

Arts Trail 2024

10—26th May

A series of events and exhibitions
in and around Highams Park

Sponsored by

THE STOW BROTHERS



**apologies to Maurizio Cattelan and Kieth Haring!*

THE STOW BROTHERS



CONTACT US NOW FOR YOUR FREE VALUATION



HIGHAMS PARK → 1 BANK BUILDINGS E4 9LE

hello4@stowbrothers.com 0203 369 6444

FOLLOW US: → @STOWBROTHERS → STOWBROTHERS.COM

Welcome to the *10th Highams Park* arts trail

Kicking off on Friday 10th May with a launch night at Vino Tap, this year's Arts Trail will run until Sunday 26th May. The trail will consist of exhibitions by more than 30 local artists, arts classes, stone carving, stained-glass, ceramics and jazz workshops, talks and music across Highams Park.

The first event is Love Hale End Library Day which includes a Spring Flea Market in Hale End Library Car Park with book signings, kids' activities and performances inside the library, as well as the joyful singing of our local choir, Harmony E4.

Other headline events include:

—The Spring Festival in The Highams Park (by the lake) on Sunday 19th May, where there will be Maypole dancing, craft stalls, kids' entertainments, music, classic cars, a dog show and much more;

—A fund-raising concert for Highams Park Food Aid by the John Ongom Big Band.

—A special performance of spoken word and original music at Highams Park Live.

The Arts Trail is organised by the Arts and Culture team (ARC) of the Highams Park Planning Group with funding generously provided by The Stow Brothers. The ARC team are all volunteers from the Highams Park Planning Group and give their time freely because we see the value in creating and celebrating arts and culture, bringing people together and celebrating this unique community

We would like to thank all the artists and creatives who have taken the time to get involved and all the shops and businesses that have given space and time to exhibit work or host events.

We literally couldn't do it without you!

Please check the Facebook Page <https://www.facebook.com/HPArtsandCulture> or go to <https://tinyurl.com/HP-ArtsTrail2024> for the most up-to-date information



The artists

01 Ben Frearson

The Front Garden of 58 Larkshall Crescent, E4 6NS

Morphing

Ben has lived in Highams Park for nearly 50 years and enjoys being creative in every day life. When time allows Ben dabbles in writing, painting and sculpture.

02 'Bless Ya Art' Woodford Art Group

Humphry's Café

Collaboration of Art 2024

This group collaboration features the works of students from Woodford Art classes run by Helen Parsliffe. Each student has chosen a piece that they are particularly proud of using a range of materials and medias.

<https://www.blessyaart.co.uk/about-us>

03 Carron Fox

Hale End Library

Eternal Bloom

Carron is a local designer maker, inspired by nature, particularly local plants. 'Beyond Bloom' uses dried plants and explores how it's transformed by the digital process.

www.crafteefox.co.uk

04 Christine Loze

The Royal Oak

Dawn Sunrise

Christine is a local artist and part time art tutor. Her exhibition of mixed media landscapes focuses on the vibrant colours & light that are so beautiful to witness at the golden hour of the day.

www.instagram.com/chrisloze.art

05 Claudia Bentley

The County Arms (upstairs room)

New Dawn

Claudia makes colourful, densely layered abstract drawings which explore interactions between colour and form. The process is guided by intuitive decisions that enable each work to gradually unfold.

www.claudiabentley.com

06 Handsworth Art Club

Hale End Library

Membership of the Handsworth Primary School art club ranges from Year 3 to 6. This coming term the club will be making prints with a focus on shape, line and colour.

www.handsworthcurriculum.com/art-dt

07 Elizabeth Jones

V and A Books & Gifts

Cow parsley

Liz likes to paint, mainly with watercolours, and acrylic. Some of her work is mixed media. Liz has been painting regularly now for several years and loves to try out new techniques and ideas.

www.instagram.com/liz_jonesart

08 Faye Brown

LFS Upholstery & Interiors

The Vessel

Faye's work mainly centres around the concept of 'the vessel' and is hand built using a number of techniques. She takes inspiration from nature and the fascinating array of textures within.

09 Gill Roberts

W J Meade

Pottery- colour in glaze and underglaze

Gill mainly does thrown work and enjoys using the work as a canvas.

