



1989-2011

Addiscombe & Shirley Park Residents' Association

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**Newsletter
Autumn 2011
Membership Issue**



**Gavin Barwell, MP for Croydon Central and guest speaker
at our 22nd Annual General Meeting**

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Road Representatives

Addiscombe Road (275-393)	Paul Pinder	28 Sefton Road
Annandale Road	Patricia West	5 Annandale Road
Ashburton Avenue	Jacquie Farrow	51 Ashburton Avenue
Ashling Road	Sheila Newbold	3 Baring Road
Ashurst Walk	Shirley Vine	11 Ashurst Walk
Baring Road	Helen Tilbury	27 Baring Road
Bingham Road (W) (1-94)	Jenny Crook	29 Bingham Road
Bingham Road (E) (93-186)	Jane Fisher	17 Carlyle Road
Birch Tree Way	Val Chang	8 Birch Tree Way
Brockenhurst Road	Sheila Newbold	3 Baring Road
Carlyle Road	Chris Facey	19 Carlyle Road
Cheyne Walk	Tony Wood	81 Selwood Road
Claremont Road	Fred Demay	6 Claremont Road
Colworth Road	Sheila Newbold	3 Baring Road
Compton Road	Kathy Gray	30 Compton Road
Craigen Avenue	Trevor Bowden	37 Craigen Avenue
Craven Road	Sarah & Julian Bishop	13 Craven Road
Elmgrove Road	Nicola Salisbury	36 Kingscote Road
Fernhurst Road	Amy Simmons	36 Fernhurst Road
Fryston Avenue	Sharon Rees	7 Sefton Road
Glenthorne Avenue	Crys & Mike Rothern	33 Glenthorne Avenue
Greencourt Avenue	Paul Pinder	28 Sefton Road
Greencourt Gardens	Christine Kempton	23 Greencourt Gardens
Harriet Gardens	Bill Callow	3 Harriet Gardens
Kingscote Road	Nicola Salisbury	36 Kingscote Road
Northampton Road	Paul Pinder	28 Sefton Road
Parkview Road	Peter Tunnell	39 Parkview Road
Sefton Road	Sharon Rees	7 Sefton Road
Selwood Road	Christine Kempton	23 Greencourt Gardens
Sherwood Road	Martine Edwards	11 Sherwood Road
Shirley Road (N) (1-52)	Margaret Grimsley	22 Shirley Road
Shirley Road (S) (57-196)	Ann & Bill Jameson	138 Shirely Road
Shirley Park Road	Mike Savage	45 Shirley Park Road
Whitethorn Gardens	Vince Hemment	23 Whitethorn Gardens

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PMT Cake and Coffee Shop
Lower Addiscombe Road

2011 AGM Report



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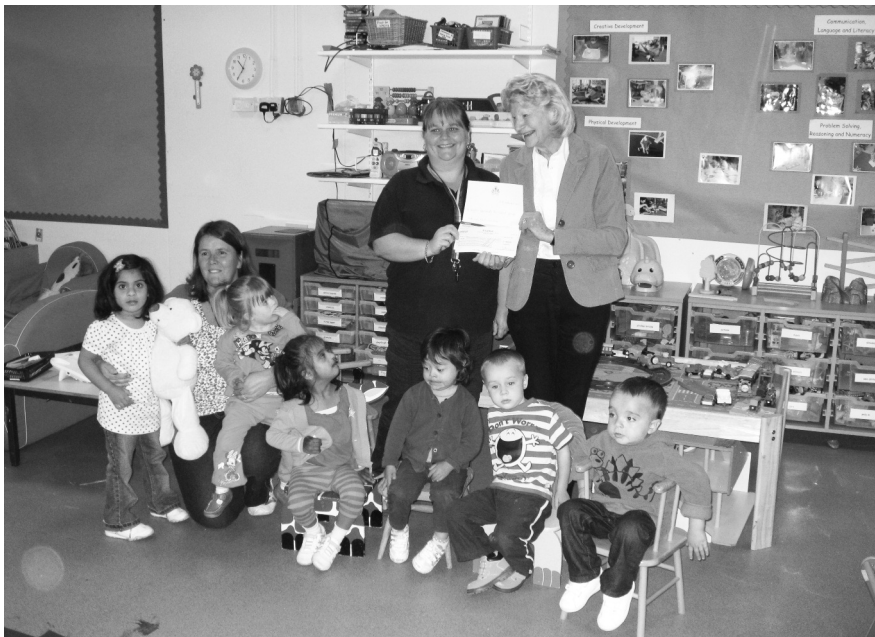
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Letter from Councillor Avril Slipper

