

THE HATCH HERALD

No: 204



**For we walk by Faith,
not by sight.**

II Corinthians 5:7

**THE MONTHLY MAGAZINE FOR MEMBERS AND FRIENDS OF
ST ANNE'S CHURCH, LARKSHALL ROAD, CHINGFORD
(CHURCH OF ENGLAND)**

SERVICES AT ST ANNE'S		
DATE	TIME	SERVICE
SUNDAY 3rd October	10.00	TRINITY 18 Parish Eucharist
FRIDAY 8th October	10.00	Holy Communion
SUNDAY 10th October	10.00	TRINITY 19 Parish Eucharist
FRIDAY 15th October	10.00	Holy Communion
SUNDAY 17th October	10.00	TRINITY 20 Informal Eucharist
FRIDAY 22nd October	10.00	Holy Communion
SUNDAY 24th October	10.00 12.30	BIBLE SUNDAY Parish Eucharist Simple Lunch
FRIDAY 29th October	10.00	Holy Communion
SUNDAY 31st October	10.00 18.30	ALL SAINT'S DAY/4TH SUNDAY BEFORE ADVENT Parish Eucharist Commemoration of the Dead

Forthcoming Events

MINI-MARKET
Saturday 2nd October
10.00am
Mini-market in aid of
Margaret Centre

AUTUMN TALKS
On Thursdays during October at
8.00pm we will be exploring
through a talk and
discussion the themes of
forgiveness and reconciliation.

QUIZ NIGHT
Saturday 9th October 2010 7.00
for 7.30pm start St Anne's
Church Hall Ploughman's supper
provided. Please bring drinks &
nibbles.

Tables of 8 to 10
Tickets: £8 each
(12 & under: £4 each)
For tickets please contact
Lindsey Archer: 020 8524

Summary of the minutes from the PCC Meeting held on 19th July 2010

The meeting opened with a prayer from Jude followed by attendance, apologies for absence and the agreement of the previous minutes from the May meetings.

It was noted that work has begun on the Church Centre roof, work has been completed on the vicarage kitchen and the renewal of the Garden lease is in hand. Plans for the Memory Lane event are taking shape and there is a need for some kind of working party to give the church a thorough clean as soon as possible. Volunteers were requested.

As from September the Hatch Herald will be without an editor and although Jude has offered to take over temporarily, suitable candidates are being sought to take on the post on a more permanent basis.

The Statement of Accounts was read and it was noted that the Book Stall had made a profit of £106 in its first couple of months. Great news!

The Churchwardens reported that the PCC is a member short at present. Two communion plates have been repaired, the problem with the damp proof course has been resolved and a request has been made to provide a new handrail by the steps outside the meeting room/vestry. The church notice board is to be repositioned at an angle so it will be more clearly visible to passing traffic and a re-usable advertising banner may be donated to the church shortly.

The vicar reported that a representative from Audio Visual Installations will assess our sound system and provide a free quotation for any updating and upgrading that may be necessary. He then introduced an inclusivity website called Changing Attitudes and suggested that St Anne's may

want to join their register of churches which welcome all members of our society but especially those with alternative sexual orientation. A lengthy discussion ensued. The matter will be proposed for voting at the next meeting.

There were no committee reports needing a decision and the report from the Diocesan Synod was held over until the next meeting. It was proposed and agreed the church employees be paid £9.00 per hour which equates to 1.5 x the minimum wage. It was noted that copies of The Month are regularly left in the church porch but rarely collected by the other churches forcing the need for them to be recycled. Despite repeated attempts to have them stopped, no alternative has been found as yet. It was felt to be a terrible waste of resources.

The meeting closed just after 10.00pm with The Grace.

THE SUNDAY MORNING CAR ROTA

To all I have transported on the Sunday morning rota over the years, I wish to thank you for your greatly valued parting gifts. The card was appropriate and met the occasion right on cue and I was greatly amused by its message. The cheque will come in very handy when Joan and I have our next day out. My old car will still be in service on the roads as my long years of association with Help-on-call will still continue. Thanks again.

