



Local youngsters enjoying our Family Sports Day in September.

Have you noticed our new noticeboard?

You may have seen a new noticeboard outside Mario's barber shop. Funded by the Council as part of the High Road improvement scheme, it's a place for people in the FARA area to share news of local

events, public meetings, exhibitions, etc. If you've got a community event you'd like to promote, put your A4 poster through the door of 1 Davies Lane.

Carol Singing – save this date

On Wednesday 21 December at 6.30pm we'll be singing festive carols and collecting for charity in the High Road near the new noticeboard. Do come and join us – and bring your family/friends. Mince pies and mulled wine will be provided afterwards!



Since the last newsletter, FARA has done the following...

- Held two family events over the summer – the Scavenger Hunt/picnic in August and the Family Sports Day in September.
- Got our new community noticeboard.
- Continued liaison with CBHA (regarding the former Lincolns), Single Homeless Project (regarding Edward House), and the Council planning department (regarding the Chillout Lounge).
- Police liaison / supporting FARA members to report local issues, and acting as a go-between when people do not feel able to contact police directly.

Door security reminder!

A local house was recently broken into by a thief who reached in through the letterbox and used a stick to lift the Yale lock. Luckily the thief was scared off when disturbed by the residents.

This incident highlights the need to keep our front doors secure. Police advice is:

- Double lock your front door and flick the switch on the Yale lock to stop it opening
- If you have a uPVC door, don't rely on pushing up the handle alone – make sure you lock the door with the key as well.
- Keep keys out of sight of the door/window so they can't be hooked through the letterbox... but make sure everyone knows where they are in case of a fire or other emergency.

Crime and Neighbourhood Watch

From 19 July to 25 October 2011 the following crimes were recorded in our area:

- Theft of van (Ferndale Road) and car (Cotton Close)
- Criminal damage to motor vehicle (Ferndale Road and Montague Road – several instances)
- Grievous bodily harm (Malvern Road)
- Burglary (Ferndale & Malvern Roads) and attempted burglary (Montague Road)

There were no reported crimes in Davies Lane.

Police priorities, set by residents at quarterly Ward Panel meetings, are currently as follows:

LEYTONSTONE (Davies Lane even numbers):

**Alcohol-related anti-social behaviour * Burglary *
Anti-social behaviour by motorists**

CANN HALL (covers the rest of FARA area):

**Anti-social behaviour by groups of youths * Burglary *
Motor vehicle crime**

If you see a crime in progress, or in an emergency, you should call 999. Otherwise contact your local Safer Neighbourhood team or the non-emergency number 101:

Cann Hall: 020 8721 2036

Leytonstone: 020 8721 2874

WOW: a review

Mike Bristow tries the new West Indian takeaway

I sampled WOW! at around 8.30pm on a weekday evening. By this time there were just 3 dishes left; curry goat, jerk chicken and oxtail. Everything else had sold out over the course of the day. I bought curry goat with rice and peas for £6.50 and received a portion which filled one foam takeaway container. This seemed slightly expensive particularly as they only charge £4.50 at lunchtime. The food had obviously been made fresh on the premises but was then microwaved for me when I ordered. It was perfectly acceptable - nothing special, but perhaps the other dishes are more exciting as they've had rave reviews from local workers. It wasn't my usual cup of tea but if you like West Indian Food it's worth a try.

I would be willing to try WOW! again, but at lunchtime when the prices are lower and there'd be more choice. However it's good to see a new business in Leytonstone and I wish them luck.

Please help update our members' discount scheme

We're looking for volunteers to help liaise with local businesses for the FARA discount scheme. This involves contacting those already on the list and also contacting new businesses to see if they'd like to be involved. You'll be part of a small team and get loads of support. To volunteer or get more info, drop a note to Flash at 1 Davies Lane or email flash@fara-leytonstone.org.uk.

What's On

NOVEMBER

Drawing Crowds 3-20 November at the Stone Space Gallery (by Leytonstone Library). Group show featuring 25 artists. Gallery opening times Thur, Fri 2-6pm, Sat 12-5pm, Sun 12-4pm. Free entry.

Terry Pratchett's Carpe Jugulum, 4-5 and 11-12 November, Welsh Church Hall. The Woodhouse Players present an adaptation of Terry Pratchett's comic novel. More details at www.woodhouseplayers.co.uk

FARA Committee Meeting 7.30 to 9pm on Tuesday 22 November at Leytonstone Social Club. FARA members are welcome to attend but please inform us in advance. info@fara-leytonstone.org.uk

Self Seeing 24 November – 11 December at the Stone Space, see above for opening times. An exhibition by Cos Ahmet.

Autumn Bazaar Sat 28 November 11am-2pm at St Andrews Church, Colworth Road, E11. Food, entertainment, gift stalls, in aid of the "Help a Whipps Cross Child" appeal.

DECEMBER

Arts and Crafts Christmas Market on Saturday 3 December from 10.30am – 5pm. Over 60 stalls in the Methodist Church Hall (corner of Lister Road) and St John's Church Hall (opposite Matalan).

Leytonstone Film Club: 'Biutiful' Wednesday 7 December at 7.45pm, Leytonstone Library. Oscar-nominated Spanish film starring Javier Bardem. £5 (£4 with current FARA membership card).