10 Harriet Hapgood

Vino Tap

Botanical paintings

Harriet is a tattooist from Highams Park and has been tattooing for over 10 years. Harriet concentrates on botanical and nature works only.

www.instagram.com/harriettattoo

11 Helen Parsliffe

The County Arms (upstairs room)

London in Colour

This body of work encapsulates various famous landmarks of London using acrylic. The essence of the exhibition is to create a 'mood' rather than an accurate interpretation from observation.

www.blessyaart.co.uk

www.facebook.com/blessyaart

12 Hugh Hamshaw Thomas

Hale End Library (the window)

A Library of Objects

If you Google 'relic' you get the following definition, 'an object from the past, especially one that has no modern use but is often valued for its meaning or importance.'

www.hughhamshawthomas.com



01 — Ben Frearson



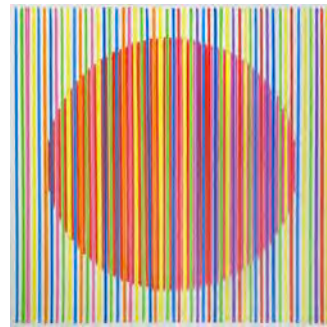
02 — Bless 'Ya' Art Woodford Art Group



03 — Carron Fox



04 — Christine Loze



05 — Claudia Bentley



07 — Elizabeth JONES



08 — Faye Brown



09 — Gill Roberts



10 — Harriet Hapgood



11 — Helen Parsliffe



12 — Hugh Hamshaw Thomas

13 **Jenny L'Estrange**
The County Arms (upstairs room)

Exploring Print

Jenny's inspiration is the natural world. Jenny loves all forms of printing, lino cuts, monoprints, collographs and prints using a geli plate.

14 **Juliet Thomas**
Vino Tap

Elves of Epping

In this exhibition Juliet will be showing artworks and ACTUAL PHOTOS of elves (and Ents!) which she's managed to capture on camera over the past few years during walks in Epping Forest.

www.julietthomasdoodles.com

15 **Katie Williams**
The Stag and Lantern

Portraiture

Katie is a 21 year old student currently studying to expand her skill set and knowledge in the art world. She specialises in fine art with a focus on portraiture as she has always been drawn to people.

www.kjwilliamsart.com

16 **Linda MacDougall**
Indulge café

Face Through Leaves

Linda MacDougall is an artist who works in a variety of different styles and mediums. Her piece "Face Through Leaves" is one of many from a series of her line drawings focusing on nature.

www.etsy.com/shop/lindypopart

17 **Mark Lewis**
The Royal Oak

Graphite and Mixed Media Drawing

Mark's work is an exploration of the drama of light and shadow in Epping Forest and the Essex countryside and coastline.

www.marklewisart.co.uk

18 **Maureen Paul**
William Rose

Scruffy Ted

Hello. My name's Scruffy Ted. I love living in Highams Park.... especially during the art trail. I get to go out! Can you find me? I'll be sitting in the window of William Rose estate agents.

19 **Millie MacDougall**
Indulge Café

Daisy in Daisies

Daisy in Daisies is a mixed media painting created by Millie MacDougall. Millie's work consists of a variety of styles from paintings, pencil portraits, pet portraits, digital drawings & caricatures.

www.milliemacdougallart.com

20 **Rachael Spain**
LFS Upholstery & Interiors

Rachael Spain Art

Rachael has lived in Highams Park for over twenty years and paints as much as she can in her spare time. Her work focuses mainly on figurative and portrait painting using watercolours.

www.rachaelspain.com

21 **Rachel Hogg**
Hale End Library

Creation Sings

Rachel Hogg is a Chingford based Artist and Arts Educator with an MA in Fine Art Drawing. Her vibrant floral themed art work sings of the joy and beauty found in the natural world.

www.rachelmoss-hogg.com

22 **Robert Berry**
The Stow Brothers

Scenes of Epping forest

Rob's paintings are inspired by, and are representations of the shapes, shades and contrasts of Epping Forest. Impressionistic in style, using colour contrasts and vividness to create the image.

23 **Safina Hussain**
Hale End Library

Grace

This is Safina's second time doing the Arts Trail. This year her exhibition is comprised of visual art pieces looking at the grace and vibrancy of ladybirds on flowers and leaves on a black dark backdrop.

24 **Susan Royle**
Biba and Wren

Everything That Exists Must Be Real

Sue is a painter printmaker working from a studio in Lloyd Park. Sue has been an artist practitioner and arts lecturer for over thirty five years. Living and working in Highams Park.

25 **Tracy Woolley**
Hale End Library

Noo's Art

Tracy's exhibition is of abstract paintings, using acrylic paint on stretched canvas, or canvas boards. Tracy also does larger, and smaller paintings that come already framed.

