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WALTHAM FOREST ECHO

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Nov 2019, No. 56

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'Full steam ahead' for Whipps Cross

Jubilation as Leytonstone hospital gets government funding, despite questions remaining over beds

A vision for how a new Whipps Cross site could look, including a new high street and housing



by James Cracknell

Hospital bosses still don't know how much money the government will give them to rebuild Whipps Cross – but say they are “talking about when it gets built and not if”.

Boris Johnson, the prime minister at time of going to press, named the Leytonstone hospital as one of six to share £2.7billion. While the announcement was welcomed by Barts Health NHS Trust, which runs Whipps Cross, bosses admit

they don't know exactly how much money it will get.

Three options are now being tabled, all of which include taller hospital buildings to allow other parts of the sprawling 18-hectare site to be sold for housing.

Last month redevelopment director Alastair Finney told a public meeting at Leytonstone School: “It is fantastic news. Since the announcement the secretary of state has written to the trust to congratulate us and to clarify that what we are talking about is a brand new hospital.

“At the moment that money is

not decided – we have a share of £2.7bn. Divided by six, that is £450million, which will not build a new hospital of itself. The campaign for Whipps Cross needs to continue and we have to make our case.”

However, because of the public pledge to back the rebuild, it is now expected that the government will prioritise Whipps Cross with a “streamlined approval process”. Alastair added: “We are so determined and excited about delivering a new Whipps Cross – we can now talk about when we build it and not if.”

All three options under consideration include new accident and emergency (A&E) and maternity departments, meaning Whipps Cross will continue to be an acute hospital serving a large part of East London. In future it will also begin specialising in care for fragile and elderly patients.

Although there is still no confirmation of how many beds the new hospital will have, a consultation document says demand for beds in ten years' time “will remain broadly similar to today” thanks to greater emphasis on community care and better collaboration between different health professionals, as well as more day surgeries and electronic appointments.

Whipps Cross pre-dates the NHS itself and is deemed too inefficient, with outstanding maintenance bills of £88m. But despite occupying just one-fifth of the present site, the new buildings will “have a similar overall floor area” by rising between six and twelve storeys high.

The three redevelopment options now proposed differ in whether to build in multiple phases, where to position the new hospital, and how tall it will be. Hundreds of homes are likely to also be built, potentially providing 'key worker' accommodation for NHS staff as well as contributing to Waltham Forest Council's housing target for the area of 1,800 homes. All three proposals also feature a new high street with shops and community facilities.

Chief executive Alan Gurney told last month's meeting: “People

have been campaigning for this for three decades. Nobody has argued against the case for change – we are going full steam ahead.”

Not all of the 200 people in attendance were happy, however, with one audience member saying the plan put forward looked like “a shopping centre with a hospital attached” while another said it would “help put money in developers' pockets” and asked: “How can you have an ageing population with fewer hospital beds?”

Medical director Heather Noble responded: “If we use the same models of care as we do now and the population grows, we will need a much bigger hospital.

“If you had appendicitis you used to be in hospital for a week – now you are out in 24 hours. The trend is to treat people out of hospitals because diagnostics are better and people don't want to spend time in hospital. The way we work with social services and primary care is changing.”

Mary Burnett, from Waltham Forest Save Our NHS, said: “We welcome the statement that our new hospital must be built according to need, not the money available. But there is no evidence to show we don't need more beds and our population is growing massively – especially older people.”

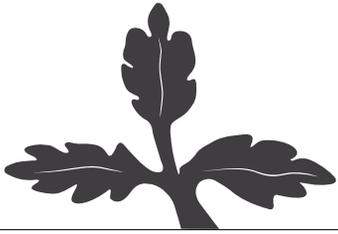
Feedback on the Whipps Cross redevelopment is now being sought:

Call 020 7377 7000

Email futurewhipps.bartshealth@nhs.net
Visit bartshealth.nhs.uk/future-whipps

Have your say! Take part in our readers' survey: Visit walthamforestecho.co.uk/survey

COMMENT



FELLOWSHIP IS LIFE

NOVEMBER 2019 – No. 56

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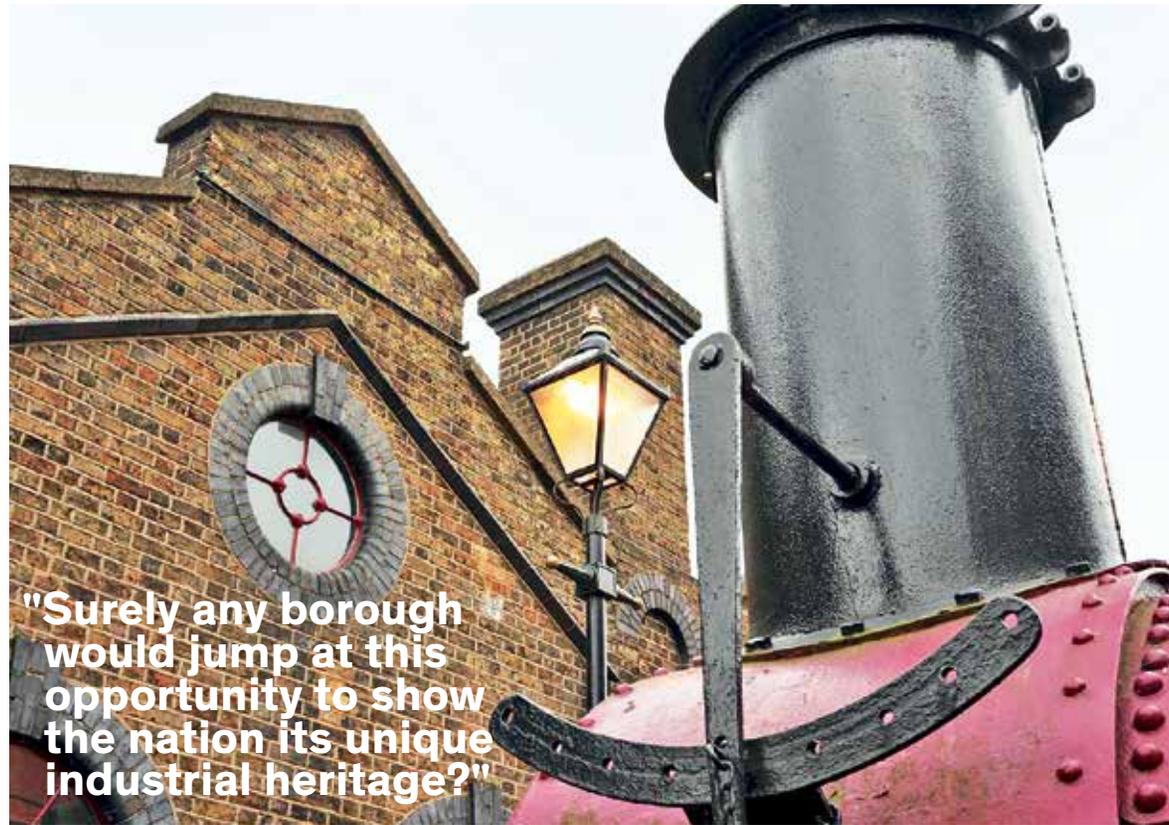
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We must celebrate heritage

Lindsay Collier, chair of Lee Valley Heritage Alliance, on the campaign to create a new regional industrial museum



"Surely any borough would jump at this opportunity to show the nation its unique industrial heritage?"