Freddie Banks

Do you know someone who has recently lost a loved one, or have you lost someone special?

How you can Help.....

Seven practical suggestions if your friend or relative has recently been Bereaved

1. Make a special effort to keep in contact after the funeral

It may be tempting to keep away, especially as you probably do not know what to say, but visits and telephone calls are essential.

2. Be a good listener

Try not to steer the conversation yourself but let the bereaved person talk about what they want. Allow, even encourage, him or her to talk about the person who has died and listen attentively. This may be difficult for both of you but it will help your friend to come to terms with the death. Do not mind if your friend cries, or even if you cry yourself – it's perfectly natural.

3. Remember the importance of touch

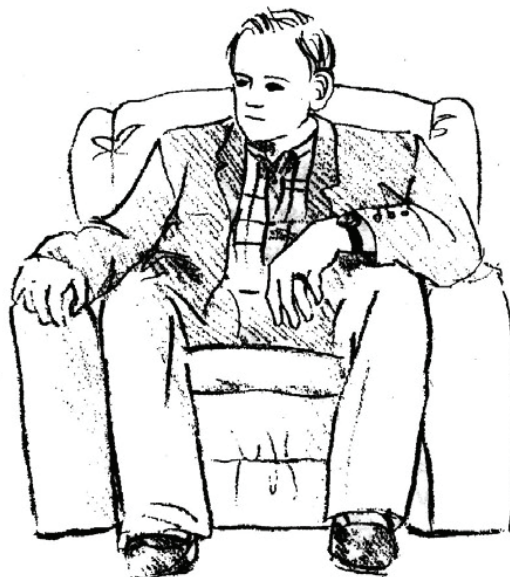
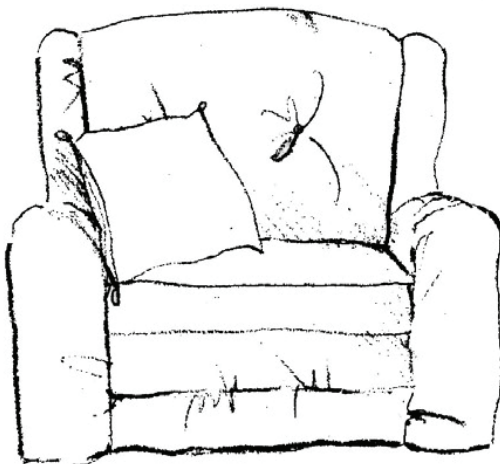
Bereaved people often feel isolated and it may help to put your arm around them, touch their shoulder or elbow, or hold hands or shake hands. Clearly you need to use your discretion but touch can be a very effective way of affirming friendship.

4. Avoid making assumptions about how your friend will feel

All bereavements are different. Do not assume that your friend will feel the same as you did when you were bereaved, and do not say “*I know how you feel*”. Encourage your friend to express his or her feelings, whatever they are, and try to accept that they are valid. For example, a bereaved person might feel worried, angry, guilty or even relieved. Try to understand your friend's feelings and do not say that they are wrong.

5. Offer practical help

If you can see that your friend needs help then offer to help or suggest where help can be obtained – do not wait to be asked. It is better to suggest a specific job or jobs. However, be prepared to accept that your offer of help may be declined – you can always



offer to help in some other way or at another time. Be careful not to take over – your friend should stay in control at all times.

6. Refer to the professionals if necessary

If you notice a serious problem which seems to be persisting longer than it should, e.g. over use of alcohol or drugs, serious self neglect, malnutrition, total inertia or violent mood swings, you could express your worries to your friend's doctor or, if they belong to a religious group, their minister, priest etc. They will listen, and may be able to help, but remember that they have a duty of confidentiality to your friend.

7. Allow plenty of time

Grieving is a process which changes over the weeks, months and years, but your support will still be valuable. Anniversaries such as birthdays, wedding anniversaries and the anniversary of the death may be particularly difficult for the bereaved person – it will help if you are aware of them.