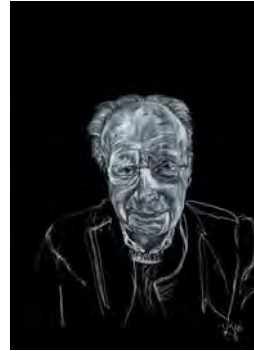
www.theuncarvedblock.wixsite.com/noosart



13 — Jenny L'Estrange



14 — Juliet Thomas



15 — Katie Williams



16 — Linda MacDougall



17 — Mark Lewis



18 — Maureen Paul



19 — Millie MacDougall



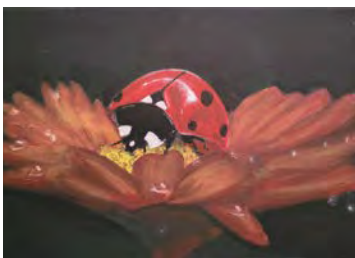
20 — Rachael Spain



21 — Rachel Hogg



22 — Robert Berry



23 — Safina Hussain



24 — Susan Royle



25 — Tracy Woolley

Open studios

01 Beata Kiziak-Chmura

74 Cavendish Road, E4 9NH

Millinery

Beata is a hat designer who had the privilege to learn different couture millinery techniques from the late Marie O'Regan. Beata enjoys making bespoke elegant hats and teaching traditional hat making skills. Photo by Julian Hanford Photography.

Saturday 11th May 1.50pm—6pm

Sunday 12th May 1.50pm—6pm

Saturday 18th May 1.50pm—6pm

Sunday 19th May 1.50pm—6pm

Saturday 24th May 1.50pm—6pm

Sunday 25th May 1.50pm—6pm

02 Ben Fitton

10 Sheredan Road, E4 9RW

Some athletes have just disappeared

Ben is an artist and leads the BA Fine Art at Chelsea College of Arts. These three prints each show the moment immediately following the disappearance of a professional cyclist over a roadside barrier.

Sunday 12th May 2—4pm

Sunday 19th May 2—4pm

Sunday 26th May 2—4pm

www.benfitton.info

03 Debbie Maya

65 Selwyn Avenue, E4 9LP

Debbie Maya

Debbie loves to work with a mixture of materials including ceramic, wood, metal and textiles, her work plays with contrast which is inspired by her surroundings growing up in East London.

Saturday 11th May 5pm—7pm

Saturday 18th May 5pm—5pm

Saturday 25th May 5pm—5pm

www.debbic-maya.co.uk

04 Dzintris Liepa

26, Studley Avenue, E4 9PS

Black and White to Colour Prints

A display of street photography, still life, people and landscapes, shown in prints using both classic black and white photography and digital images in colour.

Friday 10th May 4pm—7pm

Saturday 11th May 10am—7pm

Sunday 12th May 10am—7pm

Friday 17th May 4pm—7pm

Saturday 18th May 10am—7pm

Sunday 19th May 10am—7pm

Friday 24th May 4pm—7pm

Saturday 25th May 10am—7pm

Sunday 26th 10am—7pm

05 Louise Fitton

10 Sheredan Road, E4 9RW

Vessels & Vases

Louise makes lino prints of domestic objects such as vases and flower arrangements, using simple lines and a monochrome palette.

Sunday 12th May 2—4pm

Sunday 19th May 2—4pm

Sunday 26th May 2—4pm

www.instagram.com/louise_fitton

06 Nigel Reynolds

22 Sheredan Road, E4 9RW

My Latest

Nigel Reynolds is a well-known local artist. Nigel varies his style and media as his inspirations vary. Recently he has worked in oils, watercolours and pastels on portraits, landscapes and townscapes.

Sunday 12th May 2—4pm

Sunday 19th May 2—4pm

Sunday 26th May 2—4pm

www.facebook.com/p/Nigel-Reynolds-Artist-100064160286301

07 Rachel Hogg

The Station Rooms at Highams Park Station

Creative Arts Class Exhibition

An exhibition celebrating works of art created by students from Rachel Hogg Creative Arts classes in Highams Park and Loughton.

Sunday 12th May 1—4pm

www.rachelmoss-hogg.com

08 Shailesh Chavda

19 Preston Avenue, E4 9NL

Hidden geometries

Shailesh's work explores form and colour as triangles, circles and squares are revealed and hidden to form geometric compositions. Gouaches and digital prints aim to bring a new perspective to this genre.