The Grade 2-listed Low Hall Pumping Station is home to Walthamstow Pumphouse Museum. Credit Mike Seaborne

We are less than two months away from the end of Waltham Forest's year as 'London Borough of Culture' – but what has been done to celebrate our industrial heritage? Waltham Forest is the home of British transport, with a claim

to fame for major firsts in aviation, road and rail – the first all-British aviation flight took place at Walthamstow Marshes; the first standardised bus in the world was produced at Blackhorse Lane; and the record for fastest construction of a locomotive was made at Stratford Depot, bordering Leyton.

Surely any borough would jump at this opportunity to show the rest of the nation its unique industrial heritage? Yet nothing of real merit has transpired – despite offers from Lee Valley Heritage Alliance to discuss it with Waltham Forest Council.

Walthamstow Pumphouse Museum has provided the means

for several years to make such events happen. Next April will mark 150 years of the railways coming to the borough and the museum will be celebrating this historic achievement with, I hope, the support of the council. As well as being chairman of LVHA I am also chair of the museum, so I admit I do have a vested interest. Having said that, I am aware of the support for it being developed into a larger regional museum celebrating the Lea Valley's many unique achievements.

I am sure that the residents of Waltham Forest would welcome this fantastic opportunity to have a unique regional industrial heritage museum to complement the nearby Walthamstow Wetlands and William Morris Gallery – both big visitor attractions run by the council.

This issue has also now caught the attention of government, to the extent that a presentation to all MPs in the Lea Valley region, plus interested stakeholders, is due to take place at the House of Commons.

If you support our proposals, I ask you to please write to the council and your local MP asking for their support in making Walthamstow Pumphouse Museum into the regional industrial heritage museum it deserves to become.

New plans same problems

An introduction from editor James Cracknell

Hello and welcome to Issue 56 of *Waltham Forest Echo*.

Last month I went to two consultation events for local redevelopments; Whipps Cross Hospital in Leytonstone and The Mall in Walthamstow, covered on Page 1 and Page 3.

It's fantastic news that Whipps Cross has been promised money to fund its rebuild. As anyone who has been treated there will know, the hospital is inefficient, confusingly laid out, and in a state of disrepair. It cannot be rebuilt fast enough. Yet, the way the government announced its funding was

bizarre. The prime minister visited the hospital in September but chose not to make his announcement then – which is just as well since the local press were not invited. Instead the news came a few weeks later via the prime minister's in-house journal, *The Daily Telegraph*. But Barts Health NHS Trust, which runs Whipps Cross, has to submit its new business case for the rebuild and is still unable to say how much the project will cost. So will the government's money even cover it? No-one knows.

The new consultation for The Mall follows the planning approval granted in December 2017 – after significant local protest – for a 29-storey redevelopment of 500 homes, expanding the shopping

centre by building on part of the adjacent Walthamstow Town Square. After two years of not-very-much happening, The Mall's owners Capital & Regional (C&R) have come back with "new" plans they say improve the scheme, following feedback from local people. Yet, when it comes to the most contentious element of it, nothing has changed at all. So what is the point, exactly?

I had a heated discussion with one C&R representative at the consultation event, asking why the town square plans had not been amended. I was told that the 'climate emergency' declared by Waltham Forest Council in April did not warrant a rethink on chopping down 81 mature trees. This is

a spectacular own goal by the company and will do nothing except infuriate local people further.

Elsewhere in the paper this month, on Page 4 Time to Change champion Persia Tofangसान explains how the mental health programme can transform people's lives and on Page 7 accountant Marvin Onu talks about his mission to help prevent youth crime.



NEWS

Features

How a local mental health programme is transforming people's lives

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Flammable cladding still not replaced

by James Cracknell

A housing block in Walthamstow still has flammable cladding – two years after it was first reported.

The cladding at Gallery Court in Fulbourne Road was deemed to pose a fire risk in 2017. While it is not the same type as that blamed for spreading the deadly blaze at Grenfell Tower the same year, it was deemed dangerous enough to warrant replacement – with security hired as a safety precaution in the meantime.

However, residents recently

received a letter explaining the removal of cladding “presents a number of challenges” and that plans to replace it were still being worked up. Charles Darkins, who lives in one of the flats owned by Sanctuary Housing, said: “Every year they increase rent and service charges and the service every year just gets worse – and the building still has flammable cladding.”

Kimberley De Vergori, Sanctuary's head of housing, has vowed to replace the cladding. She said: “We have been working closely with specialist consultants, fire safety experts and the National

House Building Council to ensure the design and technical specification of the new cladding system is of the highest possible standard.

“Residents will not be charged for any of this work. We have also reassured them the block remains compliant with current building regulations and that the aluminium composite cladding used at Gallery Court is different to the type on the Grenfell Tower.

“Our aim is to cause as little disruption as possible and until all the work is completed we will continue to pay for a waking watch at the block as an additional fire safety measure.”

As well as flammable cladding, residents have complained about a number of other issues, including persistently faulty lifts. A number of tenants have also unwittingly accrued rent arrears following an admin error.

Kimberley added: “One of the two lifts was out of order while our external contractors waited for a specialist part to arrive. The second lift has continued to work normally apart from an emergency repair carried out within a few hours. We can confirm both lifts are now working and we are sorry for any inconvenience caused.”

Referendum

by Judith Burnett

A neighbourhood plan will be put to residents of Highams Park to approve in a referendum.

Years in the making and the first of its kind in Waltham Forest, the Highams Park Neighbourhood Plan will be put to a vote on Thursday 5th March 2020.

It has been created by members of the Highams Park Planning Group (HPPG) and aims to ensure that Highams Park “continues to be an area of beautiful green spaces, characterful high-quality homes with a thriving commercial centre and vibrant community”.

Gordon Turpin, chair of HPPG, welcomed the referendum. He said: “It’s fantastic news. We have been working with local people since November 2013 to make sure it represents how people would like to see Highams Park develop.”

If approved, the plan would become official borough policy. Simon Miller, Waltham Forest Council's cabinet member for housing development, said: “We believe involving residents in shaping the future of their area is the best way we can build strong, resilient communities.”

The neighbourhood plan can be read at highamsparkplan.org

The Mall opens new consultation

New tube station entrance for Walthamstow Central proposed, reports James Cracknell

Changes to redevelopment plans for The Mall in Walthamstow will include an expanded tube station.

Transport for London (TfL) wants to build a walkway under Selborne Road, leading to a step-free entrance alongside a new and expanded shopping centre. If Walthamstow Central is not expanded it will become dangerously overcrowded by 2031, TfL says, but a second entrance with new escalators and lifts would help quell congestion.

The tube station plans were unveiled alongside changes to the previously-approved redevelopment of The Mall. C&R wants to modify the planning permission granted in December 2017, which included four residential tower blocks providing 502 homes, more shops and a revamped Walthamstow Town Square.

Changes include making most new homes available directly for rent. The amount of ‘affordable’ housing remains at 20%, but will no longer be for shared ownership and half would be at social rent levels. C&R has also agreed to fund construction of a further 50 ‘affordable’ homes elsewhere in Waltham Forest.

The controversial revamp of Walthamstow Town Square, which includes reducing public space by one third and chopping down 81 mature trees, sparked protest from local residents.