Organisations who might help:

Cruse Bereavement Care

Advice, support and information for bereaved people

Tel: 0844 477 9400

www.crusebereavementcare.org.uk

The National Association of Widows

Information and local social groups

Tel: 0845 838 2261

www.nawidows.org.uk

The Compassionate Friends

Support for bereaved parents

Tel: 0845 123 2304

www.tcf.org.uk

The Samaritans

24hr telephone listening service

Tel: 08457 90 90 90

www.samaritans.org

For supporting literature please contact:

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www.hlhawes.co.uk



Why to live

During World War II, the Nazis stripped Victor Frankl of everything he owned after his arrest. He arrived at Auschwitz with only his manuscript – a book he had been researching and writing for years – sewn into the lining of his coat. He later wrote, “I had to undergo and overcome the loss of my spiritual child ... It seemed as if nothing and no one would survive me. I found myself confronted with the question of whether under such circumstances my life was ultimately void of any meaning.”

Days later, the Nazis forced the prisoners to give up their clothes. In return, Frankl was given the rags of an inmate who had been sent to the gas chamber. In the pocket of the garment, he found a torn piece of paper – a page from a Hebrew prayer book. On it was the foremost Jewish prayer, “Sherma Yisrael,” which begins, “Hear, O Israel! The Lord our God is one God.”

Frankl says, “How should I have interpreted such a ‘coincidence’ other than as a challenge to live my thoughts instead of merely putting them on paper?” He later wrote in his classic masterpiece, *Man’s Search for Meaning*, “He who has a why to

live for can bear almost any how.”

A coincidence is a small miracle where God prefers to remain anonymous.

(Extract from God’s little devotional Journal)

A Froggy Tale

A few years ago, we, i.e., my late husband John and sister Doris went to stay again with our Australian cousins. We had been before but never met cousin Betty as they were missionaries and away from home. On our last visit we were staying with Cameron and family in Queensland and it was he that took us to Betty’s. It was a long journey and we were very glad when we got there. There was no sign of a dwelling place just a post office box which said “Long Pocket” beside a narrow path which brought the mail by motorbike. Cameron went out and came back with an armful of post and said he didn’t think they had been there for weeks.



We drove for another two miles and arrived to a very warm welcome by Betty. Cameron ushered us into what he called the wooden shack and closed the door very quickly behind us. Betty said “we don’t want anything in.” what anything was we learned later. Then we met John her husband and a very welcome meal was ready.

After the journey we needed to use the little room which Betty guided us to. She said “I’ve just cleared it, we have frogs which come up the pan, it’s the time of the year, they are quite harmless.” We used it in turn but it was John who first saw them and in great shock he said “they’re green”. Going to see what all the fuss was about there were two bright green frogs. I flushed it,

and the blue turned them blue and they disappeared.

We had a lovely time with them, that is, Betty and John. Betty cleared the frogs each morning because there were a great many overnight and they got on the walls. She put them outside and told us they were an endangered species and that the snakes usually dealt with them. The snakes usually arrived when the frogs were there! So that is what she meant when she said “we don’t want anything in”.

This year we have our very own, or rather the next door neighbours’, good brown speckled British ones. They are so funny and so well camouflaged, one lives near the kitchen door of our house. When I go out to look for snails and slugs at dusk, I have to be careful so as to not tread on it. Near the garden tap and the kitchen drain, I had left some pots and watering cans and thought I would tidy up, that is where froggy lived and he didn’t like it. Although we have a cover over the drain there is a small crack between the pipe and the wall and that is where froggy sprung. I took the cover off and he tried to jump out but it was too deep and I couldn’t bend down near enough to put my hand down to get him out so I put a small pot in as a step and kept looking to see if he could but he didn’t get out until dusk. I thought after all that he would find another home but each morning he would be back and at dusk he would go out for the evening. My grand-daughter said “all pets should have a name”. I hadn’t thought of him as a pet but did get fond of him so thought of calling him ‘Drainy’ but then remembered the poem “you know the one”:

Be kind and tender to the frog
And do not call him names
As ‘Slimy skin’ or ‘Polly-
wog’
Or likewise ‘Ugly James’
Or ‘Grape-a-grin’ or ‘Toad-



gone-wrong’
Or ‘Billy Bandy-knees’

The frog is justly sensitive
To epitaphs like these
No animal will more repay
A treatment kind and fair
At least so lonely people say
Who keep a frog (and by the way
They are extremely rare)

So we ended up calling him ‘Brainy’
although it’s not very brainy living in a
drain. One day he did get too many suds
from the washing up water and looked very
poorly, he did manage to hop out but we
never saw him again.

