
Restore Community Noah's Ark	3,000.00	Crafts, toys and running costs
Restore Community Oakwood Hill Community Centre	3,000.00	Operational Costs
Restore Community Oakwood Hill Youth Club Project	2,000.00	Operational costs and equipment
Samaritans Redbridge Branch	700.00	Running Costs
Spark a branch of Worth Unlimited	1,500.00	'Complex cases' counselling service
3Food4U	3,500.00	Rent of foodbank venue
Voluntary Action Epping Forest	1,500.00	Operational Costs
Total awarded	£21,075.98	

Landmark House, Rectory Lane/The Broadway

At long last, the District Council has managed to let the last remaining empty ground floor shop unit (to a gym).

Complaints about noise

In summer, when it's hot and residents have their windows open, often late into the evening and/or overnight, it helps if noise from neighbours can be kept to a minimum. If there are persistent problems, the District Council can take action, but only if residents have let them know at the time about each specific incident – the Council needs evidence. The same applies to noise from licensed premises. [More](#).



Annual Canvass of Electors

Please don't ignore the letter dropping through your letterbox soon. It is essential you are registered to vote as it can affect your ability to get a mortgage, loan or even a mobile phone contract.

It will also affect your ability to vote in future elections. [More](#)

Council tenants: maintenance and repairs

Qualis Management, a wholly-owned subsidiary of the District Council, is now responsible for providing the domestic electrical testing and remedial work for Council tenants. [More](#).



Community Hub

Did you know that, as well as the District Council, there are a variety of advice-giving organisations available at the Civic Offices in Epping. You can make an appointment or just walk-in, but please check the time your chosen adviser will be at the Council offices before you set off. To find out what each organisation offers and when it's at the hub, see the [Epping Community Hub webpage](#).

The organisations are: the Alzheimer's Society, Citizens Advice, Changing Pathways (advocacy and support to survivors of domestic abuse), The Change Project (relationships with others), Chess Homeless, The Department for Work and Pensions, Epping Forest Food Bank, Essex County Council – Adult Social Care, Essex County Council – Family Solutions, Essex Partnership University NHS Foundation Trust (EPUT) (community mental health services), Peabody Outreach Support and Voluntary Action Epping Forest.

Missed refuse collections

Biffa provided a very good service through the worst of the pandemic, but performance has got worse in recent months. The District Council is working closely with Biffa to try to resolve the problems, which are caused by a national shortage of staff, a lack of local knowledge among replacement staff, poor vehicle reliability and problems accessing some roads because of badly-parked vehicles. If your bins are missed, please [let the District Council know](#) and leave the bins out – the Council will try to get them collected within 48 hours, although some may wait till the next collection day.

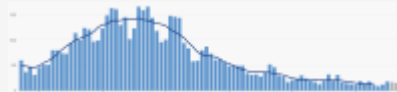
Vaccine information for Essex

[Read more](#) on getting a vaccine. It's never too late to come forward for your first, second or booster dose of the vaccine. You do not need to be registered with a GP and can use [a walk in centre](#) or [book an appointment](#), or call 119 for more help (translators are available into different languages on request).

Currently there is no walk-in centre in Loughton. If you live in Essex and need help to book an appointment, phone 0344 2573 961 (open 10am to 4pm, local rate).

Local Infection Rates

Infection rates locally have been about 10-20 infections reported per day recently. The [local data for Epping Forest is here](#), along with [this interactive map](#).



Loughton Horticultural Show

This is on Saturday September 3rd at Murray Hall in Borders Lane. Admission free and refreshments will be available. Doors open to exhibitors at 9am, with the show open to the public from 2pm to 4:30pm. Awards will be presented at 4pm. At the same time the Best Allotment Awards will be presented, which judges all three allotment sites in the town.

Classes will include vegetables, fruit, cut flowers and flower arrangements, jams, preserves, chutneys and cakes. [Children's classes](#) include baking, decorating biscuits/cakes in a Jubilee theme, creating "veggie monsters" with fruit, vegetables and herbs, create a bee or insect hotel and the funniest shaped fruit or vegetables. [More on the classes and rules.](#)

Entries are welcome from anyone who lives, works or goes to school or college in Loughton; allotmenters, keen gardeners, children and novices are all welcome to compete. Application forms can be [downloaded here](#) or collected from the Town Council offices or phone 020 8508 4200. [More](#)

The Battle for Grange Farm Centre book signing

There is a book signing at Loughton Library on Saturday August 20th between 12-1pm by Gwendoline Templeton, the author of *The Battle for Grange Farm Centre*. The centre was closed in the 1980s and many people, including Gwendoline, came together to campaign to raise awareness of the importance of the centre and its future to a wider audience. [More](#)

10 per cent of the profits raised from sales will be donated to [Voluntary Action Epping Forest's](#) Ace Activities service which provides day activities for people with learning disabilities.



Find out what's on for you locally

The District Council has published in one publication all its July, August and September activities, programmes, events and community initiatives for all ages. Details about everything from volunteering opportunities for adults through to the school holiday programme for children and young people are now easily accessible in the ["What's on in Epping Forest"](#) booklet.