However, these plans remain unchanged. Asked why, a C&R spokesperson told the *Echo*: “Because of the different levels between the bus station and The Mall, you have to flatten it. You can’t do that without removing some trees.”

Although 94 new trees will be planted in the town square, climate campaigners argue mature trees can absorb 100 times more CO₂ compared to young trees. Waltham Forest Council owns the town square and although it declared a ‘climate emergency’ last year, councillors have refused to reconsider chopping the trees down.

‘Save Our Square’ campaigners claim a crucial opportunity to modify the plans has been missed. Alison Hill told the *Echo*: “There is no reason to cut the trees down, it is just landscaping. They have done a redesign without even looking at the town square. C&R will make a huge fortune from building luxury flats and all we’ll get in return is a new tube entrance.”

Another criticism of the original plans was the height of the four towers. The “massing” of the blocks has been altered to make the development “more active and vibrant” and although the tallest tower will now be 31 storeys rather than 29, C&R insist the overall height remains unaltered.

C&R chief executive Lawrence Hutchings said: “This £200 million investment will transform Walthamstow town centre, pro-



New plans for The Mall include a second tube entrance



How the redevelopment will look from Selborne Road

viding an improved retail and leisure offer, creating hundreds of new jobs, and delivering much-needed new homes for Walthamstow. Since the previous consent was granted, C&R has been working to incorporate feedback from the community and improve plans for The Mall, in particular to integrate a second entrance to Walthamstow Central.

“These improvements will also

mean the development is less disruptive and allow construction to be completed in a shorter time period.”

A ‘Section 73’ application to amend the existing planning permission will be submitted this winter.

To have your say on the plans:

Email contact@themallwalthamstowconsultation.co.uk
Visit themallwalthamstowconsultation.co.uk

Culture poll

by Jessie Mathewson, Local Democracy Reporter

Most Londoners have not heard of the Borough of Culture, a survey found.

Waltham Forest was the first borough to win the honour, beating 22 councils to be selected. But a YouGov poll found 78% of Londoners have never heard of the scheme – and only 14% would be more likely to visit Waltham Forest as a result of it. However, 70% of Waltham Forest residents are aware of it, a subsequent survey found, and in the first half of 2019 there were 100,000 cultural visits to the area, with eight in ten schools taking part.

Justine Simons, London's deputy mayor for culture, said: “The award is about great culture on your doorstep, and Waltham Forest has really delivered. The quality has been world class and it has reached communities who do not normally go to cultural institutions.”

FEATURES

Changing your mind

Time to Change champion Persia Tofangsazan on how the mental health programme can transform people's lives

In any given week, nearly one-in-five of adults in Waltham Forest will have a mental health problem. Anyone could fall into this statistic; a next-door neighbour, work colleague, or maybe even you. Unfortunately, it's common for those who have experienced a mental health problem to become the victim of discrimination. These issues are what Time To Change, the nation's most ambitious campaign of its kind, aims to tackle.

Waltham Forest is the first borough in London to have its very own Time to Change hub. It is made up of Time to Change 'champions' – a community of people of all ages, genders and backgrounds who have faced challenges at some point in their life. Last month, these champions took to Walthamstow Town Square to open their 'human library' to the public, bearing stories of those who have had raw, first-hand experience of mental health problems.

I am one of these champions, as a sufferer of anorexia, and together with the other champions I described my struggle; from turbulent truths to rewarding recovery. ADHD, depression and personality disorders were just some of the experiences shared. The aim? To intrigue passers-by and spark crucial conversations which could save lives.

We transformed our stories into 'books' with an artistic and antique semblance, where alongside our volunteer librarians we were able to engage in discussions which may not occur on your average day, in the hope of changing perspectives.

Discussing my struggle with anorexia, a man shared his experience of falling into what he described as an "inescapable" hole of fad dieting. He was grateful to find he was not alone.

Time to Change is not limited to our human library; there is a vast collection of projects already running in Walthamstow, largely led by our extremely talented and dedicated champions. It includes events such as laughter yoga, dancing meditation and an elder Asian lunch and share session.

And the campaigning does not cease here. We also plan to take our human library to Waltham Forest College in the near future, to engage with a totally different audience.

The Time to Change hub is open to all who have experienced mental health problems. Could you become a part of this empowering movement?

For more information about Time to Change:

Email chris.osullivan@crestwf.org.uk

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Time to Change champions promoting the project in Walthamstow

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Getting published

Shelly Berry on how her second attempt at novel writing has paid off

Finally, after many years of typing away, I can call myself a published author. It hasn't been an easy journey but following numerous blogs, short stories and a 'shelved' first novel, *Outreach* was officially published in September.

The story was born out of a growing curiosity about what would happen if an innocent crush became an obsession. While I imagine most of us can hold up our hands to fancying someone 'off limits', what would it take for us to choose to pursue the subject of our desire regardless? How could our upbringing affect our need to chase their attentions, and what might it be that puts our crush on that pedestal in the first place?

Being the second novel I've written – although the first that's been published – I had an idea of how to go about it. First came the planning; a flow chart of post-it notes detailing the story's progression which could be easily changed during the writing process. Then came character development; who are these people and what's their history? The environment also got some attention. What kind of pub does Emily find herself drinking in as she keeps a watchful eye over her love?

I worked out that it would take

60 weeks to write *Outreach* at a steady rate of 1,500 words a week. As someone who ploughs through writing blocks hoping that any words are at least some kind of foundation, editing easily took as long before my novel got passed to trusted fellow writers for their feedback – and further edits. Then came the arduous task of trying to find a platform for my fledgling novel. Identifying suitable publishers and agents is hard work, but the deluge of rejections is even tougher.

Before The Book Guild got in touch to say they wanted to publish my book with me, doubt was creeping in. Luckily my 'just do it' attitude won! Having a paperback version of your writing in your hands is a very special moment, but not as special as the support it has received. It's a gift to know that people are buying, reading and enjoying my writing – and while I don't think I'll be earning enough royalties to give up the day job, I'm very excited about where *Outreach* might take me next.

Get your copy of 'Outreach':

Visit bookguild.co.uk/bookshop-collection/fiction/contemporary/outreach

Follow Shelly Berry:

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Walthamstow author Shelly Berry promoting her book on BBC Radio London

ADVERTISING



Introducing East London Brewing

After several months of hard work, East London Brewing Company, set up in 2011 by husband-and-wife team Stuart Lascelles and Claire Ashbridge-Thomlinson, has now completed the installation of its shiny new 25BBL plant, which is housed in expanded and refurbished premises on its existing site in London's E10. The new plant more than doubles the company's brewing capacity and allows for further expansion of its keg and can ranges. The company currently produces seven beers for cask, bottle, can and keg, which it distributes throughout London and beyond, as well as regular 'specials', including the annual Walthamstow Green Hopped Beer.

Coinciding with the completion of the new brewery, East London Brewing Company has hired a new Head Brewer, Adrián Morales Maillo, who comes from leading Spanish microbrewery, Napparier. With a background in brewing stunning hoppy beers like Neipas and more classical West Coast IPAs, Morales Maillo brings specific expertise in keg beers, particularly lagers. The team is now working on the development of some really great new recipes – some hopefully in partnership with other East London suppliers – and has already launched its first-ever lager, East End Lager. This is a Pilsner-style lager, medium bodied and brewed with

a Weihenstephan yeast strain, Tettnanger and Magnum hops – look out for it in your local!