Saturday 11th May 11am—1pm

Sunday 12th May 11am—4pm

Saturday 18th May 11am—1pm

Saturday 24th May 11am—1pm

Sunday 25th May 11am—4pm

09 Brookfield Allotments

Alders Avenue, IG8 9PY

Arts & Craft Exhibition

An art and craft work exhibition created by ploholders and local residents in the Trading Hut. Plants and seeds will be on sale, plus homemade cakes and refreshments.

Sunday 12th May 12noon-4pm



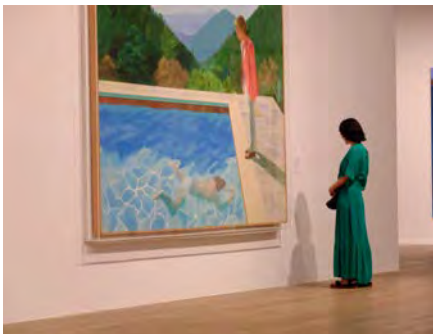
01 — Beata Kiziak-Chmura



02 — Ben Fitton



03 — Debbie Maya



04 — Dzintris Liepa



05 — Louise Fitton



06 — Nigel Reynolds



07 — Rachel Hogg



08 — Shailesh Chavda



09 — Brookfield Allotments

The Halex Concert Society and All Saints Church presents:

JOHN ONGOM BIG BAND

The John Ongom Big Band

Vocalist: Cynthia Simmonds

Musical Director: Angus Moncrieff

An eclectic selection of big band works
from the last 90 years - give or take!
Swing, jazz, Latin and more....

Saturday 25th May
7pm for 7.30pm start.
All Saints Church,
Church Avenue E4 9QZ



HPPG

The Halex Concert Society is part of
The Highams Park Planning Group (HPPG)
www.highamparkplan.org

The net proceeds from the concerts
will go to Highams Park Food Aid.

For the most up to date information
click through to:
tinyurl.com/AllSaintsJohnOngom-2024

Tickets: £15.00 on the door (under 18's £2)
or £12.50 in advance from V&A Books, The Avenue
by email to HalexConcertsE4@gmail.com or phone 020 8527 6227

Wine, Juice, Tea and Coffee will be available in the interval.

**Highams
Park**

Highams Park Live Presents

The Dance of the First and the Last



Highams Park Live presents a unique evening of spoken word and original music with the live stage production of “The Dance of the First and the Last”. This powerful performance is a call to action to save the earth and humanity from self-destruction. But above all this is a story of hope... and this is our story.

Friday 24th May

Doors 7.30 pm

Performance starts 8.30 pm

The performance will last 2 hours including one interval

Tickets £5.00 <https://ticketlab.co.uk/event/id/21657>

Upstairs at The County Arms, 420 Hale End Road, Highams Park E4 9PB

Image © Rebecca Mear. All Rights Reserved.

All free entry unless otherwise stated.

Events

FRIDAY 10TH MAY

ARC Launch Party

Vino Tap
7.00pm

Come and join the ARC Team and celebrate the opening of this years Highams Park Arts Trail. All welcome.

SATURDAY 11TH MAY

Stone Carving Workshop

Humphry's Café
9am — 5pm

A two day stone carving workshop for adults. During the two days you will learn to use a variety of hand tools and finishing techniques to create your own unique piece of stone sculpture.

The cost of the workshop is £150.00 which will include the use of all hand tools and a ten kilos piece of stone.
Hosted by Brett Banks.

To book please email brettgbanks@hotmail.com

Millinery Taster Headband Workshop

74 Cavendish Road, E4 9NH
10am — 1pm

Learn & have fun creating a headband for yourself or a friend. This is an opportunity to explore some simple & effective millinery techniques using different materials e.g. felt, straw, feathers or leather.

£18 which will include materials. Adults only.
To book please email beata2000@yahoo.com

Stained Glass Workshop

The Station Rooms at Highams Park Station
10am — 4pm

Beginners stained glass workshop. No experience necessary. Make a stained glass panel, learning about design, glass cutting, leading and soldering. Take home a finished stained glass panel.

£120 which will include materials.
To book please email hpstainedglass@gmail.com
www.hpstainedglass.co.uk

Love Hale End Library Day with Spring Flea Market

Hale End Library
11am — 3pm

An open day for our lovely library with knitters, authors, talks, hSpark Radio, rocket making and children's activities. With the Spring Flea Market in the Car Park. A busy market with local arts and crafts, preloved, vintage vinyl, homewares, plants, antiques and more. With food and drinks stalls on the front lawns.