Stay safe in the sun

The District Council has [help and advice](#) on coping with the heat.



Heatwaves

During the heatwave in mid-July, the Essex County Fire and Rescue Service had almost triple the usual calls and incidents for that time of year. [More](#)

In hot and dry weather, you can help prevent fires if you:

- Don't have bonfires/campfires
- Don't have barbecues
- Make sure cigarettes are properly out
- Don't leave glass bottles etc. in the sun

In the Forest, [take extra care](#).

Health and Wellbeing

East of England Ambulance Trust (EEAT) makes progress

After being placed in special measures in 2020 because of a poor inspection report from the Care Quality Commission, EEAT has made significant changes. The Trust says that exceptional pressures - in both the volume of patients and the seriousness of patient conditions - have continued through winter and into summer 2022 (this has been experienced across the NHS). It has put a range of measures in place to help mitigate these pressures and help it reach urgent patients faster – and to help less urgent patients get the help they need quickly. These include:

- recruiting and training over 100 call handlers to help reduce call answering time - and more are being recruited
- increasing the number of private ambulances it has on shift
- recruiting additional clinical staff.

Delays caused by having to wait to hand over patients on arrival at hospitals continue to be a serious problem. [More](#).

Epping Forest

Effects of hot weather

Low rainfall and high temperatures have dried out the Forest's vegetation and made the normally moist leaf mould areas exceptionally dry and flammable. Please take special care to not drop cigarettes and dispose of litter, which can also act as a further fire hazard. If you see people having a barbecue or lighting a fire in Epping Forest please telephone 020 8532 1010 (the 24/7 monitored phonenumber).

However, if the fire or barbecue is already out of control please dial 999. Please do not allow dogs in the water whilst visiting Epping Forest in a heatwave or let them drink from the streams, rivers or ponds (the water quality is not monitored and it is not safe to drink, and many have dried up). Please remember to bring drinking water for yourself and your canine companion.



Winter grazing

The Conservators have reported the success of winter grazing, with eight non-breeding cows in the 200 hectare compartment that stretches from Chingford Plain (Butlers Retreat) to Hill Wood (south of Bradleys Tea Hut). Winter grazing pressure helps target young woody species that would grow up to secondary woodland to crowd out ancient trees and provides valuable food and habitat via dung for early emerging insects.

Cycle racks in the Forest

There are cycle racks installed at several car parks, courtesy of Transport for London; see the [interactive map](#).

Cow in the Woods

The exhibition 'The Cow in the Woods' runs until September at the [Epping Forest Visitor Centre](#), Rangers Road. It shows the important heritage and history of Forest cattle grazing and its current conservation benefits, includes museum objects and is supported by a programme of cattle walks and art activity workshops.

Epping Forest Big Walk

This was previously known as 'The Centenary Walk' and happens on Sunday September 25th, the route covers much of the length of the Forest starting from Manor Park in Newham and going all the way to Epping, some 14.1 miles in one day. Organised by Epping Forest Heritage Trust with support from the West Essex Ramblers and the City of London Corporation, you can choose to walk the whole 14.1 miles of the route or take part in one of the smaller, local sections. Everyone is welcome to join this celebratory walk for some or all of it. [Booking and more information](#)

Oak Processionary moth caterpillar nests

[Epping Forest Countrycare](#) have started to mark some oak trees with tape marking that they have Oak Processionary moth caterpillar nests in them. Any sightings should be reported to the Forestry Commission, or Countrycare for those found on their sites, and not approached as they can cause a rash and be dangerous to people with underlying respiratory conditions.



Forest Focus - July 2022

Some items here come from [Forest Focus](#). The latest edition has lots more interesting articles, including pieces on parts of the Forest and what to do if you want to get rid of a terrapin (please *don't* release it in the Forest). [You can subscribe here](#).

And More

Bird flu advice from the Essex Birdwatching Society

Avian Influenza, or 'Bird Flu', is currently a major problem, with high levels of sickness and mortality seen in many areas, including Essex. If you find a dead or dying bird, avoid touching it directly if possible. If you have to move a dead bird please use protective gloves or a plastic bag and dispose of the bird by wrapping it and putting it in your general household waste, making sure you wash your hands thoroughly afterwards. Any dead waterfowl, seabirds, or birds of prey, as well as other wild birds if five or more are found, should be reported to Defra. You can contact them on 03459 33 55 77, or by email at defra.helpline@defra.gsi.gov.uk. [More](#)

Finally, for those of us who feed the birds in our gardens, it is always advisable to keep your feeders clean using a mild (1:20) disinfectant/water solution. Don't leave old food on the feeders, always change water daily, and wash your hands thoroughly when finished. Hopefully by following these guidelines we can help in some way to prevent this terrible disease from spreading.

Thank you for supporting LRA. Our next Loughton News email is due to be issued Friday September 2nd although that date could change.

Get more from LRA and keep up with what's happening between issues of Loughton News

For all our Tweets, past issues of Loughton News and Loughton Life, and more



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