

#### Your independent community newspaper

## WALTHAM FOREST ECHO

#### Free March 2022, No. 84

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# Carers in crisis after free parking ends

by Victoria Munro

he end of free parking introduced during the pandemic has left care workers struggling to see enough people each day or even stay in the job.

In March 2020, less than two months after the idea was dramatically rejected at a full council meeting, Waltham Forest Council began issuing free parking permits for carers, which lasted well into last year.

However, following the decision to end the free permits, Walthamstow 26-year-old Stella Noakes, who became a carer during the pandemic, told the *Echo* she found she "could not afford to stay" in the job.

She kicked off a campaign

among local carers, supported by Care and Support Workers Organise (CASWO), to pressure the council to reintroduce the permits, arguing the change will ultimately hurt vulnerable residents.

She said: "The council's reasons [for ending the permits] were that carers should be getting the bus or walking and that they can't afford to provide them anymore.

"But I was travelling 50 minutes by car between each client some days. If you are expected to get the bus or walk, you are going to spend half the day travelling, which means more clients have their calls cancelled.

"At the end of day, it's the clients that will be affected if their calls are getting cancelled, that's when accidents happen. Carers

are there for a reason, to keep people out of hospital.

"If they want people to walk, they need to have a system where there's not four or five companies and carers are sent locally. The council is doing this 15-minute neighbourhood thing, which is great, let's do that with care."

Continued on Page-4

#### **NEWS**



#### **MARCH 2022** No. 84

Waltham Forest Echo is the borough's free community newspaper. We publish monthly and distribute 15,000 free copies of each issue – and we will continue to do so during the ongoing public health crisis

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## Council tax bill rising again in April

by Josh Mellor, Local Democracy Reporter

**T**altham Forest residents will see their council tax rise by 4.12% in April, according to the council's new budget.

After the budget was agreed on 22nd February, residents in band D properties will see their yearly bill increase by £76.77.

While some tax goes to the Greater London Authority, the remaining 2.99% increase will be paid to the council, with 1% ringfenced for adult social care.

Speaking when the rise was first proposed, leader Grace Williams said that a lack of government funding had left

of either cutting vital services... or raising council tax".

She added: "Whatever decision councillors make... we will continue to use council tax money to provide excellent services and fund the safety net those struggling so desperately need."

The council's budget report states its "strategy" for dealing with financial uncertainty is to attract more residents - and thus more council tax - to the borough, as the tax makes up about half of its "core spending power"

The annual bill for Band D properties will be £1,939.94, of which £395.59 will go to the Greater London Authority (GLA) to fund the city's police and fire service, transcouncils with "the stark choice port and economic development.

#### Homes evacuated during Walthamstow shed fire



sheds with gas cylinders inside caught fire.

Around 70 firefighters raced to under control.

All homes within 25 metres were evacuated due to the risk investigation.

althamstow residents of the cylinders exploding. The were evacuated after sheds were destroyed, along with the first floor and roof of a neighbouring home.

A woman and child left the Lyne Crescent shortly after 4am burning home before the Lonon 6th February and worked don Fire Brigade arrived and for three hours to bring the fire were treated by paramedics at the scene after breathing in smoke.

The cause of the fire is under

## No council cost for new campus

altham Forest Coun- as the main campus. cil will not need to help fund the borough's new university campus, a report reveals.

The University of Portsmouth intends to open its first university buildings in the borough next year, expanding over the next two years until it has room for more than 5,000 students.

While previous reports described the council as a "partner" on the project, suggesting it would chip in, the university is now partnering with developer Northchild Developments Inc.

The council thus "is not making a financial investment in this project, nor will it incur any future liability" and in fact could make a small profit of £230,000 selling the building that may act over the next two decades.

A report prepared for council leaders on 22nd February states the current plan is to use Central House and the East London Business Centre in Hoe Street as the main buildings, ready by 2025/26, while smaller spaces in Juniper House and Blackhorse Road would open next year.

If, after reaching its full capacity, the university wanted to expand "it has been agreed... that Leytonstone and Leyton would be the focus for further growth and investment."

The council has negotiated a sale price of £5.1m for Central House, after buying it for £4.87m last April. The campus is expected to bring in £372m of "wider economic benefits to the borough"

## Sunderland man hounded after fine mix-up

man who has never been ordering him to pay up after to Waltham Forest was hounded over an unpaid driving fine after a licence plate mix-up.

Anthony Perry told the *Echo* he was threatened with bailiffs while struggling to convince enforcement officers they had the wrong man.

The 67-year-old from Sunderland was sent multiple letters the fine has since been cancelled.

allegedly driving in one of the borough's bus lanes late last year.

However, photo proof sent to him showed a car with a licence plate that differs from his by one letter - being driven by a black man when Anthony is white.

A spokesperson from Waltham Forest Council confirmed that

## Rejected councillor wins appeal

Labour councillor told she was not fit to represent the party this May has successfully overturned the decision. Anna Mbachu, Grove Green ward councillor since 2006, was one of

four Labour councillors rejected at interview, alongside a cabinet member and his two relatives.

Cllr Mbachu appealed and may be able to run as a Labour candidate in the local election, provided she is shortlisted and chosen by a members' vote in her ward.

rejected at interview - Cllr Liaquat appeals rejected.



Ali MBE and his relatives Umar The three other Labour councillors and Hather Ali – had their

#### **LICENSING ACT 2003** Application for the Grant of a Premises Licence

ereby given that **Cups and Jars E10 Ltd** has applied to the London Borough of Waltham Forest for the Premises Licence at: 338 Lea Bridge Road, E10 7LD London. The nature of the application is as follows

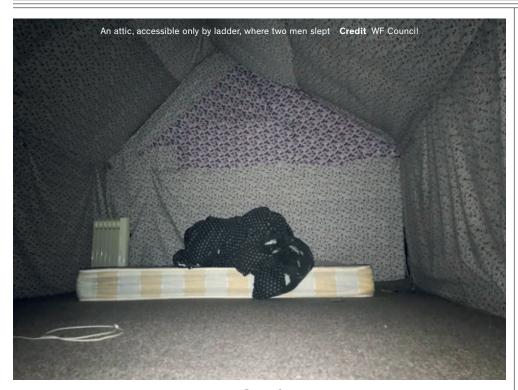
• Supply of alcohol for consumption on and off the premises, Monday to Snday, 11:00-21:00

Any person wishing to make a representation in respect of the above activities may do so in writing to the icensing Service, 3 The Square, Leyton, London E10 5NR or via email: Licensing@walthamforest.gov.uk\* icensing@walthamforest.gov.uk.

entations must be received no later than 15/03/2022.

is an offence to knowingly or recklessly make a false statement in connection with this application. A person is ble to an unlimited fine on conviction should such a false statement be made.

#### **NEWS**



## 'Worst of the worst' landlord fined £45,000 for 'atrocious' Leyton flats

by Victoria Munro

rogue landlord who forced Leyton tenants to live in "atrocious conditions" and cut off their hot water and heating when they complained has been fined £45,000.