FARA Carol Singing on Wednesday 21 December at 6.30pm – see front for details.

Money Off For FARA Members!



Shop locally to get some great savings and support businesses in our area. We have negotiated discounts with the following local businesses:

- **Artistry Loyal**, 9 Church Lane.....5% off wash/cut/blowdry
- **Ayesha's**, Hair & Beauty Salon, 767 High Road 15% off laser treatment; eyebrow & lip treatment £4.50; full facial £30
- **Babysitting by qualified career nanny**, CRB, 1st aid, great referees, contact Nicola – nextoutrage@yahoo.co.uk, 07944 897483£8 / hour
- **Barbara Lond**, Professional coaching psychologist who will help you understand yourself - email occpysch2002@aol.com 10% off
- **Being Sound**, 698 High Road 10% off
- **Computer Guru**, PC specialist with over 18 years experience. Contact Roger - 020 8530 5656 roger@gann.com..... 10% off first hour
- **DC Interiors**, Flooring, 725 High Road 10% off
- **GNR Motors**, Rear of 1 Lister Road 15% off
- **Golden Orient**, 639 High Road 10% off food (eat in) Mon-Thurs
- **K Rayner Butchers**, 32 Church Lane 10% off over £20
- **Kingz Kutz**, 542 High Road..... 10% off
- **Krypto Security**, 560 High Rd 10% off in the shop and 10% off call out charge for locksmithing
- **Leytonstone Pop-up Cinema**..... £1 off normal prices
- **Luna Lounge**, 7 Church Lane 10% off food over £10
- **Meze Patisserie**, 3 Church Lane 10% off over £10
- **Mudra**, 715 High Road 10% off over £10 Sunday-Wednesday
- **OG Group**, 163 Wood Street 10% off t-shirt printing 50% off fashion training courses
- **Petch Sayam Thai Restaurant**, 682 High Road 10% off
- **Primrose Florist**, 741 High Road 10% off
- **San Marino Coffee**, 668 High Road 10% off over £10
- **Seebo's Restaurant**, 761-763 High Road 10% off
- **Simon Owen**, 07973 523237, simonyoga@btinternet.com 10% off yoga when booking a term; £5 off Alexander Technique for 5 sessions
- **Sunrise Dry Cleaners**, 781 High Road 10% off all services
- **T & S Halal Meat**, 765 High Road5% off meat and poultry over £25
- **The Eatery**, 7 Church Lane 10% off food over £10
- **Touareg Grill**, 550 High Road 10% off over £10
- **UK Appliances**, 757 High Road 10% off
- **Woodhouse Players** Free programme & drink at any performance
- **Zain Cards & Gifts**, 48 Church Lane 10% off

You **must** show your membership card in order to get the discount. **Check our website for full details and latest offers: www.fara-leytonstone.org.uk/discounts**

We welcome feedback on the discount scheme, please let us know how it's working for you – contact details are on the back page.

Local news and gossip

- The owners of 534 High Road (on the corner of Ferndale Road) have succeeded in their application to build a new rear extension on the ground and first floors.
- The Council is taking enforcement action against the Chillout Lounge to make the owners take down the massive extension they built without planning permission.
- CBHA has put in an application to knock down Lincolns pub – they propose to demolish it (using "hand held tools") from 21-23 November.
- The Council is consulting on possible additions to locally listed buildings. To have your say visit <http://www.walthamforest.gov.uk/llb-consultation> by 25 November.

Join our email list - the best way to hear about the latest news & offers for members. Simply send an email to info@fara-leytonstone.org.uk with a request to sign up for FARA emails. You will hear from us about once a month, and if you want to be taken off the list at any time you simply have to tell us.

FARA Committee 2011

- **Chair:**
Flash Bristow (1 Davies Lane)
- **Minutes Secretary:**
Mike Bristow (1 Davies Lane)
- **Treasurer & Membership Secretary:**
Vicky Allen (75 Malvern Road)
- **Communications Officer:**
Liz Dawson (40 Ferndale Road)
- **Planning Officer:**
Kathy Downes (5a Ferndale Road)
- **Honorary Chair:**
Jane Sterland (12 Davies Lane)
- **Additional member:**
Josie Hunt (100 Ferndale Road)

FARA Street Co-ordinators

Street co-ordinators are committee members who should be your first port of call if there are any issues you wish to raise. Also, please let them know if anyone moves into your street - so we can send them a welcome letter!

- **Cotton Close** – Wendy Reilly – at number 5
- **Davies Lane** – Simon & Amanda Barker – at number 66
- **Ferndale Road** – Joyce Bussey – at number 1
- **Ferndale Road (additional rep)** – Brian Madican – at number 3
- **Malvern Road** – June Nicholson – at 53 Ferndale Road
- **Montague Road** – Nicholas Russell & Georgina Farrer – at number 129

What is affecting you? Is there a local issue you'd like FARA to get involved with? Let us know.

Name..... Member number
(if known):

Address.....

I would like FARA to know about.....

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I would like a reply: Yes / No

Please pop this slip through the door at 1 Davies Lane