East London Brewing Company has simultaneously launched a citrusy, session IPA, Beyond the Tower, which, like the lager, will be available both in 30lt keg and in 440ml cans. Both sport the company's new branding, which will eventually be rolled out across the whole range, including the existing bottles and casks.

"Our new branding celebrates all that is East London," said Claire Ashbridge-Thomlinson, one of the company's founding directors. "We worked with the London Centre for Book Arts, based in Fish Island in Hackney Wick,

to create a letterpress print of our logo, which you can see on our new can and bottle labels."

These also display photographs showing some of the wonderful texture of East London – from the beautiful ironwork of the old gasometers, to chimneys of the houseboats on the canal.

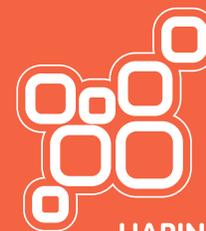
Following the upgrade and re-branding exercise, the next step for the brewery is to open a tap room. Discussions are on-going with a site not far from the brewery, with a view to an opening in spring 2020.

For more information:

Visit eastlondonbrewing.com



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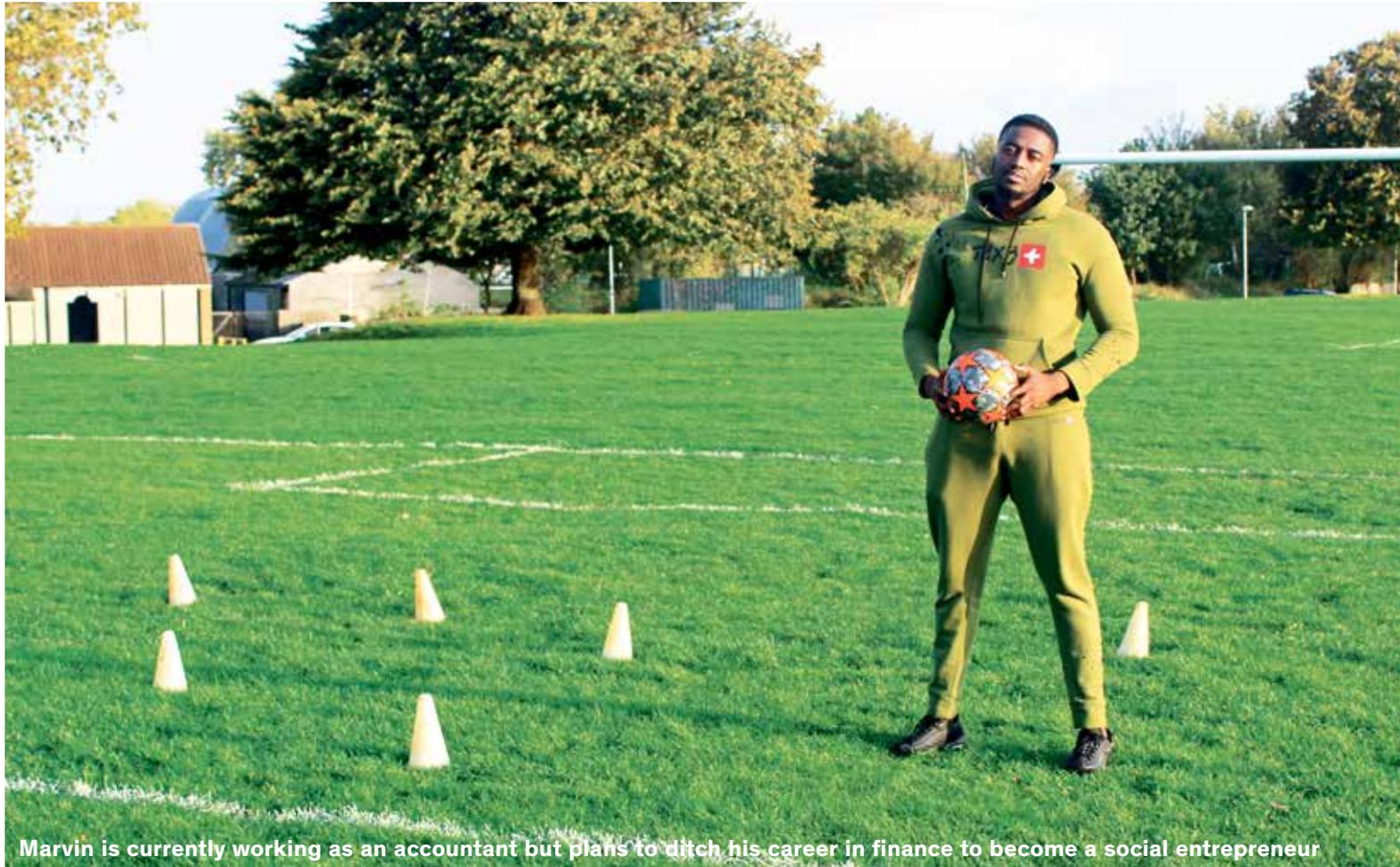
Arts & Culture

A school project helps reveal the incredible backstories of local families ► P. 12

Putting children on the right track

Accountant Marvin Onu speaks to James Cracknell about a new project to help prevent youth crime

Supported by:



Marvin is currently working as an accountant but plans to ditch his career in finance to become a social entrepreneur

An accountant from Walthamstow who once dreamed of working in The City, Marvin Onu's life has taken an unexpected turn in the last six months.

What started as a side project while Marvin worked on his masters degree in finance and accountancy has now grown into a social enterprise with funding in place for a big launch early next year.

"I decided to pitch my idea to my university and they loved it," Marvin tells me, demonstrating his shock at how well his project has been received to date.

"Straight away they wanted to back me and I got pushed into entering a competition, The Big Ideas Competition, and I won!"

So what exactly is this great idea that has got so many people excited?

"I want to conquer youth crime and violence, to keep young people from going down the wrong path – using sport."

Marvin's idea is an online platform, Run Track Sports, to help link coaches and training providers across various sports with young people in deprived areas

who might be at risk of getting involved with gangs.

"One of the things they did in Glasgow to tackle gang crime was 'early intervention'. I don't know why it's not being used more widely, because it works.

"People want results as soon as possible so maybe they don't want to play the long game, but we know this strategy works, so I am going to use it myself; making connections between educators, local businesses and charities.

"You have to show young people there is a career path available to them."

Marvin is in a strong position to be able to establish this type of model, as a young man himself who grew up in Walthamstow and attended Kelmscott School. He has family members who are involved in running local businesses and knows many local sports coaches already.

"My brother is 16 and I could see him drifting away, but I helped him to stay focused on football and now he is doing his A-levels. Sport can change the mindset of young people because it teaches you about teamwork and respect."

Last year, 16-year-old Amaan Sha-koor was shot dead outside Kelmscott Leisure Centre. No-one has yet been charged with the killing.

"It happened almost right outside my house," says Marvin. "That same place where he was shot, I used to play football there, but now kids are scared to walk past. Murder has become the norm.

"If more young people know each other, it helps deter violence. If you grow up playing football with someone, even if you are from different areas, you will know they are not your enemy and not want to hurt them."

To help with this mission of bringing more sporting opportunities to young people, Marvin is working in partnership with other local and charitable organisations. One is A-Star Sports, set up by his former personal trainer.