Arbab Ahmed, from Ilford, was taken to court by Waltham Forest Council for breaking ten different housing laws, concluding a case against him that lasted two and a half years.

Ahmed had secretly rented a former shop in Vicarage Road to a family and shoddily converted three floors above it into a flat for six men, adding a poorly constructed and unfinished extension and forcing two men in the unfurnished attic to access their beds via a ladder.

Council officers first visited the shop in 2019 after one of his tenants complained, after which Ahmed cut off the property's hot water and heating.

The council also found evidence of rats, a leaking waste pipe, a defective smoke alarm, a faulty boiler, inadequate locks and no fire doors. The council took over the property a month later, forbidding



The badly and secretly converted shop in Vicarage Road

Ahmed from entering it or contacting any of his tenants.

Finding Ahmed guilty in his absence last December, District Judge William Nelson called him "duplicitous" and said he had "deceived" vulnerable people on low incomes who did not speak English as a first language, limiting their ability to complain.

He found Ahmed had caused a "significant degree of harm" to those living in the property, adding: "Nobody should be in a house where they are sleeping next to rodent droppings."

Cllr Louise Mitchell, the council's cabinet member for housing, said Arbab Ahmed is "among the worst of the worst landlords that our team has ever encountered".

She added: "The tenants in his property were living in appalling, dangerous and unsanitary conditions, and when they raised complaints, they were harassed by the landlord as he tried to avoid taking responsibility for his actions.

"We will always use the full extent of our powers to crack down on landlords who try to exploit their tenants, but cases like this show once again the very real need to ensure that landlords are registered, so that people like Ahmed are stopped from treating innocent people in this way."

The judge fined Ahmed £45,000 and also ordered him to pay the council's prosecution costs of £14,404.08.

His managing agent Centaurus Estates, trading as Eden Homes, was fined £3,700 and ordered to pay more than £1,500 of the council's costs after pleading guilty to housing offences.

All Ahmed's tenants have since been rehoused by Waltham Forest Council.

# Labour hits back at 'discrimination' claims

by Victoria Munro

altham Forest Labour has responded to claims it excluded Muslims from becoming councillors by releasing data on the ethnicity of potential candidates for the May local election.

The party faced criticism from the Waltham Forest Council of Mosques (WFCOM) [issue #83, p1], who alleged the interview process had discriminated against the faith and called for an investigation.

A WFCOM spokesperson said they had been told that all but one of 14 Muslims who applied to become a new councillor were refused, while three current Muslim councillors were de-selected.

However, following the criticism, a Labour spokesperson told the *Echo* that at least five new Muslim applicants made it through the interview process, in addition to some existing Muslim councillors approved to potentially run again.

Data on the ethnicity of 65 people who made it through the interview stage, which includes both new applicants and current councillors, released by the party shows just under half identify as white and just under a quarter identify

as Asian

In addition, about a fifth of potential candidates identify as black and there is one potential candidate who identifies as Jewish.

While the majority of candidates are middle-aged, the party also advanced ten candidates who are 29 or younger and six who are 70 or older.

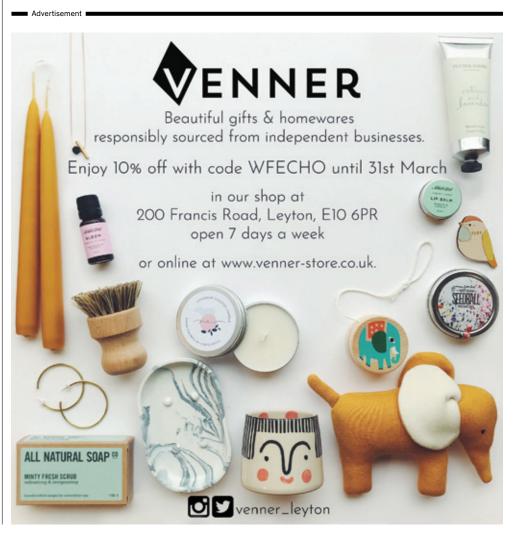
The proportion of male and female potential candidates is approximately equal, with one person identifying as non-binary.

The majority of those approved at the initial interview stage said they were heterosexual and not disabled and the party spokesperson stated they do not record data on religion.

The spokesperson said the data showed previous claims about the interview process were "inaccurate", adding: "We are proud to have such a diverse panel of potential candidates."

The candidates will still need to make it through a shortlisting process in their respective wards and be picked by a members' vote, as only 60 can run in the May election. If Labour wins the same number of seats as it did in the last local election, then 46 will become councillors.

Waltham Forest Labour expects to have its candidates finalised this month.



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#### **NEWS**

#### Continued from P1

Stella is now training to become a paramedic but feels "guilty about leaving" care work, a job she only intended to do for two months but stayed in for two years after she "fell in love with it".

She added: "Waltham Forest doing this is a real kick in the teeth for care workers. Providing parking permits is such a simple thing but it would have a huge impact for our clients and the community.

"There's no consideration or respect for what care workers have done, especially during the pandemic. We were having clients thrown out of hospital to clear beds and we were there to look after them and make sure they were safe at home."

Billie Cooper, from CASWO, told the *Echo* the group hopes to use a potential win in Waltham Forest to "push for similar things in other boroughs" but noted some London councils "have found ways of ensuring the costs of parking are not pushed onto care workers", citing free parking in designated zones offered by Barnet, Greenwich and Merton and a £10 annual permit in Newham.

By contrast, she said the essential user permit offered by Waltham



Carers leafleting and speaking to residents in Walthamstow Credit C

Forest costs £75 a month or as much as £600 a year on an annual basis.

The idea to offer free parking was first suggested at a full council meeting in January 2020 by Conservative councillor Catherine Saumarez, speaking on behalf of the adult social care scrutiny committee, who said carers "resign themselves to getting parking tickets".

She told councillors: "Walthamstow Employment and Nursing Agency was forced to spend more than £4,500 last year on parking permits. We are basically clawing

back some of our providers' very slim profits.

"That's not including the cost of fines when a visit took longer than an hour, which it often does. The impact of a £65 parking ticket on a minimum wage worker is profound and all our providers said the inability for carers to park affects their ability to recruit."

At the time, the council's deputy leader Clyde Loakes responded that "there is not another borough that can match the offer we give" to carers, adding: "If we are serious about the climate

emergency, then we have to change the way that we do things."

He said the borough should aspire to the "benchmark" of Denmark and Holland, where carers use low-emission vehicles, carsharing and bicycles to reach clients, a suggestion one carer dismissed as "impossible".

Speaking anonymously after the meeting, the 39-year-old Walthamstow Employment and Nursing Agency carer said: "I would want him to come with me and do a shift on a bicycle. Sometimes I work the whole area – Woodford, Walthamstow and Chingford – with only 15-20 minutes between shifts.

