



While waiting for John we heard the division bell ring calling MPs to a vote in the commons. We entered the commons chamber and stood by the dispatch box where David Cameron, Harold Wilson, Tony Blair, Winston Churchill, David Lloyd George, and Clement Atlee among many others have stood and made their speeches. We heard about the seating arrangements and protocol in the commons and found out the origin of the term 'toeing the line'. John described the traditions of the commons and shared stories of some of the colourful characters who have been elected over the years. All of the members of our group felt the event was highly informative as well as wonderfully entertaining. On behalf of FORA I would like to express our appreciation to John for an insider's view of parliament and for being an excellent host.

Forthcoming Events

Winter Bird watch - Tuesday 29th December - 9am-11.30am Led by Neil Twyford and Martin Sepion. Let's see what we can spot in our local area - Hollow Ponds and nearby woodland. This event is suitable for beginners and the more experienced alike.
Please bring sturdy waterproof footwear & binoculars. We will be walking between 2-3 miles so please be prepared and wrap up with warm clothing. Places are limited so please book early.
RSVP martinsepion@hotmail.com

DISCOUNT LIST - NEW ADDITIONS

Discount DIY 731 High Road Leytonstone E11 4QS 020 8558 6851

Mr Sharj 10% off Minimum spend £20.

Efes Ocakbasi Restaurant 753 High Road Leytonstone E11 4QS

Mr Mehmet Altunatmaz 020 3556 0207 10% off bill.

Freshbaffs Childrens Clothes Shop 843A High Rd Leytonstone, London, E11 1HH 020 8539 4715

15% off on all items over £20 and not already on sale. Ms Vivien Zbinden.

Golden Herbs Acupuncture and Herbal Medicine 690B High Road E11 3AA

020 8988 4100 10% off bill.

MKJ Station Shoe Repairs & Keys Cut Leytonstone Tube Station Church lane

E11 1HE 020 8558 3311 5% discount.

Primrose Florist 741 High Road Leytonstone E11 4QS 020 8556 0571

Mr Sharj 10% off (not to be used with other offers).

Petch Sayam Thai Restaurant 682 High Road Leytonstone London E11 3AA

020 8556 6821 www.petchsayam.co.uk 10% off food only.

Rinascita Mediterranean Food & Pizza 743 High Road Leytonstone E11 3AW 020 8257 1052

10% discount a la Carte food only Mr Mirna Silva.

Radical Health & Fitness Ltd 771 - 773 High Road Leytonstone E11 4QS

Dean Hyams 020 8556 5922 10% off monthly membership, 20% off Yearly membership

WISHING YOU ALL A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!