The Counties Residents' Association

Protecting the interests of the community

Autumn 2015 Newsletter

Evening/Weekend Doctors

A group of local GPs called Healthbridge Direct now provide out of hours access:-

Weekdays	6:30 pm - 10:00 pm
Saturdays	9:00 am - 5:00 pm
Sundays	9:00 am - 1:00 pm

Our nearest surgery is located at
Southdene Surgery, Shrubberies,
George Lane, E18 1BD (opposite Boots)

Appointments must be booked **in advance** using 020 3770 1888 and all patients must already be registered with a GP.

Appointments can also be booked through the patients' own GPs or via the Urgent advice NHS line number 111.

For more information please visit/call:-
www.healthbridgedirect.co.uk
Emma Macey on 020 3688 2447

In an emergency always call 999

Police Emergency?

See something suspicious or threatening, but don't want to call 999?

Then dial 101; this non-urgent police number is can be really useful for reporting suspicious activity. If the operator believes the situation is more serious/urgent, they will elevate the call to 999 anyway.

Issues such as vans slowly touring the area, suspected bogus callers or anti-social behaviour can all be reported to 101.

Don't be shy about calling, the police are pleased to be alerted about suspicious activity and can rely on such information for background intelligence.

Try to remember to record vehicle number plates, if applicable - these can be particularly useful, but be discreet about it!

In an emergency always call 999

Neighbourhood Watch Alert!!!

There was recently an attempt to forcibly gain entry to a house on the Counties Estate by a man ringing the doorbell and barging in when the occupant opened the door. Luckily the intruder was repelled and the police called.

With so many mail order deliveries, we must remember the general precaution of visually verifying callers prior to opening doors. Use peepholes, letterboxes and/or side windows and for those with a porch, to keep the porch doors locked too.

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Bulky Rubbish

Did you know that you can have large household waste items removed for free?

This covers large items like beds, freezers, sofas etc. Items are awarded points (see www.tinyurl.com/free-bulky-waste) depending on size/weight, with a maximum of six points per collection.

Collections times vary, but are currently four weeks after booking and are made on Tuesdays. As usual, the items must be placed at the front of the dwelling.

To book this service, ring 020 8554 8000 (Customer Contact Centre).

Nightingale Guerrillas

Marian Temple, our local community guerrilla gardener, is sprucing up the Nightingale Green (next to the Nightingale Pub) and is looking for volunteers to help on Sunday 18th October at 11am.
marian@wansteadium.com

Join the Committee

We are still looking for people to join the CRA Committee, ideally from Rutland Road, Reydon Avenue and Preston Drive so that those streets are best represented.

Please contact our Chair, Helen Zammett, chair@countiesresidentsassociation.org.uk or by dropping a note to 9 Gloucester Road.

Parking Changes

What do you think about car parking in Wanstead and across Redbridge?

Redbridge Council is holding a public consultation on a topic that is always of great interest to local residents. The consultation is only available online and closes at 5pm on Monday 16th November.

Go to www.redbridge.gov.uk and the Parking Consultation box should be at the top of the main page.

Need a Tradesman

Need a trustworthy plumber or electrician?

One way is to get a copy of the CRA Tradesmen's list which is only available to members.

Only tradesmen who have been used and recommended by our members are on the list, which covers a number of categories from plumbers to gardeners.

Membership fees are currently suspended, so now is the time to join (see form attached).

Contact Us

If you ever need to contact us use Helen's email on the left, or drop a note into:-
14 or 38 Buckingham, 9 or 27 Gloucester, 27 Hereford, 43 Leicester or 35 Warwick.

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Membership Application Form

The Counties Residents' Association (CRA) is a non-political, non-sectarian and non-profit organisation which represents the residents of the following streets within Wanstead, London:-

- Buckingham Road
- Gloucester Road
- Hereford Road
- Leicester Road
- Nutter Lane
- Preston Drive
- Reydon Avenue
- Rutland Road
- Warwick Road

Membership costs £5.00 (£1.00 for OAPs) and runs from 1st July-30th June regardless of the application date, with applications from January entitled to a 50% discount. Membership is per household (not per person) and the membership fee + any donation should be remitted to 27 Hereford Road. To ensure our records are kept up to date and you continue to received notices etc, existing members should also use this form to renew.

Payment can be in cash, by cheque made payable to "The Counties Residents Association" or by standing order (form on request). A receipt and membership card will be issued shortly afterwards.

By completing this form and returning it with your fee, you unconditionally accept the terms of the Constitution of the CRA (details on our website) and confirm that your contact details may be kept on a secure and private computerised register of members (for internal use only).

PLEASE PRINT CLEARLY IN **BLOCK CAPITALS** & PLEASE RETURN ENTIRE SHEET

Household Address: . . . . . Wanstead, London, E11 2 . . . . .

Occupant(s) Names: . . . . . .

. . . . . .

. . . . . .

E mail Address(es): . . . . . .

. . . . . .

. . . . . .

Telephone Number(s): . . . . . Application Date: . . . . . .

It is each member's responsibility to inform the membership secretary of changes in their contact details.

Full Year Membership (July-June) ☐ £5.00 ☐ £1.00 (OAP)

Half Year Membership (Jan-June) ☐ £2.50 ☐ £1.50 (OAP)

Membership Fee Has Been Suspended for 2015/2016 Donations Only Please!

Additional Donation

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This really helps!

www.countiesresidentsassociation.org.uk