"We have the opportunity to buy a whole-year ticket but it's about £320. It would be much much better [to have the specific permit], then I could fully concentrate on the client and not be looking outside to see if anyone is coming."

Responding to the new campaign, Cllr Loakes told the *Echo* the council provided more than 2,500 free permits during the pandemic, adding: "We know how important their hard work was supporting the community throughout Covid-19, and we join residents in expressing our gratitude.

"Companies should be factoring in costs for staff parking when bidding for care contracts rather than passing them on to their employees, as they will have been aware of the situation when presenting their tenders.

"We will carefully consider and respond to the points that have been raised with us recently by care staff. However, from our benchmarking we know that the range of permit options for carers in Waltham Forest far exceeds that of most other London boroughs, making us already one of the most generous."

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#### **COMMENT**



## Time to face up to our waste

#### NLWA chair Clyde Loakes defends the incinerator rebuild

t's an underrated privilege of modern life: we drop rubbish and recycling into separate bins and forget.

One goal I have, as chair of the North London Waste Authority (NLWA), is to help bring an end to this collective amnesia. I want us all—government, businesses and individuals alike—to wake up to the vast volumes of stuff being made and quickly tossed away and the impact that has on the climate emergency.

It's why NLWA's focus is to reduce waste in the first place by urging for large-scale systemic change. It's why I've called for compulsory recycling and the banning of more single-use plastics. It's why NLWA ensures items like the inner springs and polyester inside fly-tipped mattresses are recycled. And it's why we're building new recycling infrastructure for the public at our 16-hectare site in Edmonton, with the aim of boosting recycling rates to 50%.

However, it's important to realise that there will always be some waste leftover that can't be recycled, which is why we're replacing the 50-year-old energy-fromwaste facility at the same site.

Since 1971, this facility has diverted 21 million tonnes of waste from landfill and generated electricity for 80,000 homes every year but it is now near the end of its functioning life. The new facility we're building will be the most advanced and cleanest in the UK and will generate energy for up to 127,000 homes.

However, as perhaps is expected in the age of social media-propelled misinformation, there are some misconceptions about the new facility. I'd like to set the record straight on some of them here.

In terms of air quality, the new Energy Recovery Facility (ERF) will operate under the Environment Agency's most stringent environmental permits, and its world-class technology – the only UK facility to use such tech – will mean that the amount of particulate matter emitted from its stack

will be 1000 times lower than the World Health Organisation's safe limits and just 0.1% of London's particulates overall.

In Waltham Forest, by contrast, road transport is responsible for 32.4% of our particulates, and domestic sources (including heating) are responsible for 9.2%. Road transport generates 70.2% of nitrogen oxide and the commercial and industrial sectors contribute 20%.

Secondly, in terms of size, the ERF has been designed according to forecasts on population and volumes of waste in the future, with a top capacity of 700,000 tonnes. However, the facility can operate at lower volumes if systemic change happens faster than expected. This means there is no need to bring in waste from other areas.

Thirdly, in terms of value for money, if we don't proceed with the ERF, there would be significant extra costs and risks for council taxpayers, as North London would have to rely on landfill or privately-owned incinerators without advanced cleaning technology. Plus, there would be the expense and environmental impact of 30,000 lorries a year trucking our waste to other areas.

When it's all added up, not building the ERF would cost North London boroughs an extra £20 million a year and therefore would mean less money for other vital council services. It would also mean we'd all be paying more to deliver a worse outcome for the climate and a less clean disposal of our waste. Having a facility to turn North London's waste into heat and power with world-class tech and the UK's most stringent environmental controls, owned by North Londoners in perpetuity, is surely a much better, far more responsible outcome.

NLWA's overarching objective will remain to always prioritise waste reduction and recycling, as well as push for systemic change so that unsustainable consumption is curtailed.

# We must learn from the near-death of Leyton O's

#### Leyton MP John Cryer as part of our MP column series

ive years ago Leyton Orient FC was taken to the brink of oblivion by its then-owner, Francesco Bechetti. Before relegation to the National League in 2017, Orient were the second longest standing continuous Football League club in London. The club reportedly boasts the honour of having the most staff and players to enlist in WW1, with 41 sent to the front, of whom three died at the Somme and many more received career-ending injuries. Orient also gave a start to the talented and enigmatic Laurie Cunningham, the first black player to represent England at senior level and whose stubborn refusal to be cowed by racist thugs paved the way for real change in the game.

To think that Orient's very existence—and the rich history described above—could have been expunged in just a few short years by a reckless owner is enough to illustrate the urgency of the case for reform. So many other clubs have faced and will continue to face the same existential threat, not only due to bad custodians in lower leagues but also due to greed at the top of the game. Plans for a European Super League- which thankfully fell apart as quickly and unexpectedly as they came into being, due to the extreme backlash they received- were a case in point, as are sky high ticket prices at Premier League games.

The fan-led review chaired by MP Tracey Crouch recommended in autumn that there should be a new independent regulator for football. If adopted, this regulator could oversee sustainability, finance and the suitability of owners. Orient, for example, could have been spared their own brush with death had the FA's existing "fit and proper owners" test not been completely toothless. A code of football governance would be established, as would guaranteed involvement for fans by means of clubs having to establish a "shadow board", while club heritage would receive greater protection. The women's game would also be treated with parity, player welfare would be addressed and clubs would have to address issues around diversity and inclusion.

I have pressed ministers to adopt the recommendations in full. So far, they have told me only that they accept "in principle" the case for an independent regulator.

Make no mistake: vested interests among the elite will hate many of the proposals and will fight tooth and nail for the status quo or their own version of reform. They will already be in cosy talks with ministers. It is therefore vital that this issue retains prominence until the government announces its plans in the spring. As part of this, I asked the leader of the house for a debate on football governance, with an emphasis on finances.



#### **FEATURES**



#### Local pub owner Robert Woodland on what to drink at the borough's breweries

ver the past few years, Waltham Forest has seen a surge of independent breweries, many with taprooms that allow you to enjoy the beers fresh and as the brewer intended. It's an exciting development for me personally, as the proud owner of The Stag & Lantern micropub in Highams Park, and now that the darkest depths of winter are out of the way, I figured it was a great time to offer my recommendations to fellow craft beer lovers.

One of the original breweries to open in the area was Wild Card Brewery, founded in 2012 by Jaega Wise, whose subsequent success has meant frequent TV appearances on the BBC Food Programme and The Wine Show. After moving their main facility to the Blackhorse Road Beer Mile, their original Ravenswood location is now The Barrel Store, where they focus on barrel ageing beer. I recommend trying their Pale Ale (4.3%) or if you're feeling more adventurous, see what barrel aged beers they have available.

Just around the corner from Wild Card is Pillars Brewery, which opened in 2016. Locals may recognise their distinctive orange kegs, which are often seen at pubs in the local area. Pillars focus on lager style beers, such as pilsners and helles, meaning this is a great place to take non-craft beer drinkers. Their Hop Lager (4.5%) is a wonderful introduction beer that keeps a clean lager profile with a hoppy twist.