"Their motto is 'every child is a star'. They have been working in schools for 20 years and now we are going to run some big football events, once a month, in different areas."

Run Track Sports is set to be officially launched in April 2020,

areas such as Leyton, Stratford and Canning Town.

UnLtd is now helping him to realise this dream with both financial support and mentoring.

"Without UnLtd, none of this would be happening. It would have still just been a website. I can be a role model for some of these kids and UnLtd has given me that opportunity, so I am very thankful to them.

"I thought I was going to work for a bank but it looks like I'm going to become a social entrepreneur instead. I realised that if you have an opportunity to help your local community, you might as well take it."

"You have to show young people there is a career path available to them"

For more information:
Visit runtracksports.com
Email contactrt@runtracksports.com



UnLtd is the foundation for social entrepreneurs. We find, fund and support people that run businesses with a social purpose.

We work in a number of communities across the UK to harness the talents and skills of local people to tackle the challenges faced by communities and the people who live in them.

Our support comes in the form of cash awards alongside specialist coaching support, and is for people at the start of their journey to becoming a social entrepreneur. We help them set up a business, nurture their ideas and help them grow their impact.

Social entrepreneurs are working hard to respond to the challenges faced by people in their communities. Yet in a climate of increasing inequality and reductions in public spending, we know that many people don't feel empowered to create change in the places where they live.

Solutions designed and led by people who have lived through the issues they are trying to solve are often the most effective. We know that people have the ideas to help their communities and to create lasting positive change. And this is where UnLtd can help them.

The award manager for St James Street and William Morris is Cheryl Ndione. To find out more about UnLtd:

Call 0207 566 1100

Email cheryl.ndione@unltd.org.uk

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LETTERS

Stop burning our waste

Dear Waltham Forest Echo
Concerns about the rebuilding of the incinerator in Edmonton include evidence showing that where you have an incinerator, you have low recycling rates. Of course the terrible effects of air pollution on health are already well known. However, I'm writing today about the cost to taxpayers. There have been numerous price tags put on the new incinerator; between £650 million and £800m. It's likely to be even more, as this figure hasn't been updated for several years.

What concerns me is that we don't know the latest cost estimate, despite asking, and if central government does provide the loan, how much will it affect our council tax and for how many years will we all be paying it back?

Strangely, North London Waste Authority (NLWA) just sent out a press release about the impact of two million people's rubbish on the climate emergency should the rebuild not go ahead. But if the rebuild does go ahead it will lock us into 50 years of burning rubbish – including recyclables – producing as much as 700,000 tonnes of CO₂ every year. I would like NLWA to tell residents of north London how much we are expected to pay over the lifetime of the rebuilt incinerator. And let's not forget to then factor in an 'incinerator tax' or other carbon taxes that will inevitably be introduced soon. Why should we have to pay to pollute?

Dr Rebecca Redwood
Chingford

Keep babies safe

Dear Waltham Forest Echo
Some parents are putting the safety of their baby at risk when they board a bus. Of course, no good parent would want to jeopardise the safety of their children, yet for some parents who can only get their baby buggy through the relatively wider exit doors in the middle of the bus as opposed to the rather narrow aisle from the front of the bus, this is what they are doing. For parents travelling alone with their baby in its buggy, it means they need to leave the buggy so they can swipe their card on the card-reader pad in front of the driver.

On the 58 bus I recently observed two different mothers boarding the bus through the exit doors, but once they positioned their pushchairs, both separately had to leave their baby and shopping in the pushchair zone to go to the front of the bus to swipe the contactless card reader. The driver did not want to close all the doors until they were sure the parents had swiped their card first, which meant holding up the bus a little longer. Each time, the mothers clearly tried to rush knowing that the driver was waiting for them.

It seems obvious to me that having a contactless card reader in the pushchair zone for parents and carers to use would make the difference for a safer journey. At Forest Radio we are calling on parents everywhere to join their petition for contactless cards to be placed in the pushchair zone of every bus; for a fairer, safer journey. Please go to forestradio.co.uk/Forest_Radio_Campaign.html

Wayne Walton
Forest Radio

Recycling concerns

Dear Waltham Forest Echo
I wanted to write in response to Philip D Hawker's letter (*Recycling not recycled*, Issue 55, Page 10) in your October edition. I too have seen recycling being emptied into the general waste section of the rubbish truck and I know several other residents have also observed the same.

I recently observed cardboard boxes, which my neighbour had left out next to their recycling bin, being put into the general waste – despite them clearly being recyclable. It is worrying that we separate out our rubbish in the belief that we are doing the right thing, but it doesn't always get recycled. In our house we fill the recycling bin much more than we fill the non-recyclable bin and the council recently encouraged residents to downsize their black bins to slim ones. If this is a trend across the borough then why is the general waste the larger section of the rubbish truck?

Compared to other boroughs Waltham Forest Council actually accepts lots of items for recycling, but if they are not always recycling it then that is unacceptable.

Morag Latter
Markhouse, Walthamstow

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COLUMNS

Food

The vegan food cafe in Chingford that guarantees a warm welcome

► P. 14



Pond dipping at Suntrap Forest Centre

Why the outdoors is great

Helen Bigham urges children to get out and about for Outdoor Classroom Day this month

Autumn is a glorious season to spend time in the forest. In the words of educationalist Margaret McMillan: “The best classroom and the richest cupboard is roofed only by the sky.”

Yet three out of four UK children spend less time outdoors than the 60 minutes recommended for prison inmates, according to a 2016 Unilever study. Research has shown that outdoor learning is good for your health and playing in nature not only teaches critical life skills such as resilience, teamwork and creativity, but is central to children’s enjoyment of childhood. Lessons learned outdoors, whether maths, science or geography, often stay with us for life.

In Waltham Forest, we’re lucky enough to be surrounded by green space. As a child I visited Suntrap Forest Centre, the educational environmental centre in Epping Forest owned by Waltham Forest

Council. So-called ‘forest schools’ such as Curious Wilds in Walthamstow are growing in number and are showing young children how much fun can be had outdoors.

This is welcome news as a recent report from the University of Sheffield identified that some of Britain’s most loved historical landscapes are at risk of being severely damaged and changed forever by the effects of climate change. For future generations we need to educate and put in place safety measures to protect our countryside.

One way to get involved is to join The Conservation Volunteers, who run two ‘green gyms’ in Chingford Green and Lloyd Park. Everyone is welcome and there’s always something to suit all levels of experience and fitness.

Thursday 7th November is Outdoor Classroom Day, an annual global campaign which

aims to celebrate and inspire outdoor learning and play. On the day, thousands of schools around the world take lessons outdoors and prioritise playtime. Kerry Rolison, head of Suntrap, said: “I’ve always respected and wanted to look after our natural environment. Working at Suntrap Forest Centre over the past 30 years has allowed me to share that passion with thousands of children and young people.

“During major refurbishment at our site the team is on tour. This gives us the perfect opportunity to bring nature nearer to local people, encouraging them to explore and discover Epping Forest and learn ways to protect this ancient woodland.”

For more information about Suntrap Forest Centre:

Visit suntrapcentre.co.uk

We have the right to know

Marlowe Road Estate resident Michelle Edwards on her recent struggles with the Freedom of Information Act

A few months ago I attended the Centre for Investigative Journalism’s summer conference at Goldsmiths College. It puts an emphasis on teaching investigative skills and providing a mixture of talks and classes designed to equip journalists with up-to-date investigative methods and tools.