It was a few days later I saw a picture of a
green frog on the washing-up liquid bottle,
just like the Australian ones and had to read
it and this is what it said ‘surfactants from
cleaning products can wash the protective
coating from frog’s skin so like all our
ingredients, we make sure to use surfactants
that biodegrade so fast the two never meet’.
That means frogs shouldn’t live in kitchen
sink drains as that doesn’t allow enough
time for the surfactants to biodegrade –
“sorry Brainy”.

There was another about ‘Ask a fish about
aquatic toxicity’. You don’t imagine that
the water you flush after washing up is toxic
but it is to fish. So products like washing
up liquid are made up to 20 times less toxic
to aquatic life than some others. Not all
people use ‘Ecover’ and those who do
should use it sparingly. Everything we do
or leave undone affects something or
somebody.

With love and care,
Joyce (Sullivan)

The car and the haircut

A teenage boy had just passed his driving
test and inquired of his father as to when
they could *discuss his use of the car*.

His father said he’d make a deal with his
son: “You bring your grades up from a C to
a B average, study your Bible a little and
get your hair cut. Then we’ll talk about the
car.”

The boy thought about that for a moment,
decided he’d settle for the offer and they
agreed on it.

After about six weeks his father aid, “Son,
you’ve brought your grades up and I’ve
observed that you have been studying your
Bible, but I’m disappointed you haven’t had
your hair cut.”

The boy said, “You know, Dad, I’ve been
thinking about that, and I’ve noticed in my
studies of the Bible that Samson had long
hair. John the Baptist had long hair, Moses
had long hair ... and there’s even strong
evidence that Jesus had long hair.”

“Yes” said the Dad, “But did you also
notice that they all walked everywhere they
went?”

BIBLE QUOTE

**Do not be a witness against your
neighbour without good reason
nor misrepresent him in your
evidence.**

**Do not say, “I will do to him what
he has done to me; I will require
him for what he has done.”**

Proverbs ch 24, vs 28& 29



Our memory lane celebration was an enormous success and provided us with the opportunity to meet old friends and make new ones. A service of thanksgiving began our celebration – this was the sermon to mark the occasion.

There have been two significant events this week; firstly preparing for and now executing our parish trip down memory lane and secondly the visit of the Pope to Great Britain!

Whatever we may think of the Pope's teaching on areas such as personal morality and the nature of the church, Benedict XVI is obviously a man of God and his central message of uncompromising fidelity to Christ as the path to enduring happiness, is something that I believe Christians of every denomination and flavour of belief within those denominations share from the lowest possible Calvinist chapel to St. Peter's in Rome - via Ethiopian Copts and southern Baptists, and of course that wonderful and at times weird range of Christianities that we have come to call and love, the Church of England.

It was really quite remarkable I thought to see Gordon Brown, Tony Blair, John Major and Margaret Thatcher all sitting amicably next to each other, let alone in the same room, listening to the Pope talk about forgiveness and reconciliation.

It is fidelity to Jesus Christ that has carried the church from age to age and will continue to do so. It is Jesus Christ who gathers the church together and transforms selfish individualism into selfless service of the community. It was Jesus Christ who gathered a small group of fishermen together and revealed to them and to those who would follow the kingdom of God. And just as Jesus gathered them together all

those years ago, it was the same Jesus who gathered that small community together to worship in this place when life was pictured in black and white and build this church of St. Anne's, as it says on the foundation stone, to the greater glory of God. And it is also this same Jesus who has drawn us here tonight to give thanks for the years of this parish and for the lives of all who have worshipped here and been a part of this community.

