



Left: just a fraction of the generous donations from FARA members. Right: Flash (Chair of FARA) and Liz handing over the donations to Lauren Creed, food bank coordinator, at Leytonstone Children's Centre on 18 November.

Foodbank donation drive is a massive success

Having heard about the excellent work of our local foodbank at FARA's AGM last May, we decided to organise a donation drive in the run-up to the festive season, to help local people and families in need. We sent an appeal to the FARA members email list, and were overwhelmed by the generous response of our

friends and neighbours. Altogether we were given enough food and toiletries to fill 34 supermarket carrier bags! Donations included lots of nutritious basics and also some treats for Christmas hampers. It was all greatly welcomed by the foodbank organisers.

If you would like to support the foodbank but find it hard to make donations during the week, contact Flash Bristow (1 Davies Lane / flash@fara-leytonstone.org.uk) who will be making regular deliveries and is happy to take items for others. Please email or drop a note through the letterbox in the first instance, so she can contact you to make arrangements.

Join FARA now for 2014 and...

- receive this members-only newsletter four times a year
- get discounts from local businesses (see inside for list) when you show your FARA membership card
- influence what happens in our area
- meet new people and take part in social activities
- get crime prevention advice and a neighbourhood watch window sticker
- keep up to date on community news

Joining or renewing your membership for the year costs just £2 – see back page.

See inside for:

- Review of new Sunflower cafe
- Local planning updates: Lincolns site and Davies Lane School
- What's on in our area
- Local crime update and advice

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

- Organised a food bank donation drive.
- Represented residents' interests in responses to planning applications for redevelopment of the former Lincolns pub, expansion of Davies Lane School and a disabled parking bay for CAC church.
- Helped publicise forthcoming improvements to Acacia Road Playground to ensure residents had the chance to participate in the planning process
- Organised a picnic on Wanstead Flats
- Met with staff at Edward House hostel (Davies Lane) to help include residents in the community

Former Lincolns site and Davies Lane School - update

Two planning applications affecting the FARA area were heard at council chambers on 2nd December: CBHA's proposal for a five storey housing block on the old Lincolns site, and Davies Lane School's request to build new facilities on the Pastures land.

FARA members spoke at the hearing on both issues – we urged the committee to reject such a tall housing block, and asked them to include various considerations on the Pastures site, such as retaining trees by Ferndale Road.

Unfortunately, both applications were approved unaltered.

Crime and Neighbourhood Watch

From 23 July to 19 November 2013 the following crimes were recorded in our area:

- Theft from a motor vehicle (Davies Lane & Malvern Road)
- Theft of a motorcycle (Malvern Road)
- Damage to motor vehicle (Malvern Road)
- Person in possession of cannabis (Malvern)
- Robbery (Wanstead Flats / Davies Lane)

The other FARA streets had no reported crime.

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

LEYTONSTONE (Davies Lane even numbers):

**Anti-social behaviour by begging * Licensing
*Anti-social behaviour related to alcohol**

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 you can call 101, or contact your local Safer Neighbourhood team directly:

**Cann Hall: 020 8721 2036
Leytonstone: 020 8721 2874**

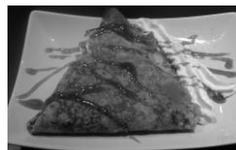
From presents to swag!

Neighbourhood Watch Co-ordinator Bill Nisbet has issued a timely reminder to keep yourself and your possessions safe at Christmas. The advice includes:

- Beware of pickpockets – keep your purse / wallet close to your body and don't carry too much cash
- Keep presents at home out of sight
- Use an automatic timer to operate lights and radio on when you're away
- Pre-book a minicab before leaving parties in town.

To read Bill's advice in full, see our website <http://fara-leytonstone.org.uk/posts>.

Sunflower Café review by Flash Bristow



Sunflower café and crêperie opened recently on Leytonstone High Road.

I have found the food to be delicious – the crêpes are freshly cooked, the perfect thickness, and filled with whatever you ask, from a range of sweet or savoury items. However, the café is still very new so you might have to explain exactly what you want – my top tip: instead of cream, ask for a scoop of ice cream!

The decor is bright and cheerful and there is a range of seating and an accessible toilet for people with mobility issues.

Staff are very keen to please, friendly and helpful, but service was a bit haphazard and I had to let them know I wanted to be served. Hopefully this is just a teething problem and they will get more organised over time. I will be back!