An honourable mention must also go to Real Al Trap Taproom, which is located between Wild Card and Pillars. Real Al supplies a huge range of cider to local businesses (including mine), and as such, their taproom always features a fantastic selection of ciders. Fruit cider lovers should definitely try out the Seacider range, which boasts flavours like Raspberry Ripple.

Moving on to the other side of Walthamstow, just a few minutes north of Blackhorse Road Station, a new 'Beer Mile' has emerged. Home to over four breweries, with more likely to come.

Exale Brewery opened just before the pandemic but comes from a great brewing background. They often release experimental and interesting beers, alongside their core range of pales and lagers. Their large taproom has frequent DJ nights and a late licence, so definitely a good



Robert Woodland (centre)

evening out. A beer I'd recommend to check out is Krankie (4.2%), an Irn Bru flavoured sour. Whilst not for everyone, it's a beer that shows off their forwardthinking approach to their craft.

A few minutes walk away is Signature Brew, renowned for their collaborations with musicians, including Alt-J and Mogwai. They've just recently built a swanky new taproom unit outside the brewery, which means visitors no longer need to brave the elements outside! I recommend trying their Backstage IPA.

Near the top end of the Blackhorse Road Beer Mile is Hackney Brewery, who recently relocated from our neighbouring borough. Their new taproom boasts 20 beer taps, featuring the freshest from the brewery and guest beers from around the UK and the world. Mysterious Spectre is one of my favourites: a hazy pale ale that is packed with a punch of hops and a full body that makes it easy to drink.

Finally, looking to the south side of Waltham Forest is the Gravity Well Taproom in Leyton, who have quickly gained a reputation as one of the best up-and-coming breweries in the UK. Their taproom is located underneath one of the archways at Leyton Midland Road Station and is open 7 days a week. Head Brewer Ben pays incredible attention to the quality of their beer, brewing exceptional beers one after the other. I recommend trying their Galaxies Apart New England IPA, a hop-bomb of a beer with loads of fruit aroma.

## Going wild for Weirdough

Elizabeth Atkin on one of the area's newer businesses for St James Big Local

n August 2021, the styl- 60 bottles per week. ish Weirdough Bakery minutes away from the Overground station.

favourite for many) and the Josh, Gabriel and Clement – part-bakery, part-upscale deli surroundings nicely.

of the community," says 20-something and 30-some-Daniel, who also works in thing foodies. property management. "People just come by to say hi, explains. "We have teenagers they don't even need to buy come by for pizza, builders anything. We are very sur- from the construction comprised to get this reaction in pany in front of us come in the neighbourhood.

"We were a bit sceptical at first, about how it would go – there far away just for the cinnamon are some big bakeries around."

from pain au chocolat and for English tea. We're very cinnamon rolls to sourdough dog-friendly as well. We don't muffins, baguettes and have seats inside, but people lunchtime pizza (including will stop for 15 or 20 minutes to a veggie option), all washed down with a tea or coffee. Better still, their baked goods ing business are to rectify the are all handmade on-site in seating situation – creating a their small kitchen.

"Everything's in-house," Daniel says proudly. "We do everything from scratch."

They've also recently branched out into brewing sourced from different parts their own kombucha – an of the world. unusual-tasting, fermented tea drink - producing around E17 8AA

"We do try to implement opened in the St James new things," he adds. "We're Street area, just a few starting to sell Italian and Spanish products, such as Iberico ham, Manchego Born of a love of baking cheese, pecorino cheese... We sourdough (a pandemic want to be a little place where you can find special things, efforts of friends Daniel, Unai, not just things you can buy in Tesco or Sainsbury's."

On the whole, Weirdough's Weirdough has settled into its approach to quality ingredients seems to be attracting a "We love it so far, because range of patrons – not just

"It's a good vibe," Daniel for coffee and pastry, and we have some people come from buns – because they're really Weirdough sells everything good. An older lady stops by chat with us, or with a friend."

Next steps for the burgeonterrace space with tables and chairs for guests. They also hope to secure an alcohol licence, allowing them to sell "three or four great wines"

Visit them at 20 Station Road



#### **ARTS & CULTURE**

## **Noticing Walthamstow**

Author Miranda Keeling on how the area won her over



hen the pandemic hit, I was living in Tottenham: my home since the age of eleven and very much a part of my identity. From Seven Sisters, I travelled across the UK, Europe and the States, all the while writing down things I saw and heard in notebook after notebook. When lockdown descended on us and there were no more plane, train or bus rides, my world became small and close, limited to what was

reachable by bike or foot.

That was when I fell in love with Walthamstow, an affair that culminated in me moving here last March. Despite always living close by and having fading memories of the streets, parks and market, it was not until the days stretched ahead with no work or childcare for my daughter that I began crossing the River Lea. I explored Walthamstow Wetlands, the beautiful red brick Warner houses near Blackhorse Road and St James Park with its mini

forest in the back. Small things felt so much larger than they would have before lockdown and, as always, I wrote down everything I saw. For many years I have posted my observations online and, read together, they form a mini travel diary.

· An elderly couple walk through Jubilee Park with peaceful faces. Their mood no doubt aided by the classical music soaring from her handbag.

- · A man stops on his way past Walthamstow Station to say hello to a black and white cat, who greets him as the dear friend he clearly is.
- · A collective Walthamstow residents' sigh of woe wends its way through the tube at the words: This train will now terminate at Seven Sisters.

Now things are opening I will start to travel again but, when it's time, I know I will be happy to return home.

· Man in Walthamstow: Every day I buy the same sandwich from the same cafe. Every day, the same. It's only a cheese sandwich you know. But now it feels like coming home.

Miranda Keeling's 'The Year I Stopped to Notice' is being published this month

### The Split by Laura Kay

## Sarah Fairbairn reviews a queer rom-com by a Walthamstow author

admire most about Laura Kay's charming, funny and thoroughly enjoyable depiction of the emotional turmoil caused by an unexpected break up is the author's clear belief that it's possible to train for a half marathon while eating an uninterrupted diet of crisps, chips, cakes, pizzas, wine, beer and Indian takeaways. This book absolutely bounces along as we follow the protagonist from a house boat in east London back to her dad's house in Sheffield and up and down the city's notorious hills in a misguided attempt to get one over on the woman who broke her heart.

It's hard to believe that this is a debut novel. The dialogue is completely convincing, demonstrating a real understanding of how difficult it can be to say what you really mean. Usually I groan when books

include snippets of emails and texts — they are so often transparent attempts to disguise exposition as action — but in this book every typed word feels painfully, achingly accurate. Who among us hasn't spent hours composing the perfect 'I'm having such a fun time I'm barely even

ne of the things I admire most about Laura Kay's charming, funny and thor- thinking about you' email, all the while insisting to friends and family that we are fine, just fine, totally fine and getting on with life?

