

BENEFITS OF JOINING:

- Receive this quarterly newsletter.
- Get discounts from local businesses.
- Influence what happens in our local area.
- Get to know neighbours through social events.
- Crime prevention advice through Neighbourhood Watch Scheme.

**ALL THIS FOR
£2 A YEAR!**

INSIDE THIS ISSUE:

Future events 2

Nature news 2

How to join
or renew 3

Montague
Road flats 3

Wild flower
project 3

Discounts 4

Contact us 4

Thank you for your generous donations



Ferndale Area Residents Association organised another food bank drive just before Christmas. We were overwhelmed by your generosity. The donations

filled the whole of the back of the car with the seats folded down! Flash Bristow, Joint Chair of FARA, is pictured above with the donations and staff at Leytonstone

Children's Centre. To make a donation, or to refer a family in need, please contact Leytonstone Children's Centre on 020 8496 2960, 8 Cathall Road, E11 4LF.

Be alert! Recent burglaries and attempted break-ins

February has seen a spate of burglaries and attempted break-ins in our area.

There has been a burglary in Malvern Road and another attempted through an upstairs bathroom window. There was also an attempted break-in in Ferndale Road where garden implements taken from a neighbouring property were used to try to force entry.

Residents in both Malvern and Ferndale Roads have

reported seeing an intruder in their back gardens at various times over the same period.

Obviously the police are doing their best to find the criminals but let's do what we can to protect ourselves and follow the police advice:

- Lock up any garden tools and secure ladders so they can't be used to break in.
- Make sure your home looks inhabited from both front and back when you go

out. Lights or radios on timers are good for this.

- Make sure windows are locked, including on the first floor.
- Lock front and back doors, even when you're at home, as burglars have gained entry while residents are present.
- Don't leave keys within reach of the front door as some burglars use 'fishing' techniques to hook keys through the letterbox.

Future events



FARA committee meeting

The committee meets monthly to discuss local issues and plan events. The next meeting is at 7.30pm on **Tuesday 21st April** at Davies Lane School. Any member can attend, just let us know in advance, so we know to expect you. If there is something you would like to raise, contact us. Our contact details are on the back page.

Coffee meet-ups

FARA is having regular coffee afternoons at the Wanstead Tap every Thursday from 1pm-3pm. Everyone is welcome. Please come along! The Wanstead Tap is at Arch 352, Winchelsea Road, Forest Gate E7 0AQ, close to Jubilee Ponds on Wanstead Flats. It is about a 20 minute walk or if you prefer to drive, there is free parking outside.

Walks

On Monday mornings at 10.30am a friendly little group of FARA members sets off for a walk from the end of Ferndale Road. We normally walk for about 60-90 minutes at a moderate pace. And often there's a coffee stop involved! We go most weeks, only calling it off if the weather is really bad. If you'd like to join in just turn up one Monday.

"Urban green spaces and roadside trees actively screen people, especially, children and the already ill, from the damaging health effects of particle pollution,"
Source: Lancaster Environment Centre.

Come and help our green 'spring clean'

On **Sunday 22nd March** from **11am-1pm**, FARA is taking part in Waltham Forest's 'spring clean'. Help FARA tidy up our corner of Wanstead Flats ready for summer. Litter grabbers and sacks will be provided but bring your own gloves. Let's see if we can outdo last year's haul of 14 sacks of rubbish/recycling plus an abandoned sofa!

We will be meeting at the end of Ferndale Road, nearest Wanstead Flats, or else come and find us on the Flats.



FARA volunteers from last year's 'spring clean'.



Nature club

There is a local Nature Club for children aged 7-13 and their parents. It meets monthly on a Saturday morning at the changing rooms on Wanstead Flats. For more information, contact Gill James on 020 8989 4898 or email gilljames@btinternet.com.

Please join or renew your membership of FARA

FARA Membership Form 2015

I / We want to be members of FARA for 2015 and enclose £2 annual subscription for one household.

Name(s) _____

Address _____

Telephone _____

Email _____

I would like FARA to know about _____

Please post this slip and £2 through the letterbox of 1 Davies Lane or 40 Ferndale Road. Thanks!



Do you use
Facebook?
Like our page
[www.facebook.com
/FARaleytonstone](http://www.facebook.com/FARaleytonstone)



Fred Wigg and John Walsh Towers

You may already be aware of the Council's plan to regenerate the tower blocks in Montague Road. This will be a major building project currently scheduled to last from 2016 to 2021.