Because of the work produced in this very newspaper, I was among the first intake of journalists to be awarded the Lyra McKee Investigative Journalism Training Bursary to attend. Lyra was a fearless journalist shot dead by dissident republicans in Derry, Northern Ireland, back in April.

Attending the conference strengthened my resolve to uphold press freedom and dismantle any attempts by Waltham Forest Council to prevent me from publishing information in the public interest. To that end I escalated 23 cases, where the council had refused to provide what I had requested under the Freedom of Information (FOI) Act, for investigation by the Information Commissioner’s Office (ICO).

The ICO has since issued three decision notices against the council for non-compliance with the 20 working days time limit, while another four have been accepted

Waltham Forest Council had overcharged residents for their water bills, in an arrangement it had with Thames Water, and ordered it to repay 41,000 tenants an average of more than £400 each. The ruling set a legal precedent that meant other local authorities and housing associations using similar arrangements with Thames Water may need to make payouts as well – you can probably guess one of the other London councils included.

After a two-day search of Waltham Forest Council’s committee meetings for the last four years, I found two entries referencing the Thames Water rebate – and it appeared clear they had no intention of refunding residents. A spokesperson later confirmed to me that “Waltham Forest Council considers that water charges have been correctly applied as it collects these on behalf of water providers and therefore is not a water reseller... the council has no plans to issue refunds in relation to this”. The response came despite my finding that a ‘provision’ of £4.9million had been made for the possible refunding of charges in the council’s 2017/18 accounts.

Following another FOI request I discovered that the council had sought legal advice on the matter via the Local Government

"The Information Commissioners Office has now issued three decision notices against the council for non-compliance with the Freedom of Information Act"

as either “eligible for further consideration” or “accepted for investigation”. The body has further ruled that the council “infringed” my right to access under the new General Data Protection Regulation (GDPR) rules.

Why do FOI requests matter? I’ll give you one example. Recently I have been investigating a long-running issue with water bill rebates. In 2016 the High Court ruled that South-

Association (LGA) to the tune of £1,697. In addition, advice from their in-house legal team amounted to £787. The council appears to be waiting for a brave resident and their lawyer to step forward.

I am now hoping to launch a campaign via the National Union of Journalists to reform the FOI Act to ensure greater compliance by local authorities and other public bodies.

ARTS & CULTURE

Children uncover borough's cultural tales

A school project has helped reveal the incredible backstories of Waltham Forest families, writes Linsey Wynton



Children from Henry Maynard Primary School display their family history discoveries

To me Waltham Forest is more than a borough of culture – it's a borough of multi-culture.

Two-thirds of residents are from minority ethnic backgrounds and 40% were born outside the UK. Locals come from every inhabited continent on the globe and many young people growing up here have otherwise unlikely dual heritage.

For my project 'Our Borough

of Multi-Culture' I encouraged year-five pupils from Henry Maynard Primary School to interview a relative about their life at another time or in another place. I knew they'd produce some great stories with Waltham Forest being such a diverse place, but I could not have imagined the hundred-or-so biographies they submitted recounting tales of actors, midwives and zookeepers

with lives that began as far away as Mauritius, Japan and Jamaica.

There were stories of grandparents who'd had to walk miles to get to school in South Africa, others who'd been evacuated to the countryside during the Second World War, and many who'd arrived after the war to fill staff shortages.

Some stories were incredibly moving, including that of a great granny who lost her husband to

conflict in Algeria when they were in their 20s, leaving her to bring up her young daughters alone. Now in her 80s, she said: "I remember the war like it was yesterday."

A grandfather, who'd escaped the war in Somalia, was asked what was his proudest achievement. He replied: "Bringing my family to safety in Britain... Seeing my grandchildren smiling and playing every day is all I need."

There were heroic tales; a Polish dad who'd been a United Nations peacekeeper in Lebanon, meeting Kofi Annan. And there were adventurers; a mum who'd backpacked round the globe, a grandfather who'd been an engineer in Saudi Arabia's oilfields, and one boy's story of his great, great grandfather who'd been on Ernest Shackleton's Antarctic expedition!

There were remarkable interviews including that of a British-born dad who migrated with his family by car to Pakistan as a child, travelling through nine countries

including Iran, just after its revolution. He told his daughter: "We did not last a year in Pakistan, it was too different in ways of life in the 1980s and I missed my friends, my favourite TV shows, and fish and chips – so we moved back to England!"

There were also funny anecdotes like the grandmother who had a tantrum as a toddler, rolling in a cow-pat, and the mum who stole her brother's chocolates and denied all knowledge – despite a face covered in evidence! Many ended with a word of advice, including: "No matter what life throws at you, there's always a light to guide you."

Our Borough of Multi-Culture is now on display in Wood Street Library and will be in Walthamstow Central Library next month.

If your school would like to participate in a similar heritage interview project:

Email linseywynton@hotmail.com

"Some stories were incredibly moving, including that of a great granny who lost her husband to conflict in Algeria"

Supporting art in education

by Heidi Lightfoot

Together Design, a branding and design company based in Walthamstow, has been working with local pupils at Henry Maynard Primary School to highlight the importance of creativity and the arts in education.

Co-founder Katja Thielen says: "Creativity and ingenuity is at the heart of progress, but funding for the arts in primary schools is shrinking rapidly.

"We believe that every young person's creative imagination should be cherished, nurtured and supported. To see how squeezed and sidelined the arts are in the

classroom is depressing. I run a business that's benefited from being part of a flourishing local creative scene, so we felt compelled to do something about the situation."

The resulting campaign, Cut Paper Not Arts, saw designers from Together Design running workshops with 240 pupils aged between seven and ten at Henry Maynard Primary School. Tasked to create collages and posters on the importance of creativity and what it means to them, the children stepped up to the challenge.

The brief was to "cut, rip, stick and draw – anything goes" and the colourful posters that emerged surprised everyone. "The work was fantastic" says Katja. "The

results and the pupils' enthusiasm were better than anything we could have imagined. I wish we had their fearless, spontaneous attitude to design."

Working with the children has inspired Together Design to create a range of products, for sale on their website. The range includes free workshop downloads that anyone can access along with creative kits and crafting materials, with all profits going back to fund art materials for local schools.

"We hope our campaign will bring out the artist in more young people," says Katja. "We're so proud to be doing what we can to promote the arts in our local community, so that tomorrow's bright sparks can learn through



The Cut Paper Not Arts campaign was launched at Henry Maynard Primary School in Walthamstow Village

play, and develop the endless curiosity and creative skills that will power them to change the world and shape a brighter future."

For more information:

Tweet @Perfectly_Put
Visit perfectlyputtogether.co.uk

LISTINGS

Crest of a rave

Researching the local history of a global youth culture



A celebration event was recently held at Leyton Technical
Credit Penny Dampier

Acid house and rave are perhaps not the first things that spring to mind when thinking about the history of Waltham Forest. But now a local project is unearthing the hugely influential role the area played in the development of this uniquely British youth culture. 'Sweet Harmony: Radio, Rave and Waltham Forest' is organised by social enterprise Rendezvous Projects and is currently in its research phase, as volunteers interview those people involved in running pirate radio stations, organising parties, running businesses and creating

flyers from 1989–1994. To mark the midway point of the project, organisers recently screened *Legacy in the Dust: The Four Aces Story* at Leyton Technical. The film was made by Leyton resident Winston Whitter and tells the story of a legendary venue in Dalston that played a pivotal role in many local people's careers and social lives. Over its 33-year history Four Aces played host to reggae sound systems and artists including Ben E King, Desmond Dekker and Stevie Wonder before becoming the first legal indoor rave venue, as club Labrynth. It also featured an appearance from another

local, Steve B of Renk Records and Leyton-based pirate station Friends FM, playing some classic tracks to a mixed crowd of old ravers and younger fans keen to know more.