Rom-coms very rarely make it on to my to-be-read pile so I'm delighted to have been given the chance to read this one. The story doesn't try to dazzle with surprise twists and turns but instead relies on sharp wit and clear-sighted empathy for its characters. The relationships at the heart of the book are of all kinds - romance, friendship, family and animals - and there's a true warmth in how these well-drawn characters are depicted. If you've ever felt yourself losing a grip on your emotional life, wondered how to move on to the next stage or marvelled at how the people that care about you manage to pull you through even the toughest times, you'll find something you relate to

in this book. There's marathons, school discos, awkward conversations and a cat called Malcolm and in the paperback edition there's a sneak preview of Laura Kay's next book *Tell Me Everything*, due to be published in April this year. It's definitely going to be on my reading list.



## Free exhibition at Walthamstow Wetlands

free exhibition inspired by the wildflowers of Walthamstow Wetlands opens at the Engine House this month.

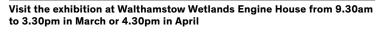
Spring Awakening, featuring the work of artist and printmaker Anna Alcock, whose studio is just a short walk away, opens on 2nd March until 28th April.

Over 50 varieties of wildflowers have been recorded on the wetlands and the exhibition is a reminder to treasure and protect the natural landscape that can be found in busy cities.

Anna said: "I hope it might serve as a reminder and wake-up call to us all of just how important it is for us to protect the natural world which surrounds us.

"We might simply set aside a tiny wild space in our own city gardens or window boxes to encourage bees and other pollinators.

"As a regular visitor to Walthamstow Wetlands, it inspires my work and is a place I explore with my family, so I am delighted to be given the opportunity to exhibit there."





Anna in her studio **Credit** Anna Alcock



Examples of her work Credit Anna Alcod

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#### **PHOTOGRAPHY**





#### **The Walthamstow & District Photographic Society**

WDPS is a sociable club for both beginners and professionals, which meets on Mondays from 8–10pm in Jewel Road, E17. Most sessions are also available via Zoom.

We are keen to welcome new people and share our enthusiasm for photography. You can come to up to three free sessions before deciding if you want to join. To find out more look at our website www.wdps.org

We want your photos and illustrations! Please send in your images of people and places in Waltham Forest to penny@socialspider.com

Our next photography theme is 'New beginnings' - interpret this however you wish. The deadline for submitting images is 15th March.





Clockwise from top left:

Foggy Wetlands by Giulia Hetherington

Bus trails at **Walthamstow Central** by John Cross

The Black Swan at **Hollow Ponds** 

by Thomas Barry Lost in London

by Andy Charles

**Chingford Cemetery** by Matt Russell



#### **HOUSING**

## 'Sneaky' plans for the Marlowe Road Estate

by Josh Mellor, Local Democracy Reporter

ood Street residents are furious about "sneaky" proposals to "cram more people into taller blocks" on the rebuilt Marlowe Road Estate.

The estate, renamed Feature 17 by developer Countryside, is several years into a regeneration that will see everything but Northwood Tower knocked down and rebuilt.

After agreeing in 2016 to replace 298 lowrise flats with 436 new homes, Waltham Forest Council recently agreed to consider a new planning application that would add a further 144 homes to the site.

The new plans, which the council states it has consulted "all local residents on", would see more than 30 terraced properties swapped for three blocks between six and eight storeys high.

However, Andrew Jazaerli, of nearby Turner Road, said he didn't know anyone who was consulted, adding: "I knocked on doors and some people didn't even have a clue this was happening, it just seems really underhand and sneaky."

Insisting he had supported the original plans "in good faith", he said: "This is about developers ripping up well-intentioned

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Council leader Grace Williams outside the first council flats completed on-site Credit Countryside

plans mid-build – replacing proposed family homes and gardens with new high-rise blocks, cramming more flats into a small space, and going against plans to position taller blocks around the Wood Street plaza.

"At its highest point, the revised building elevations are around 16 metres taller than existing plans and the majority of the new homes would be private and shared ownership, rather than social rent.

"Once again, it feels like developer profits are more important than local people. It's hard not to feel cynical that this wasn't the intention all along."

According to the council, "all local

residents" were sent two leaflets advertising consultation sessions, with a webinar on 9th July and a drop-in session later that month.

In a recorded consultation webinar, available online, the only named resident was Wood Street ward councillor Vicky te Velde, who asked questions about the proposed play area.

The redesign was proposed after a surveyor hired by Countryside concluded that, without more flats, the scheme would have a financial "viability deficit" of £10.5 million. The council's own report, which it has not published, agreed the company would not make "an enhanced"

profit" with the original plan.

Responding to concerns, the council's cabinet member for housing Simon Miller noted the new flats will include 13 council homes and 43 shared-ownership flats.

He added: "It will deliver a better mix of units, with more homes for larger families. It will also result in more homes being connected to the Marlowe Road heating network, a key element to support the council's commitment to tackle the climate emergency through locally-produced low-carbon energy.

"The new buildings will be no higher than any of the blocks built as part of the redevelopment of the area to date, which are already providing much-needed high-quality new homes to local families.

"If the council did not consider the option to increase the density there may have been a risk of delay. The council therefore worked with Countryside to revise the scheme to enable an increase in the affordable housing supply in the borough, which is the only way we can begin to tackle the housing crisis that causes hardship for so many."

He added that the proposals are currently "in the pre-application stage" and that residents will be able to share their views once an application is submitted.



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#### **CRIME**

# Suspected dogfighting ring broken up in Chingford

number of dogs and puppies were seized after police broke up a suspected dogfighting ring in Chingford.

Local cops, accompanied by animal charity RSPCA, executed a warrant at a unit in Sewardstone Road on 3rd February, arresting three men.

In addition to a number of dogs, believed to be banned breeds, police also seized a gun, combat knives and stolen construction machinery.

The dogs have been taken to police kennels and the men – aged 28, 30 and 35 – have been released under investigation.

Local PC Tom Landels said: "Dog fighting

is brutal, fundamentally cruel and is an organised crime that operates secretly with no regard for animal welfare.

"The machinery will be returned to the lawful owners and the dogs will undergo assessment while they are cared for at a police kennel facility."

It is illegal to own a Pit Bull terrier, Japanese Tosa, Fila Brasileiro or Dogo Argentino in the UK without a special court exemption.

It is also illegal to breed, sell, give away or even abandon a dog of these breeds.



## Teen's killers jailed for 20 years

he two teenagers who killed Walthamstow's Hussain Chaudhry have been jailed for 20 years each.

Marvin Ward and Alexis Morris – both Ilford 18-year-olds – were sentenced

on 4th February at Wood Green Crown Court, almost a year after stabbing Hussain outside his home.

Also sentenced that day was Morris' Bexley friend Anthony Nguyen, imprisoned for 18 months after helping



Alexis Morris (left) and Marvin Ward Credit Met

Morris hide himself in Luton following the crime.