What is it that sustains the church? Is it that we all share the same beliefs and outlook, not really – it comes into it especially some core beliefs but that would not be enough to keep us going Sunday after Sunday over the passing years.

I believe that it is Jesus Christ who draws us in – not as some kind of lofty ideal, but in the bonds of love and friendship that worshipping and working together inspire. After all Jesus did not say... 'By this will all people know you are my disciples, because you all share exactly the same beliefs and ways of interpreting them and looking at the world.' But he did say... 'By this will all people know you are my disciples because you have love one for the other.' That does not mean we do not have occasional disagreements but it does mean that we know how to resolve them.

Jesus Christ is present and building his kingdom in the affection we have for each other, in our friendships, in the times when we say sorry and in the times when we forgive.

And tonight we have the opportunity to give thanks to God for the pilgrimage this community has made through the years – and how wonderful it is to be able to welcome so many of you who shared part of your own life's pilgrimage here in this place, in this community.

In Christ there are no strangers, just

friends waiting to happen. It is such witness to this local community of fidelity to Christ made real and concrete in friendship and service that has sustained us to date and will continue to sustain us in the years to come.

And so to each one of you, thank you for being here tonight, to those who for reason of infirmity have been unable to make it – we remember you in our prayers. To those whose earthly pilgrimage has come to an end you are remembered and honoured with affection by this community that is forever in your debt for your gift of love, friendship and service.

Many people these days think Christianity is on the decline and is heading towards its death throes. I believe that analysis to be profoundly mistaken. The media inevitably points to our all too public disagreements what the media cannot point to because it cannot be seen or reduced to a sound-bite, is the all too real affection, friendship and love that binds each local Christian community together.

And it is this love and friendship which is the real nature of the Church. What makes for a Christian community is not the gathering of the like minded but the gathering of friends who take with utmost seriousness the one command Jesus gave us – ‘love each other as he has loved us’.

May our church of St. Anne continue to bear witness to this love, the love of Christ, in the years to come as she has in the years that have passed. God bless you all.

Jude

This poem I wrote when on the last evening of our trip to Oberammergau in July this year we were asked to entertain.

A Romantic Journey to the Alps With SAGA

From many parts of Britain, to London town we came,
Then to Brussels on the train we went.
There it rained but undeterred we toured and ate,
Till TV should ‘The Game’ on Sunday night.

On Monday, in the rain, we went, to
Strasbourg via Luxembourg.
In the cellar we ate but drank on board a boat.
We toured the town but went away
To board a train and sample wine.

Then in the evening lovely meal, river
cruise and son et lumiere.
It is hot but on to Gaschurn we must go
Via Liechtenstein, to view, by train, the
principality.

In Gaschurn in the pool we dive
but up the mountain we must go.
On trains in Switzerland we travel,
once again it is so hot.

We’re on the move again, this time to Italy,
Via Merano, oh so hot.
A thunderstorm we have, we’re in the gods,
it’s louder still!
No fridge, no safe but food and wine are
good.

A trip to Venice, on the train,
On the water, in a gondola.
In the Doge’s Palace we’re in awe,
Across the Bridge of Sighs we go.

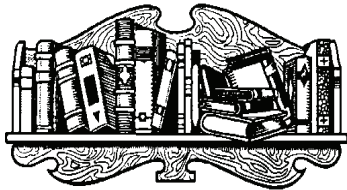
We’re on our way to stay at Linderhof.

To view the Passion Play with awe.
Our breath is taken far away,
A sacrifice so freely given.

Reflection time, but on we move to
Heidelberg
For Roy and I a time to visit pastures old,
but new.
It rains, but do we mind!
To Brussels we must travel, not on our
homeward way.

We're off to Barcelona, via Paris, on the
train.
To see, with other friends, the athletes
perform.
Thank you Clara and Mauro, for many
miles and spiels,
And trust that all of us have memories to
savour for a while.

Beryl Stratton



From John Wood's Library

*A man may be a fool and
not know it, but not if he
is married!*
Unknown

*'In you O Lord do I put
my trust. Do I?'*
Helen Julian CSF

*It is not modern thought
but modern
thoughtlessness that is the
real enemy of religion.*
Unknown

Dear Readers

I hope you have
enjoyed reading this
month's issue.