What's On

DECEMBER

E11 Pop Up Market in the former Waltham Forest Direct shop below the Library. Every Thursday/Friday/Saturday/Sunday in the 3 weeks leading up to Christmas. Featuring handmade products from local designers on the weekends, with more commercial products on the weekdays. Great for your Christmas shopping!

There is also free entertainment in Leytonstone Town Centre every Saturday afternoon until Christmas.

'Fitting In' by Eirini Dermitaki at **Slate window display space** until 4 January. Metal sculptures of people exploring how it feels to join a new community. Visible 24/7.

'Women' by Derek Marks at the **Stone Space** until 15 December. Paintings by a local artist and lecturer. The gallery is open every Thur-Sun afternoon.

'Arthur Christmas' family film screening at Leytonstone Library on 14 December at 11am. Free but you need to pre-book. See <http://wflibraries.eventbrite.co.uk/>

Carol Service and lighting of the Christmas tree, 4pm on 22 December at St Johns Church

JANUARY

Pantomime – '1001 Arabian Nights' by Woodhouse Players at the Welsh Church on 10-11 and 17-18 January. Booking now, so be quick to ensure you get a ticket. More info at www.woodhouseplayers.co.uk.

Talk: 'Man's best friend' Thur 16 January 7pm–8.30pm at Harrow Road Pavilion, Wanstead Flats. Animal behaviourist Charlotte Keane on what to expect from owning a dog, walking etiquette, puppies and much more. No dogs please! Free/no need to book.

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:

Please check carefully, some details have changed:

- **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
- **Barbara Lond**, Professional coaching psychologist who will help you understand yourself - email occpysch2002@aol.com 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
- **Efficient Signs**, business cards, leaflets and banners, 540 High Road10% off
- **GNR Motors**, Rear of 1 Lister Road 15% off
- **Krypto Security**, 560 High Rd 10% off in the shop and 10% off call out charge for locksmithing
- **Leytonstone Film Club**..... £1 off normal prices
- **Luna Lounge**, 7 Church Lane 10% off food over £10
- **Meze Patisserie**, 3 Church Lane 10% off over £10
- **OG Group**, 163 Wood Street10% off t-shirt printing
50% off fashion training courses
- **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
- **T & S Halal Meat**, 765 High Road5% off meat over £25
- **Touareg Grill**, 550 High Road 10% off over £10
- **UK Appliances**, 757 High Road 10% off
- **Walnut Tree**, 857-861 High Road..... 10% off food (not promotions)
- **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.

We are always looking to expand the scheme. If you know of other local businesses which are interested in offering a discount to FARA members please get in touch with flash@fara-leytonstone.org.uk

Local news and gossip

- **A new scheme, WFLETS, has been set up for people to trade skills without exchanging money.** Instead, offers are made in an alternative currency called “beams”. Services such as dog walking, music lessons, lift-shares, and cooking are on offer. More information is available at www.wflets.org
- **Leytonstone councillors have set up a Facebook group “Leytonstone Against Betting Shops”.** This was inspired by the application by William Hill to use a property in Church Lane. It is open to all.

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 2013-14

- **Chair:**
Flash Bristow (1 Davies Lane)
- **Minutes Secretary:**
Mike Bristow (1 Davies Lane)
- **Treasurer & Membership Secretary:**
Frances Bowman (17 Ferndale Road)
- **Communications Officer:**
Liz Dawson (40 Ferndale Road)
- **Planning Officer:**
Koen van Dam (Montague Road)
- **Honorary Chair:**
Jane Sterland (12 Davies Lane)

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** – June Nicholson – at no. 53
- **Malvern Road** – Kate Purcell – at no. 69
- **Montague Road** – Nicholas Russell & Georgina Farrer – at number 129

Volunteers wanted for our sub-committees

Could you help organise an event? Liaise with local businesses on our discount scheme? If you have any spare time to volunteer, please contact Flash.

FARA Membership Form - 2014

I/we want to be members of FARA in 2014, and enclose £2 annual subscription for one household (plus optional donation £_____).

Name(s).....

Address

Telephone

Email (if you're happy to be contacted by email)
.....

I would like FARA to know about

Please pop this slip and your fee into the letterbox at 1 Davies Lane. Your 2014 membership card will be delivered to you in January. Thank you for joining or renewing!