In a written statement, Hussain's family said: "These are cowardly robbers and killers who draw a false sense of strength and arrogance from carrying knives.

"However, they were confronted with real strength and true courage when they failed to intimidate Hussain, who fought back alongside his brothers and friends to protect his mother, home and family.

"Hussain lives on through his legacy and this will continue as long as we all uphold the values that he embodied: Love, Honour and Bravery."

Hussain died outside his Lea Bridge Road home on 17th March last year after arranging to sell a designer jacket to his killers on social media.

## Leyton pensioner who sent Lord Sugar abuse jailed

Leyton 70-year-old who sent anti-Semitic letters to Lord Alan Sugar has been sentenced to three years and six months in jail.

In 2018, Patrick Gomes, of Lyttelton Road, sent three abusive and threatening letters to a business address owned by Lord Sugar in Loughton.

Police found Gomes' DNA and fingerprints on one of the letters, as well as further unsent letters in his home. He had also written the business address



in his address book.

On 1st December, Gomes was found guilty at Chelmsford Crown Court of religiously aggravated harassment and was sentenced at the same court on 16th February.

Investigating officer PC Marc Arnold said: "Throughout the investigation and despite all of the evidence against him, Gomes has denied his involvement.

"At no point has he shown remorse for his actions and I'm glad that he's now been made to answer for his crimes."

#### **NEWS IN BRIEF**

## Man arrested after crashing into cop car

man was arrested on suspicion of drunk driving after plowing into a Waltham Forest cop car. The force's official Twitter account said its officers had a "lucky escape" after being crashed into from behind on the A406 in the early hours of 11th February.

Photos from the scene show the back of the police car was damaged, while the front of the other driver's car was destroyed.

The driver is accused of having been almost three times over the legal limit.



The driver's car after the crash Credit Waltham Forest Police

#### 'Unexplained' death on Leyton flats

olice are investigating after a man was found dead on Leyton Flats.

Police were called to the green

space in Leytonstone at around 8.30am on 15th February and found the man "unresponsive" in woodland near Eagle Pond.

He was later pronounced dead at the scene by paramedics. His death is currently being treated as "unexplained".

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## LICENSING ACT 2003 Application for the Grant of a Premises Licence

I, Hussien Fouad have applied to Waltham Forest Council for a premises licence for the premises: Unit 10, Argall Avenue, Leyton, London E10 7FB. In order that the following licensable activities can take place on or from the premises:

Provide recorded music and supply alcohol
This will take place: Monday, Tuesday and Wednesday,
18:00-00:00/Thursday, 18:00-02:00/Friday and
Saturday, 17:00-07:00/Sunday, 12:00-00:00

Waltham Forest's Licensing Register is kept at the office of the Waltham Forest Licensing Section, Resident Services, 3 The Square, Leyton, London E10 5NR where details of the application may be inspected during normal office hours. Any representations against the application must be made in writing and received by the Licensing Service at the above address, by no later than the 21st March 2022.

bodies representing such residents or businesses may make representations. The grounds on which representations may be made are restricted to the licensing objectives of the prevention of crime and disorder, public safety, the prevention of public nuisance, and the protection of children from harm. Representations cannot be made after the provisional statement has been issued. Copies of all representations will be sent to the applicant. Persons making representations will have to appear at the Councils' Licensing Sub-Committee.

Note: It is an offence, liable on conviction to a fine up to £5000 for an applicant to knowingly or recklessly make a false statement in connection with the application.

#### **HEALTH**

## The private piece of the Whipps puzzle

#### Whipps opinion columnist Mary Burnett on fears of private sector encroachment

here's an elephant in the room sitting alongside Whipps bosses as they discuss plans for the new hospital, and its name is the private sector. Private healthcare has become embedded in our NHS over the last decade and, although Barts insist they can cut down on beds due to improved hospital and community services, it seems to me squaring the circle of insufficient beds will leave them relying on the private sector even more.

This year, for the first time, more orthopaedic surgery – knees and hips – was carried out nationally by the private sector than the NHS. Only last June, the government was perfectly happy to promise £10 billion over four years to private healthcare to "increase capacity" for dealing with waiting lists, yet dragged its heels over how much it would give the NHS directly. And it's only committed a paltry £2.7 billion for the redevelopment of eight hospitals, including ours.

On a local level, there's evidence of a similar trend. How to spend the borough's NHS budget—paying who for what health services—is a decision made by the Clinical Commissioning Group (CCG). At the start of 2020, our borough's CCG was spending more than a tenth of its annual budget, or



£55.75million, on "healthcare from non-NHS bodies". More than it spent on GPs.

It's argued that the private sector is a partner in providing health services and one we desperately need to tackle our awful waiting lists, especially post-Covid. But, as Stella Creasy MP recently wrote in the *Guardian*, waiting lists have been creeping up for years because of under investment in the NHS and a "conscious decision to divert funding to profit-making private healthcare companies".

Taking a closer look at one of these

companies – like BMI Healthcare, from which Barts bought more than £2.25m of health services in three years – can perhaps help us understand how we ended up here. BMI is owned by Circle Health, a com-

BMI is owned by Circle Health, a company that in 2019/20 earned over £240m, almost a third of its total income, from the NHS. It is also one of the companies awarded part of that £10bn government investment. Going further up the chain, Circle Health is itself a subsidiary of Centene Corporation, a huge US private healthcare firm. Centene has another UK

subsidiary called Operose Health, which last February took over 67 GP practices across England with over half a million patients, including in Redbridge, Tower Hamlets and Newham. It was a highly controversial take-over and one that was challenged in the High Court.

In Operose, we can see an example of the "revolving door" of powerful people moving between the NHS and the private sector, best placed to influence its increased use. At the time of the GP take-over, Samantha Jones was chief executive of Operose Health, having previously worked as director of NHS England's "new care models" and chief executive of a couple of hospital trusts. Two months later, she was recruited to be Boris Johnson's health advisor and has just been elevated to be his interim permanent secretary and chief operating officer at number 10.

I fear the growing role of the private sector is a key part of the planning for Whipps Cross, to be used instead of increasing NHS beds and services. I think it's high time Barts and the North East London CCG started talking about this particular elephant in the room.

**To find out more go to:** nhsforsale.info and keepournhspublic.com

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1st Annual Ovacome Gala
Auction...
in memory of Debbie Baldwin

Items including a signed photo of Muhammad Ali, Golf at Foxhills, an evening at Ronnie Scotts... and much more, will be available for auction at the Gala event on the 19th March 2022, in person or by phone.

Coppermills is proud to participate in the Ovacome Gala, in memory of much-loved Debbie Baldwin, a dear friend and brilliant mentor of the firm's founder Arona Sarwar.

#### **OBITUARIES**



# Inspirational lawyer honoured with annual gala

local lawyer and lifelong volunteer, who met her husband at the Walthamstow Woolworths aged 19, has received an award and annual gala in her memory.

Debbie Baldwin died last September at the age of 52, only a few years after abrupt abdominal pain sent her to A&E in 2018, where it was discovered she had ovarian cancer.