A free drop in event
www.tinyurl.com/LoveHaleEndLibrary-24

Super Explorers Workshop

Hale End Library
11am — 3pm

Join Super Explorers who run a weekly toddler class in Highams Park! Drop by for a snippet of their pirate-themed fun. Ages 16 months+.

Michael Holland Activity

Hale End Library
11am — 3pm

Local author and nature educator, book signing and activity.

Petite Productions

Hale End Library
11.30am

Kiddies Drama Performance by Petite Productions on the front lawn of the library or inside if it's raining!

Ian Brown - Book Reading

Hale End Library
11am — 5pm

Local children's author Ian Brown will be in the library from 11am until 3pm for book signings and will do a reading from his popular children's books at 12.30pm.

Harmony E4

Hale End Library
1.15pm

Your local community choir singing retro hits on the front lawn subject to weather.

No need to book, just turn up!
www.harmony4.wordpress.com

Maria Novotna Book Launch

Hale End Library
from 2pm

Book Launch of Mike Schirn's novel 'Maria Novotna' in conjunction with raising funds in support of Ukraine charities. It will include a talk by the author and excerpts performed from the work itself. Hosted by the author Mike Schirn.

Attend on the day or reserve a place. Call Mike Schirn on 07834 669483 or email: mikeschirn@myyahoo.com

Watercolour for All

Near Humphry's Café in The Highams Park
2pm — 4pm

Watercolour for All is a friendly, engaging session for all ages. Come along; all you need is yourself. Some materials will be provided on a first-come, first-served basis.
Hosted by Aaron Goshine

A free drop in event! Turn up early
www.goshinesplashofcolours.co.uk/about

SUNDAY 12TH MAY

Open Studio Walking Tour

Starts at Biba and Wren

2pm — 4pm

Join Claire from the ARC team on a tour of the open studios and houses of the artists participating in the trail.

Free Event!

To book a place email: arc.highampark@gmail.com

WEDNESDAY 15TH MAY

Art Classes for Adults

The Station Rooms at Highams Park Station

10am — 12noon

2 hour Art Classes for adults exploring painting with acrylics and watercolours and drawing with Charcoal.

Exploring various subjects such as landscapes and famous artists.

£20 per person. Hosted by Rachel Hogg

To book go to www.rachelmoss-hogg.com or www.bookwhen.com/rachelhogcreativearts

An introduction to the work of Hugh Hamshaw Thomas

Humphry's Café

7pm — 8.30pm

This is an informal event looking at both the Digital Landscape and Sculptural work of Hugh Hamshaw Thomas. The talk will be backed up with a slide show and Q&A.

A free drop in event! Hosted by Hugh Hamshaw Thomas

To book email hughhamshaw@gmail.com

www.hughhamshawthomas.com

THURSDAY 16TH MAY

Acoustic Songs and Guitars

Vino Tap

8pm — 10.00pm

Performances by selected singers/musicians (Jane and Richard, Laura and Steve Rushton) from the local "open mic" circuit.

No need to book, just turn up at the wine bar and enjoy a drink during the performance

FRIDAY 17TH MAY

Art Classes for Adults

The Station Rooms at Highams Park Station

2pm — 4pm

2 hour Art Classes for adults exploring painting with acrylics and watercolours and drawing with Charcoal.

Exploring various subjects such as landscapes and famous artists.

£20 per person. Hosted by Rachel Hogg

To book go to www.rachelmoss-hogg.com or www.bookwhen.com/rachelhogcreativearts

HSpark Fund Raiser Party

The Function Room

8pm — Midnight

Highams Park Radio presents A BIG NIGHT OUT.

A NIGHT OF FUNK, SOUL, DISCO AND HOUSE MUSIC
DJ's, TAMARA, RADIO DP AND UPSIDEDAN.

Enjoy great music; bust some moves; have a few drinks; party the night away and walk home. What could be better?

£10 a ticket, proceeds to support hSpark Radio

Available from V and A books or: <https://www.eventbrite.co.uk/e/the-big-night-out-hspark-radio-fundraiser-tickets-869370349117>
www.hspark.co.uk

SATURDAY 18TH MAY

Millinery Taster Headband Workshop

74 Cavendish Road, E4 9NH

10am — 1pm

Learn & have fun creating a headband for yourself or a friend.

This is an opportunity to explore some simple & effective millinery techniques using different materials e.g. felt, straw, feathers or leather.

£18 which will include materials. Adults only.