I have decided to
carry on as Editor of
the Hatch Herald
until someone has been found to take over.
John Wood has offered to help me and will
take on the admin duties such as collecting
and banking your payments, sending out
reminders, posting magazines, etc. John's
contact details are:

17 Balliol Avenue
Chingford
London
E4 6LX
020 8926 7293

If you currently have a payment
outstanding, please give to John at church
on Sunday or post to him at the above
address. All cheques should be made
payable to St Anne's.

Unfortunately I was unable to go the
Memory Lane service as we had planned to
meet up with friends we hadn't seen for a
long time. I was therefore pleased that Jude
provided the text of his service and for
Penny's thoughts. I have also included on
the following page the Welcome and
Opening Prayer, the first reading and the
Gospel for those of you who were unable to
go along.

Please try to get your articles to me as early
as possible – preferably by the 16th October
and if you are unable to do so by this date,
just send me a quick email or call to let me
know when you are likely to get something
to me.

With best wishes,
Jacqui

Welcome and Opening Prayer

O God of love, we pray you give us love: love in our thinking, love in our speaking, love in our doing and love in the hidden places of our hearts; love of neighbours, near and far; love of our friends, old and new; love of those with whom we find it hard to bear, and love of those who find it hard to bear with us; love of those with whom we work, and love of those with whom we take our ease; love in joy, love in sorrow, love in life, and love in death so that at length we may be worthy to dwell with you, who are eternal love. We make our prayer in the power of the Holy Spirit, through your Son, Our Lord Jesus Christ. Amen

1st Reading

Ecclesiasticus (Sirach) 6:14

A loyal friend is like a safe shelter; find one, and you have found a treasure. Nothing else is valuable; there is no way of putting a price on it. A loyal friend is like a medicine that keeps you in good health. Only those who fear the Lord can find such a friend. A person who fears the Lord can make real friendships, because he will treat his friends as he does himself.

The Gospel according to John:

I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit—fruit that will last. Then the Father will give you whatever you ask in my name. This is my command: Love each other.

A PRAYER FOR LOVE

**Teach me to love, Lord, as You
love,
Make it unconditional, honest,
and kind,
To ask nothing back in return,
Lord,
To encompass the whole of
mankind.**

**May I offer my love without
speaking,
May it radiate as it shines forth
from me,
May it be seen in my face and
my eyes, Lord,
May it be simple, sincere, and
shame free.**

**Show me how to forgive, Lord,
as You do,
To not burden another with
guilt,
To not play the role of the
martyr,
To be a rock on which trust may
be built.**

**Make my love for others be
greater by far
Than any love that is offered to
me,
Led by the Spirit, Inspired of
God,
As forgiving as Jesus...and
free.**

by Virginia (Ginny) Ellis



ST ANNE'S CHRISTMAS BAZAAR

THURSDAY 18TH NOVEMBER

&

SATURDAY 20TH NOVEMBER

Please support our annual Christmas Bazaar

We need books, DVDs, toiletries, handmade goods, homemade jams & pickles, cakes, etc, etc and of course stall holders & helpers.

We will also need help on Tuesday 16th November from 11.30am to set up the stalls.

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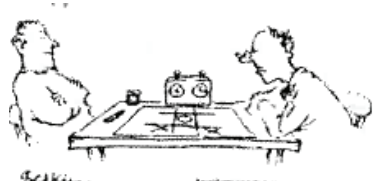
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REGULAR EVENTS