After a lifetime helping others, including advocating for mentally ill prisoners on death row, Debbie continued her charity work even while battling cancer.

She continued volunteering at the London Ambulance Service, even when her vulnerability to Covid forced her off the frontline, and raised more than £16,000 for Ovacome, a support charity for ovarian cancer sufferers.

Husband Pravin and close friends have started an annual Ovacome Gala to raise money for the charity in her honour, while the London Ambulance Service has named an award after her.

Pravin told the *Echo*: "She was always helping others and her ethics were unquestionable. It was never about her.

"At her funeral half a dozen people came up to me and said how inspiring Deb had been for them,

in a life-changing way."

Friend and former colleague at a local law firm, Arona Sarwar, added that Debbie was always the one who would "speak up for colleagues if something was not right" and "felt like a sister".

She said: "She was my consistent, go-to person and her passing is a big loss to me."

The London Ambulance Service has introduced a 'Debbie Baldwin Inspirational Volunteer Award', presented to those who go above and beyond normal duties.

Antony Tiernan from LAS said: "It is an honour to be able to dedicate this award to Debbie, and to make sure her legacy will continue to shine on through the work of our volunteers across London.

"Not only did Debbie devote so much of her time as an emergency responder, she also passionately shared her story to promote greater awareness of ovarian cancer and its symptoms.

"The care and dedication she showed everyone she worked with and cared for was nothing short of inspirational and she is missed every day."

The Ovacome Gala is on 19th March on the Tereza Joanne boat at the King George V Dock – find out more and book tickets here: ovacome.org.uk/ Event/1st-annual-ovacome-gala

# Loving tributes to Walthamstow migrant activist

oving tributes have been paid to a Walthamstow woman dedicated to migrant rights, who died of cancer aged 49.

Shelley Shenker moved to Walthamstow in her 20s and worked in health and social care all her life, at one point commissioning mental health services for Haringey.

Outside of her work, she was a dedicated volunteer for Waltham Forest Migrant Action and will be "sorely missed" there for her "strong intellect and commitment to what she believed in".

Her big brother Don told the *Echo*: "Her whole family and friends were extremely proud of her. She hardly ever complained about her cancer, she just got on with doing her job as well as she could and even took up new interests (painting) and voluntary work since her diagnosis.

"Shelley was pretty fierce in her defence of migrants'

rights – I think she just believed people had the right to seek a better life elsewhere, especially when they were escaping war, poverty or imprisonment."

A tribute read out at her funeral lists Lloyd Park, Walthamstow Wetlands and "a plethora of North London pubs offering decently-priced prosecco" as some of the local areas that "will be forever bound up with memories of Shelley".

It also celebrated the "warmth and compassion for others, which ran through everything Shelley did" and "shaped her working life as well", which she "devoted to the NHS and the principles of collective, public healthcare".

In addition to volunteering at Sutton House in Hackney, Shelley joined Waltham Forest Migrant Action in the summer of 2019 and quickly made herself indispensable editing their newsletter.

WFMA trustee Sophie Powell

recalled meeting her for the first time on Zoom during the regular online catch-ups hosted for volunteers during lockdown.

She said: "On these calls Shelley sat beaming from her sofa, always very chatty, full of good suggestions and wise insights. I loved Shelley's spirit and I will miss her hugely.

"As a new volunteer myself, I assumed from Shelley's contributions that she'd been involved for ages, which I later realised was not the case – it's just that she was someone who got stuck straight in.

"She was incredibly committed and strategic, and always ready to give things a go and put the leg-work in. Whenever I needed to sound someone out about an idea, Shelley was the person I'd call."

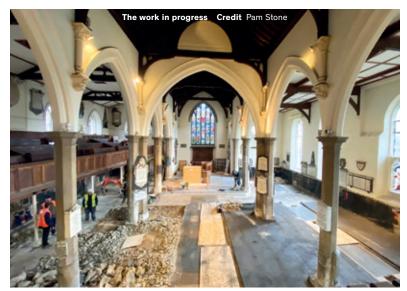
Shelley died on 24th January following a seven-year battle with cancer. She is survived by her brothers Don, Jack and Nathan and her niece and nephew Issy and Gabriel.



#### AROUND THE BOROUGH

#### **WALTHAMSTOW**

## Multi-million church regeneration



n ancient Walthamstow church is undergoing a multi-million pound renovation to allow it

to host concerts as well as worship. The project began in 2015, when it was discovered that St Mary's in Church End was in urgent need of repair.

Rather than just restoring its condition, the church decided to expand and revamp the space to add a gallery, cafe and room for events.

The St Mary's website explains: "It became a way to make our ancient building the heart of Walthamstow once again, as it has been in centuries past, and in so doing to make it accessible and financially sustainable."

The project received £1.67million from Heritage Lottery funding and will cost £3.4m in total.

It is hoped the building will be back in use by the end of the year, ideally in time for Christmas services, although some elements may not be completed until early 2023.

#### **HIGHAMS PARK**

## 'Rising star' nominated for BAFTA

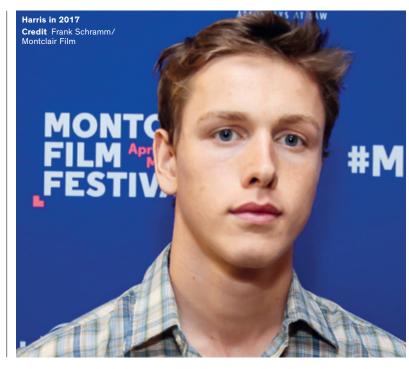
n actor born in Leytonstone and currently living in Highams Park is in the running to win a BAFTA award.

Harris Dickinson, who appeared in *The King's Man* as Conrad, is one of five nominees for the Rising Star Award, the only BAFTA awarded by public vote.

The 25-year-old got his big break in 2017 after starring in indie film *Beach Rats*.

He still lives locally and, according to a *Guardian* interview, kept busy during lockdown by volunteering at Project Parker, the since-closed homeless shelter in Wood Street.

You can vote for Harris on the EE website at *ee.co.uk/why-ee/ee-baftas* 



#### **LEYTON**

## Salvation Army van stolen

van belonging to Walthamstow's Salvation Army was stolen in Leyton.

David Pell, who runs Sally in the Stow with his wife Julie, said the van was discovered missing on 7th February and must have been stolen over the weekend.

He told the *Echo* that, though the van is insured, its absence meant the charity had to put its work on hold.

He said: "The van is used a lot to deliver furniture to vulnerable local families and to pick up or deliver furniture bought and sold through the shop.

"The community have been very supportive. We have had a number of offers of help in the interim period and we're very grateful for their help and support."

The van's licence plate is LK20 CUX.

#### **CHINGFORD**



## New charity shop for learning disabled opens

new charity shop has opened in Chingford to help disabled young adults live more fulfilling lives.