To book please email beata2000@yahoo.com

Watercolour for All

Near Humphry's Café in The Highams Park

2pm — 4pm

Watercolour for All is a friendly, engaging session for all ages. Come along; all you need is yourself. Some materials will be provided on a first-come, first-served basis.

Hosted by Aaron Goshine

A free drop in event! Turn up early

www.goshinesplashofcolours.co.uk/about

Ceramic Taster Workshop

65 Selwyn Avenue, E4 9LP

2pm

This is a taster workshop to introduce you to working with clay.

Hosted by Debbie Maya

£5 per person

Contact Debbie to book event - Tel No 07931712276

email address debbiemaya3@yahoo.co.uk

www.debbie-maya.co.uk

SUNDAY 19TH MAY

The Spring Festival

The Highams Park

11:30 am — 4:30 pm

An event for all the family featuring classic cars, a community dog show by Chews Dog Training, live music, food & craft stalls, children's activities and Highams Park's very own Maypole dancers! The Highams Park can be accessed from Henry's Avenue, Tamworth Avenue, and Keynsham Avenue. Organised by the Friends of The Highams Park.

A free drop in event, More details at:

<https://tinyurl.com/HP-SpringFest2024>

MONDAY 20TH — TUESDAY 21ST MAY

A Tribute to the Work of Paul H. Williams

The Station Rooms at Highams Park Station

10am — 6pm

Paul was a former Sydney Burnell/Highams Park School pupil Walthamstow & Chelsea Schools of Art retrospective and launch of the catalogue book and video presentation of: The Lot (1972-81).

No need to book just pop in to the Station Rooms. A free event

WEDNESDAY 22ND MAY

Art Classes for Adults

The Station Rooms at Highams Park Station
10am — 12noon

2 hour Art Classes for adults exploring painting with acrylics and watercolours and drawing with Charcoal.
Exploring various subjects such as landscapes and famous artists.

£20 per person. Hosted by Rachel Hogg

To book go to www.rachelmoss-hogg.com or
bookwhen.com/rachelhoggcreativearts
www.rachelmoss-hogg.com

THURSDAY 23RD MAY

Painting and Prosecco Evening

Upstairs at The County Arms
7.15pm — 9.30pm

Why not come along to a 'painting and cocktail' evening?
No experience necessary. A great way to get together and have some fun and to create a masterpiece to take home!

£30 including a cocktail and materials
To book email: hello@blessyaart.co.uk
www.blessyaart.co.uk/about-us

FRIDAY 24TH MAY

Art Classes for Adults

The Station Rooms at Highams Park Station
2pm — 4pm

2 hour Art Classes for adults exploring painting with acrylics and watercolours and drawing with Charcoal.
Exploring various subjects such as landscapes and famous artists.

£20 per person. Hosted by Rachel Hogg

To book go to www.rachelmoss-hogg.com or
bookwhen.com/rachelhoggcreativearts
www.rachelmoss-hogg.com

Highams Park Live Presents "The Dance of the First and the Last"

Upstairs at The County Arms
Doors 7.30pm.
Performance starts 8.30pm.

This live stage production of spoken word and original music is a call to action to save the earth and humanity from self-destruction. But above all this is a story of hope... and this is our story.

The performance will last approximately 2 hours including one interval.

£5 per person. Booking essential. Adult only event.
To book your tickets: www.ticketlab.co.uk/event/id/21657

SATURDAY 25TH MAY

Millinery Taster Headband Workshop

74 Cavendish Road, E4 9NH
10am — 1pm

Learn & have fun creating a headband for yourself or a friend.
This is an opportunity to explore some simple & effective millinery techniques using different materials e.g. felt, straw, feathers or leather.

£18 which will include materials. Adults only.
To book please email beata2000@yahoo.com

Stained Glass Workshop

The Station Rooms at Highams Park Station
10am — 4pm

Beginners stained glass workshop. No experience necessary. Make a stained glass panel, learning about design, glass cutting, leading and soldering. Take home a finished stained glass panel.

£120 which will include materials.
To book please email hpstainedglass@gmail.com
www.hpstainedglass.co.uk

Highams Park Jazz Club Workshop: Learning the Skills of Jazz Improvisation

All Saints Church
10.30am — 12noon

Jazz Improvisation Workshop: All levels, 16+.
Bring your instrument. Learn scale selection, theory (30 min), and practical application with a jazz standard (1 hr).
The performance will last approximately 2 hours including one interval.