The project has interviewed a wide range of people, including some of the writers for *Ravescene* magazine, a Chingford-based publication which had a distribution of over 20,000; the founders of Leytonstone's Brain Records, one of the most influential early hardcore and jungle record labels; plus DJs from local pirate radio stations including Dance FM, Friends FM and Eruption FM.

Walthamstow's MC Navigator talked about the influence of community venues and sound systems in the borough on the development of jungle; DJ Rap talked about selling mixtapes in Walthamstow Market and finding success with Jeff B via a connection at the local record shop; while Jessie Grace Mellor talked about the sense of community she found partying at Dungeons in Lea Bridge Road. Katherine Green from Rendezvous Projects said: "This is about recognising an important community and strengthening a sense of identity... celebrating the creativity, youth and DIY culture that contributed to a scene that became a global phenomenon."

For more information:
Visit rendezvousprojects.org.uk

Window on the world

by Georgie White

When Invisible Numbers asked us to put on an exhibition for their window gallery at 1B Coppermill Lane, we were honoured to accept.

Our group Hewing Wittare made a conscious decision to invite artists from outside Europe to participate in the show. *Inward – Coming in From Outside* sees Pakistani artists Maryam Hina Hasnain and Veera Rustomji consider the theme of interdependence. Their work has shown that shared dialogue and the practice of exchange can support a way of "trusting one another as forms of production and art making".

Maryam Hina Hasnain, in the

left-hand window of the gallery, explores ideas of liminal spaces and hybrid identities. She uses textile intervention as a means of unravelling non-linear historical narratives – specifically that of South Asia's fractured 1947 partition. The carpet as an object represents centuries of trade often facilitated by empires and colonialism. This in turn seems in stark contrast to today's oppressive visa regimes and restricted global mobility. Most importantly it's come to represent a very specific aesthetic of the 'exotic' or other. Yarn that has been hand dyed by the artist in turmeric explores ideas of sensory memory and staining. Veera Rustomji, in the right-hand window of the gallery, explores masculine representation in film,

art, literature and popular culture. Considering the façade of tourism and how it caters to fanfare masculinity, Veera has painted a portrait of a man posing with a wild cat as a trophy based on photographs she discovered on social media. Often pictured in elephant and wild cat 'sanctuaries' in Thailand and South Africa, these deliberately staged tableaux show the desperate desire for men to travel halfway across the world to prove their manhood. These men who pay to have their portrait with a wild animal, staged in a hunter outfit complete with rifle and elaborate backdrop, are both puzzling and extremely humorous to Veera.

Inward – Coming in From Outside is on display at 1B Coppermill Lane until Monday 18th November.

Underground Lunchtime Recital

Sunday 3rd November, 1.15pm
Walthamstow Pumphouse Museum,
10 South Access Road E17 8AX

Czech cellist František Brikcius will perform *Solo Cello Suites* by Johann Sebastian Bach and Max Reger.

£10 tickets

Visit walthamforestcellofest.eventbrite.com

Adult Expressive Painting Workshop

Sunday 10th November, 10am–12pm
One Hoe Street, 1 Hoe Street,
Walthamstow E17 4SD

Explore your creativity and discover hidden painting skills. This workshop gives emphasis to experimentation, invention, expression and imagination.

Free entry

Email info@sharondrew.co.uk
Visit wfculture19.co.uk/onehoestreet

Searching the Internet:

50+ Computer Class

Thursday 14th November, 12pm–12.30pm
Waltham Forest Resource Hub
North, 58 Hall Lane E4 8EU

Refresh your knowledge about using the internet and searching for things on it. Hear some useful features and techniques that you may have overlooked.

Free entry

Call 020 8558 5512
Email info@ageukwalthamforest.org.uk

The Chicken Shack presents:

Race with the Devil

Saturday 16th November, 8pm–1am
The Plough and Harrow,
419 Leytonstone High Road E11 4JU

For our last band night of the year, The Chicken Shack is pleased to welcome Race with the Devil.

£8 entry

Call 020 8493 0303
Email thechickenshackrnr@gmail.com

Are You Too Sexy For Your Shirt?

Wed 20th November, 10.30am–12.30pm
One Hoe Street, Walthamstow E17 4SD

A workshop designed to revamp tired shirts using textile dyes and masking techniques. There will be an introduction to how fashion designers use slogans on T-shirts, then an opportunity to try your own ideas.

£10 entry

Visit wfculture19.co.uk/events/are-you-too-sexy-for-your-shirt

Funhouse Comedy Club

Wed 20th November, 8pm–11pm
Mirth, Marvel and Maud,
186 Hoe Street E17 4QH

Enjoy stand-up sets from Nathan Caton, Gerry K, Jamie D'Souza and Lukas Kirkby. Your compere will be James Dowdeswell

Tickets £10

Visit funhousecomedy.co.uk

Handel's Messiah

Sunday 24th November, 4pm–6.30pm
St Barnabas Church, St Barnabas
Road, Walthamstow E17 8JZ

Handel's *Messiah* comes to Walthamstow as part of the Borough of Culture. Join us for a rousing performance to usher in the holiday season, complete with live orchestra, choirs, and exceptional soloists.

Tickets £12, concessions £10

Visit stbarnabassundayconcerts.weebly.com

Latin American Harp Music

Fri 29th November, 6.15pm–7.15pm
St Andrew's Church, 153 Colworth
Road, Leytonstone E11 1JD

Concert by Ricardo Curbelo. Be transported to warmer climes by this innovative musician and poet skilfully performing traditional music from Latin America.

Tickets £5, under-16s free

Visit ricardocurbelo.com

Seniors Club

Thursdays, 12.30pm–3pm
Waltham Forest Community Hub, 18A
Orford Road, Walthamstow E17 9LN

A weekly lunch club for senior citizens. We serve lunch followed by bingo and other activities. We also offer trips and Christmas lunch for our members.

£10 annual membership

Visit wfclub.org

NXT Autumn Workshops

Mondays, Tuesdays, Thursdays,
Fridays & Saturdays until 21st Dec
Big Creative Education, Blackhorse
Lane, Walthamstow E17 5QJ

Five free opportunities for young people; boxing classes, videogame workshops, creative industry guidance, performing arts sessions and drop-ins with Apple on coding. Locations vary.

Free entry

Email lauren.mitchell@bigcreative.education
Visit nxtcreatives.com

Ladies Tap Dancing Classes

Thursdays, 12.30pm–1.30pm
St Edmunds Church, Chingford
Mount Road, Chingford E4 8JL

All levels welcome to join sociable group meeting weekly during term-time. Also class on Tuesday evenings.

£5 entry

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Spanish and Middle Eastern group dance classes by a professional West End choreographer in historic Leyton Great Hall.