The ELSware shop at 16 Old Church Road opened on 19th February and is owned by disability charity Kith & Kids, set up by London parents in 1969.

In addition to raising money, the shop will give young adults with autism and learning disabilities work experience to help transition from education to adult life.

Kith & Kids CEO Marjolein de Vries said the shop aimed to fill the "gap in support

many young adults with learning disabilities fall into" after turning 19, which often left them "isolated and tied to their homes".

One parent that uses the charity, Rosemary Baker, said it was like an "extended family" for her son Louis, who helped to outfit and decorate the new shop.

Her son Louis added: "I built the counter for the till and steamed clothes and wrote prices on the labels. It makes me feel good. I like my volunteer [mentor] and also the social activities we do like bowling and going to a restaurant."

#### **LEYTONSTONE**

# Academy school told to improve

primary school has been told it "requires improvement" following its first full Ofsted inspection since becoming an academy.

Mayville Primary School in Lincoln Street was inspected in November, with a report published on 2nd February.

The school became an academy in 2016 and was rated "good" following a short inspection two years later. However, inspectors visiting last November raised concerns about the quality of the education.

Lead inspector Phil Garnham noted the school had "made a start on developing the curriculum", already proving successful in maths

and sciences.

However, his report adds: "In subjects such as computing, PE and DT, staff lack clear guidance on what pupils should learn. This leads to inconsistencies in the knowledge that pupils are taught.

"Some pupils, particularly those with [special needs], do not routinely receive effective support with learning to read."

A school spokesperson told the *Echo*: "Ofsted highlighted that strong leadership was found in key subject areas and we are now building on this in all areas of the curriculum.

"We are working with our board of trustees, staff and parents to ensure we give all our children the best education possible."

#### **SPORT**

## Seaward and upward

#### London Seaward, formerly Leyton Orient WFC, on their progress in the women's league



The team beat Cambridge United in November Credit @touchtightmedia

Tith two months to go until the end of the FA Women's National Leagues, London Seaward FC is sitting mid-table, despite starting the season in uncharted waters after we went independent, following our split from Leyton Orient.

We first introduced ourselves back in the November *Echo* [issue #80, p19], when we

had just secured our new home at Wadham Lodge, thanks to the support of local friends Stow FC, Wood Street Walls and MP Stella Creasy.

We play in Division One South East, the fourth-tier of the women's football pyramid, and have only three games left to play this term. On first glance at the league table, things look comfortable and, though we're still waiting to see if we've done enough to secure safety, our season so far gives us some cause for confidence. We collected at least three points against big footballing names such as Norwich City, AFC Wimbledon and Cambridge United, who we beat 2-0 in a match last November. That said, with four of the 13 sides set to go down this year, it might not be a March that is jam-packed with fixtures but it certainly won't be a relaxing one either.

Manager Dan McKimm and Scout Harry Warren have been doing an excellent job on player recruitment, with three great signings in the new year. Defender Alex Gatt, keeper Jamie-Lee Bamford and young striker Ellie Pace have all slotted nicely into the starting eleven. Gatt, a rising star from Malta, recently returned from her international duties as Malta's U18s Captain.

Off the pitch, the players have been putting in a huge effort to make this club a success, with the committee being made up primarily of first team players: Fenner(1), Anderson (3), Barton(10) and Butler(17) are running social media, finances, meetings and fixtures, respectively.

Having inherited the management of the club with no previous experience of the world beyond the pitch, the femaleled committee have proven their ambition and resilience. A few highlights include: raising over £8000 in 28 days through a Crowdfunder campaign, securing Pro Direct Soccer and Adidas kit sponsorship and investment from pub chain Greene King, building links with Loughborough University London and supporting internships at the Lee Valley Athletics Centre.

Club secretary Jo Butler, said: "When I moved to London as a fresh-faced graduate to work at the council, I certainly didn't expect to be helping run a fourthtier football club in my spare time. It hasn't been 'plain sailing' but as I look back on everything we have achieved this year, as a team, on and off the pitch I am so proud. As a club we really believe in developing people, not just players, and with loads of opportunities to get involved, we'd love to hear from fans."

With strong foundations now in place, London Seaward FC are set for a quality 2022/23 season, which starts in August. Bag yourself a half price season ticket for next season (which includes FA Cup games) by emailing *info@londonseawardfc.com* with the subject line 'Seaward in the *Echo*' – RRP £60 buy now at £30.

You can also keep track of our fixtures on Full-Time here: bit.ly/LondonSeawardFixtures

## From O to Stow

by David O'Driscoll

he onward march of Walthamstow FC continues at a pace, with the team beating Ilford 3-0 in their mid-February fixture. The masterminds behind this success on the pitch are two joint managers, John Mackie and Terry Spillane, and while two managers is an unusual arrangement for a football club, it is also one that is clearly working.

I caught up with John Mackie after he finished work at his greengrocers in Highbury to reflect on his playing career and move into management. John has a strong connection with the East London area; as a boy, he trained with West Ham before being let go at 15. After that, he mainly played against his mates at the Hackney marshes until he was spotted and moved into non-league football, eventually being noticed once more by ex-Newcastle manager Alan Pardew and returning to the professional game.

John's primary connection with this area is through Leyton Orient, a team he made over 100 appearances with and captained to their first automatic promotion in 36

years. The seeds of his route into coaching, he says, began here, after Orient manager Martin Ling began prodding him to take on a more leadership role. "If we were not playing well, the manager would encourage me to talk to the lads at half time to point out where they were going wrong," he recalls. John looks back warmly on his time at Orient, just as many O's fans have fond memories of him.

After retiring from playing himself, John became an assistant manager at several non-league clubs while he completed all his coaching badges but was always looking for the right opportunity to be the main man. Stow FC approached him at the beginning of this season to work with Terry Spillane, well-known for managing several non-league Essex clubs. Despite never having met before, John says the two of them "just clicked", which is for the best seeing as their job sees them "speak every day, going over details of games and planning for the next one".

John is relishing his time at Stow and says he particularly enjoys the coaching side of the game, trying to improve his players. The team trains twice a week, on Tuesdays and Thursdays, and so far he's been impressed by their finesse and group cohesion, although he notes that it "clearly helps that we are winning". Though the team suffered a recent blip in form, with two draws and a loss, this has not proved a significant setback and John is still confident about the rest of the season. As he points out: "All the targets

we set ourselves at the beginning, we are still on course for".

For many players at this level, who have aspirations of playing higher, it seems to me that John is an ideal manager. In addition to his playing experience and good communication skills, he is palpably excited by the buzz generated by the team's current success.



The team celebrate during a January match against Enfield Credit Andrzej Perkins



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Here at *Waltham Forest Echo* we do things differently. We combine professional journalism with voluntary contributions from people who live and work in the borough and create content which is responsive to and reflective of the community.

These are challenging times for print media with many newspapers closing and advertising revenue in decline, but our not-for-profit model offers a new approach to creating local journalism which is inclusive and accountable.

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