A free event!
To book go to www.highamparkjazzclub.com/jazzworkshop
www.sonerersen.com

Watercolour for All

Near Humphry's Café in The Highams Park
2pm — 4pm

Watercolour for All is a friendly, engaging session for all ages. Come along; all you need is yourself. Some materials will be provided on a first-come, first-served basis.
Hosted by Aaron Goshine

A free drop in event! Turn up early
www.goshinesplashofcolours.co.uk/about

The Somatic Journey

Upstairs at The County Arms
11:30Am — 1pm

A movement mediation practise. Book early as only ten places are available. All ticket sales will be donated to Highams Park Food Aid.

£5 per person
To book go to <https://noorworks.com/products/>
and select the somatic journey
www.noorworks.com

Ceramic Taster Workshop

65 Selwyn Avenue, E4 9LP
2pm

This is a taster workshop to introduce you to working with clay.
Hosted by Debbie Maya
£5 per person

Contact Debbie to book event - Tel No 07931712276
email address debbiemaya3@yahoo.co.uk
www.debbie-maya.co.uk

John Ongom Concert Highams Park Food Aid Fund Raiser

All Saints Church
Doors open 7pm
Performance start 7:30

A fund raising concert for Highams Park Food Aid. Featuring the John Ongom Big Band performing an eclectic selection of big band works from the last 90 years - give or take! Swing, jazz, Latin and more...

Tickets: £15.00 on the door (under 18's £2)
£12.50 if bought in advance from V and A Books
To book by email to HalexConcertsE4@gmail.com
or phone 020 8527 6227

hSpark Radio presents...

THE BIG NIGHT OUT

Friday 17th May - 8pm till Midnight
The Function Room, E4 9LB - £10



Tickets available from V&A books
or via Eventbrite (search "Eventbrite hSpark" or scan QR)

A night of funk, soul, disco & house music

DJs: Tamara, Radio DP, UpsideDan

contact@hspark.co.uk

Listen to hSpark 24-7 at hspark.co.uk - Highams Park Community Radio Station
For the Community. By the Community



PART OF THE
HIGHAMS PARK
ARTS TRAIL



SPRING FLEA MARKET

SATURDAY 11 MAY 2024: 11 AM - 3 PM

HALE END LIBRARY,
CASTLE AVENUE,
HIGHAMS PARK
E4 9QD

ANTIQUE FINDS, BRIC A BRAC, PLANTS
VINTAGE FASHION, CRAFTS,
HOT DRINKS, CAKES & STREET FOOD

PLUS: KIDS ACTIVITIES WITH SUPER EXPLORERS,
PETITE PRODUCTIONS, HP PINS & NEEDLES KNIT & NATTER,
EXHIBITIONS, BOOK SIGNINGS AND MORE!
LIVE MUSIC FROM HARMONY E4 CHOIR.