FARA wrote to the Council last November with our concerns about how FARA residents will be affected. We went to a meeting on 19th February with

Cllr Limbajee (lead member for Housing at Waltham Forest), the Head of Strategic Housing & Investment, and Cllrs Edwards and Littlejohn from Cann Hall Ward.

It was interesting to find out more about the somewhat controversial plans for the tower blocks. We are keen to see that FARA residents' safety and amenity is taken into account - for example we don't want construction traffic

thundering down our narrow streets that are already congested. We have arranged for planning officers to come to our AGM in May to discuss the plans with FARA members - look out for details in our next newsletter (make sure you join FARA to get it if you haven't already!) or see our website or Facebook page.

Grow wild: planting scheme

Got unwanted bulky household items? Mattresses cluttering your front garden?

Don't forget you can have them collected **free** of charge by Waltham Forest Council. Ring 020 8496 3000.

Grow Wild is a lottery funded initiative, based at the Royal Botanic Gardens, Kew. It aims to inspire local communities to come together to transform their environment by sowing and growing native wild flowers.

FARA has been accepted to participate in the wildflower growing scheme and get free seeds for residents. The plan is to create 'bee friendly streets' by growing a variety of wild flowers in beds or containers. We'll let residents know when the seed kits arrive around the end of March. More information at www.growwilduk.com



Discount scheme

Money off for FARA members

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

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 below.

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

- ♦ **Artistry Loyal.** 9 Church Lane.....5% off wash/cut/blowdry.
- ♦ **Ayesha's.** Hair & Beauty Salon, 767 High Road. Discounts on laser treatment; eyebrow & lip treatment and full facials.
- ♦ **Barbara Lond.** Professional coaching psychologist who will help you understand yourself - email occpych2002@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.** 540 High Road 10% off business cards, leaflets and banners.
- ♦ **GNR Motors.** Rear of 1 Lister Road 15% off.
- ♦ **Krypto Security.** 560 High Road 10% off in the shop and 10% off call out charge for locksmithing.
- ♦ **Leytonstone Film Club**..... £1 off normal prices.
- ♦ **Meze Patisserie.** 3 Church Lane 10% off over £10.
- ♦ **Petch Sayam Thai Restaurant.** 682 High Road 10% off food.
- ♦ **Primrose Florist.** 741 High Road 10% off.
- ♦ **San Marino Coffee.** 668 High Road 10% off over £10.
- ♦ **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 Road 5% off meat over £25.
- ♦ **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.

Contact us

♦ By email

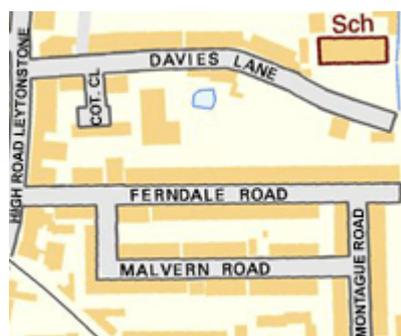
info@fara-leytonstone.org.uk

♦ By phone

Call either of our Co-Chairs: Flash Bristow 07939 579090 (afternoons only, please); Liz Dawson 020 8539 8983.

♦ By letter

Drop a note through the door of 1 Davies Lane or 40 Ferndale Road.



Committee

Co-Chairs

Flash Bristow (1 Davies Lane)
Liz Dawson (40 Ferndale Road)

Treasurer and Membership Secretary

Frances Bowman (17 Ferndale Road)

Minutes Secretary

Mike Bristow (1 Davies Lane)

Communications Officer

Kate Purcell (69 Malvern Road)

Planning Officer

Koen van Dam (Montague Road)

Honorary Chair

Jane Sterland (12 Davies Lane)

Street Reps

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 they can receive a welcome letter!

- ♦ Cotton Close – Wendy Reilly at number 5.
- ♦ Davies Lane – Simon & Amanda Barker at number 66.
- ♦ Ferndale Road – June Nicholson at number 53.
- ♦ Malvern Road – Christine Sandford at 44 Ferndale Road.
- ♦ Montague Road – Georgina Farrer at number 129.

More volunteers are always welcome!
Get in touch with us.