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FOOD

Catering for the masses



The hospitality and catering department at Waltham Forest College has become very well renowned – having once cooked for the Queen

by Dr Jim Lewis

Waltham Forest College has an interesting and varied history. Established in 1938 as South West Essex Technical College and School of Art, it was originally one of four regional technical

colleges in Essex.

At the official opening ceremony Dr H Lowery, the first principal, summed up the ethos of the college: “We want to make it the people’s university... We want to feel that this is their place, a great community centre.”

During the Second World War the college provided courses for military personnel, training them

in various engineering subjects, alongside the traditional range of technical subjects that were necessary during time of war. In 1965, control of the college passed from Essex County Council to Waltham Forest Council and the following year the name changed to Waltham Forest Technical College and School of Art.

In the early 1990s, when Smithfield Market closed its butchery college, it took the chance to set up its own butchery school, The Smithfield Unit. It soon became a popular training establishment for the next generation of butchers and is now recognised as the place to go to for fully-qualified catering staff.

In 2002 the Queen and Prince Philip visited Waltham Forest as part of the Golden Jubilee celebrations. The task of preparing a feast to impress the royal visitors was entrusted to students and staff of Waltham Forest College. It is fair to assume that no complaints from the royals were received!

This year I was taken on a guided tour of the college’s hospitality and catering facilities by department head Dawn Bennett and her colleague Tom Barden. They are

highly impressive, with the latest technology being employed to a degree that would have made earlier graduates extremely envious. After the tour we had lunch at the Mallinson restaurant, which is open to the public. It allows the students to practice their skills in a real-time environment.

Waltham Forest College trains chefs, waiting staff, butchers, bakers, baristas and front-of-house restaurant staff, with a wide choice of apprenticeships offered. It is probably not surprising that graduates often end up being employed by famous restaurants and hotels, including The Ritz and Claridge’s.

While Britain’s industrial base is all but gone, replaced by service industries, it is refreshing to see Waltham Forest College has risen to the challenge of training generations of our young people, creating employment and ensuring they form the backbone of our leisure and tourism market.

This article is an edited extract from Dr Jim Lewis’s new book ‘London’s Lea Valley: Home of Britain’s Growing Food and Drink Industry’. To buy a copy: Visit amazon.co.uk/Londons-Lea-Valley-Britains-Industry/dp/1912969076

A fine gathering

Foodie Erica Pilavaki enjoys fine-dining in Walthamstow

If you find a bee in your house, let it out and it will find its way back to its hive. Penguins wander far, but always return to the same mate.

I mention this because I too have a place I instinctively return to; Gather E17. It’s the creation of husband-and-wife team, Martin and Charlotte, and is located in London’s only ‘craft jeans’ factory – blink and you’ll miss it in a blur of traffic and industrial units, but once you find it, you’ll be grateful.

Chef Martin, who has been in the industry for 20 years and is Michelin-trained, has worked in some of London’s top restaurants such as Pollen Street Social, The Square and L’Autre Pied. Honing in on his impressive experience, Martin has produced a menu that is not only brimming with flavour but also really good value. Gather E17 is a fine-dining, modern British restaurant that also champions local suppliers and uses seasonal produce. Everything is made in-house from scratch – the food is certainly artful.

For those looking for the ultimate in dining experiences, I’d recommend the five-course tasting menu. This allows you to sample a series of manageable portions. Martin’s bold and refined flavours do more credit to his skilled execution than my words ever could. There’s not a single miss on the menu, and each bite makes you more excited to recommend this place to everyone you know.

Gather E17 also serves brunch; its homemade sourdough is legendary! I recently treated myself to the confit duck and egg dish with an extra side of sourdough – it’s cut as thick as a doorstop and toasted with cultured butter infused with coffee husks; a light, indulgent affair that makes you forget calories exist.

If you want to dine in a unique, intimate setting run by people who are passionate about their craft, head to Gather E17. They have created something that makes Walthamstow more complete.

For more local food reviews from Erica:

Visit instagram.com/erica_eats_london

Food with feeling

Judith Burnett visits a vegan café in Chingford

On a wet and windy Saturday morning I called into Chingford’s only vegan café to find a bustling community hub serving some of the best vegan food in London.

The Feel Good Café, tucked away in Village Arcade, Station Road, was co-founded by Idan Naor and Izabela Rudnicka in 2015. With a degree in psychology and an interest in motivation and self-help, Idan started the café following a diagnosis of chronic fatigue syndrome and ME. Key to his recovery was changing his diet and mastering nutrition.

“I love running the café because I know that I am doing my small bit for animals, helping the planet, and providing good food. I’m a people person and veganism contributes to people’s health.

“I’m passionate about the positive

impact of plant-based diets on the environment, our mental and physical health, and animal welfare.”

The café employs seven people including chefs Badrule, Ashley and barista Anna. They are responsible for the sweet, spicy smells of coconut Thai stew; zesty Buddha bowls; and best-selling ‘no bull’ burger. The breakfast menu includes American pancakes with maple syrup, banana, nuts, seeds and cream. The café also provides takeaway snacks such as vegan sausage rolls.

The Feel Good Café is included in an upcoming television documentary *Living Vegan*, has gained hundreds of five star reviews, and has been ranked among the top ten vegan cafés by restaurantguru.com.

“When they told us our ranking I couldn’t believe it,” said Idan. “Our little café in Chingford has scored



You’re guaranteed a warm welcome at The Feel Good Café Credit Judith Burnett

this high! We were delighted.”

Idan and the café’s ‘network’ of nutritionists and health advisers give talks to local schools and contribute to community events such

as the Wellness Festival held on Chingford Green. Idan also speaks to patient groups in local GP practices. “Being part of the community is an important aspect,” he says.

SPORT

O's on the up

by Jim Nichols

Towards the end of September, following a six-game winless streak in the league, interim manager Ross Embleton announced he would step aside.

In the first game after the announcement Orient salvaged a thrilling 3-3 draw at home to Port Vale, and Embleton got a rapturous ovation at the full-time whistle, with O's supporters thankful for his role taking the team forward after a tragic summer.

This served to release the burden on the players and spurred them to three wins in a row. The first was a turgid affair at Northampton in which Orient battled to a 1-0 victory. During the following two games, however, Orient played some fine attacking football and helped themselves to two big wins, scoring seven goals.

Particularly pleasing was the seven different goal scorers, including five notching their first of the season. These included strikers Matt Harrold and James Alabi, who have spent time on the sidelines but been forced

into action through injury and suspension to Lee Angol and Connor Wilkinson respectively. Harrold in particular grabbed his chance well.

The other new goalscorers were Dan Happe and Josh Coulson, who have both had difficult seasons defensively but shown recent signs of improvement and took their chances expertly. The fifth was from the most improbable of sources; left-back Joe Widdowson had only previously scored one league goal, in 2009, and even his biggest supporters would have been surprised to see his curling effort nestle in the top corner to start a goal spree against Walsall.

In the aftermath of this game the club announced Carl Fletcher, a former Wales captain, as Orient's new manager. Fletcher is taking over a revitalised Orient, largely thanks to the work of the admirable Embleton, who will be reverting to his previous role as assistant. A surprise choice perhaps, Fletcher made an inauspicious start at the helm with a 4-0 loss at Plymouth, but Orient will look to consolidate their position around mid-table over the coming weeks.

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