The Friends of The Highams Park
invite you to

THE HIGHAMS PARK SPRING FESTIVAL

SUNDAY 19TH MAY 2024
11.30 AM UNTIL 4.30PM

THE HIGHAMS PARK
HENRY'S AVENUE
IG8 9RB

DOG SHOW - CLASSIC CARS - STALLS-
ENTERTAINMENTS- ACTIVITIES- REFRESHMENTS-
RIDES - LIVE MUSIC

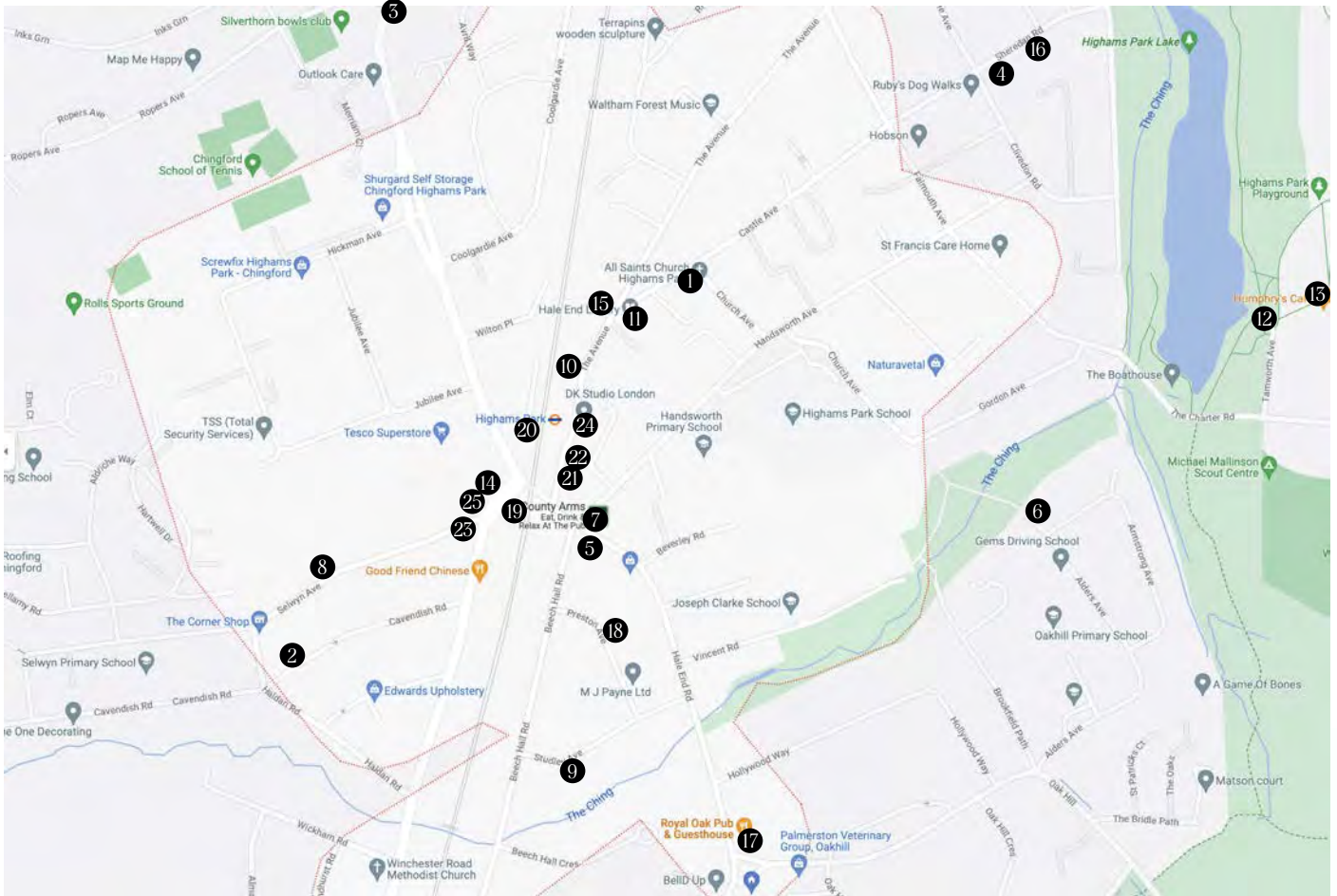


<https://tinyurl.com/HP-SpringFest2024>

Sponsored Ward Forum funding from Hale End & Highams Park South and Hatch Lane & Highams Park North Wards.



10th Highams Park arts trail



1. All Saints Church. Church Avenue, E4 9QZ
2. Beata Kiziak-Chmura. 74 Cavendish Road, E4 9NH
3. Ben Frearson. 58 Larkshall Crescent, E4 6NS
4. Louise and Ben Fitton. 10 Sheredan Road, E4 9RW
5. Biba And Wren. 483 Hale End Road, E4 9PT
6. Brookfield Allotments. Alders Avenue, IG8 9PY
7. County Arms. 420 Hale End Road, E4 9PB
8. Debbie Maya. 65 Selwyn Avenue, E4 9LP
9. Dzintris Liepa. 26, Studley Avenue, E4 9PS
10. The Function Room. The Avenue, E4 9LB
11. Hale End Library. Castle Avenue, E4 9QD
12. The Highams Park.
13. Humphry's Cafe. The Highams Park, Tamworth Avenue, IG8 9RF
14. Indulge Cafe. 7 The Broadway, E4 9LQ
15. LFS Upholstery & Interiors. 7A The Avenue, E4 9LB
16. Nigel Reynolds. 22 Sheredan Road, E4 9RW
17. The Royal Oak. 320 Hale End Rd, IG8 9LN
18. Shailesh Chavda. 19 Preston Avenue, E4 9NL
19. The Stag and Lantern. 11—12 The Broadway, E4 9LQ
20. The Station Rooms. Highams Park Station, The Avenue, E4 9LA
21. The Stow Brothers. Bank Buildings, 1 The Avenue, E4 9LE
22. V and A Books. Bank Buildings, 2 The Avenue, E4 9LE
23. Vino Tap. 2a Winchester Road, E4 9LN
24. William Rose Estate Agents. 30 The Avenue, E4 9LD
25. WJ Meade. 2 The Broadway, E4 9LG