ST ANNES CHURCH CENTRE – REGULAR USERS

Hall Bookings: 07963 248384

	TITLE	HALL / CLUBROOM	TIMES
Monday	Pre-school	C	0915 – 1330
	Line Dancing	H	1000 – 1200
	Women's F'ship	H	1345 – 1445
	Short Tennis	H	1700 – 1900
	Yoga	H	1930 – 2030
Tuesday	Pre-school	C	0915 – 1330
	Weight Watchers	H	0930 – 1100
	Brownies	H	1745 – 1915
	Weight Watchers	C	1900 – 2000
	Bridge Club	H	1930 – 2230
Wednesday	Tai Chi Beginner	H	0900 – 1030
	Pre-school	C	0915 – 1330
	Tai Chi Exp	H	1030 – 1200
	Karate	H	1600 – 1700
	Weight Watchers	C	1715 – 2015
	Beavers	H	1730 – 1830
	Cubs	H	1840 – 2010
	Scouts	H	2015 – 2130
Thursday	Pre-school	C	0915 – 1330
	Badminton	H	1415 – 1545
	AA	C	1600 – 1800
	Brownies	H	1815 – 1945
	Rainbows	C	1830 – 1930
	Guides	H	1930 – 2100
Friday	Pre-school	C	0915 - 1215
	Coffee	H	1030 – 1100
	Toddlers	H	1300 – 1430
	Karate Class	H	1830 – 1930
	Women's Even F	C	1930 – 2130 (Fortnightly)
	Badminton	H	2030 – 2230
Saturday	Mini Market	H	1000 – 1200
Sunday	Scramblers	C	1000 – 1100
	Coffee	H	1115 – 1200
	Simple Lunch	H	1230 – 1400 (4 th in the month)

The contact details for the groups listed above can be found overleaf.

WHO'S WHO AT ST ANNE'S

Our Clergy:

Vicar: Revd Jude Bullock 020 8529 4740
(Day off—Tuesday)

Licensed Reader:

Jenny Howland 020 8504 2348

Our Church Officers:

Churchwarden:

Anthony Sullivan 020 8529 4217

Lindsey Archer 020 8524 8221

Secretary to the Parochial Church Council:

Veronica Brand 020 8524 8221

Treasurer:

Andy Crawford 020 8527 6512

Organisations meeting in the Centre:

Alcoholics Anonymous - Lisa Leveridge - 8524 4945
Beavers - Barbara Rouse-Booth -07061 316389
Bridges Club - C G Mayhew - 8527 4317
Cubs - Ian Woodward - 8529 8964
Friday Badminton - Susan Turner - 8524 4679
Karate (Friday) - Eric Krappinger - 8531 9109
Karate (Wednesday) - John Sawyer - 07940 530978
Line Dancing - Maria Gill- 8262 7287
Pre-School PG - Nicola Thurbon - 07941 517751
Scouts - Alice Robinson - 8524 3393
2nd Brownies (Thurs) - Caroline Rouse - 8529 3688
2nd Guides - Debbie Watson - 8527 5016
2nd Rainbows - Pat O'Sullivan - 8531 4586
Taoist Tai Chi Soc - Eleonora Spencer - 8504 9808
Tai Chi Beginners - Hazel Boraster - 8504 0899
Thursday Badminton - June Tucker- 8501 3028
Toddler Group - Beryl Stratton - 8524 2655
12th Brownies (Tues) - Sarah Harrington - 8529 2668
Weight Watchers (Tues morn) - Elaine Marsh - 07818 655349
Weight Watchers (Tues even) - Terri Reding - 07941 159634
Weight Watchers (Wed) - Dawn Sant - 8527 3971
Whitehall Tennis Club - Gerry A Abbott - 8529 3864
Women's Evening Fellowship- Jean Mayhew- 8527 4317
Women's Fellowship - Beryl Stratton- 8524 2655
Yoga - Sharon Simon - 07846 931560

Useful local numbers:

Age Concern - 558 5512
Chingford Police - 8529 8666
Citizens' Advice Bureau - 8520 0939
Clarence - 0800 232323
Credit Union - 8520 8740
Healing Centre - 8504 2348
Help-on-Call - 8524 4777
Library, North Chingford - 8496 1070
Library, South Chingford - 8496 1079
Longshaw Primary School - 8529 5693
Samaritans - 8520 9191 (24 hour emotional support line)
Waltham Forest Direct - 8496 3000
Waltham Cross Hospital - 8539 5522

The Hatch Herald

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