Mayor 2010-2011

I would like to thank members of ASPRA for their most kind donation of £150 to the Mayor's Charity Fund. As you know, my chosen charities were 'Help for Heroes' and 'Croydon Opportunity Pre-School Group' (CoPG). The former, a national charity, needs no introduction but my local charity may not be so well known.

The CoPG is located at The Oasis Academy Children's Centre, Malling Close, Addiscombe. The Group is currently the only sessional day care setting that will take pre-school children with special needs from 3 months old. The children are drawn from all over the borough, several have experienced various trauma and others require oxygen, special procedures and equipment to keep them alive. The Group is invaluable for giving parents a brief respite from the 24 hour care necessary for a profoundly disabled child. The CoPG operates on a tight budget which limits opening hours and the number of places available. It currently opens 17 hours a week to children, but the long term vision is to be open full time and employ more staff. It therefore gave me great pleasure at the end of my year as Mayor of Croydon to be able to present the Group with a cheque for £20,400.



Chairman's Letter

Dear neighbours

This is your Association so please consider making a contribution however small, to making it effective and successful. We would like to extend our appreciation to Aaron Hatton and Fred Law who have volunteered to help with redesigning the website and acting as Membership Secretary respectively. With Aaron's help we will soon be relaunching our website at www.theaspra.org.uk There are other roles that need to be filled: a road rep for Bingham Road (E), someone to attend the Safer Neighbourhood Team panel meetings, a social secretary who will help to coordinate activities for members and an advertising manager for the magazine. Contact the Secretary if you are able to help.

Please take the time to check out the new businesses that have opened on Lower Addiscombe Road. At a time when other high streets are struggling we seem able to attract substantial inward investment. These small businesses constitute the life blood of the area and deserve our support. Shop local first!

There has been an increase in burglaries across the borough and Cheyne Walk and Annandale Road have been targeted. Is your street part of the Neighbourhood Watch scheme? If you don't know the answer to this question then it probably isn't. Please contact us if you wish to be a NW Coordinator and please be vigilant.

The membership renewal form this year is a loose insert delivered with the magazine. We would be grateful if you could take the time to help your rep, all of whom are volunteers, by dropping the form and your sub through their door. **Please make sure we have your up to date email address.**

It was particularly gratifying to welcome our local MP to our AGM. He seemed to take on board our concerns about traffic on Bingham Road and the general state of Addiscombe Recreation Ground. We look forward to seeing what action will be taken. Over 70 people attended this year's meeting. The Association is in great shape going into the future. You moved into the neighbourhood because you liked it, you live here because you are content; consider making a positive contribution.

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Croydon Folk Club

Croydon Folk Club meets at 8.00 pm on Monday evenings at Ruskin House. We run two types of evening: **The Singers and Musicians night** occurs about once or twice a month and is an informal evening. This is an ideal situation for someone to perform for the first time in front of a sympathetic audience. The other evening is **Guest Nights** when you will be able to hear some of the most talented singers and musicians from this and other countries.

SINGERS AND MUSICIANS NIGHTS

Do you have to sing or perform? Not at all. The audience is just as important as performers. Everyone is offered the chance of performing but it is not compulsory. Many who would really like to perform come many times before plucking up enough courage to 'have a go'.

What type of music do people perform? A wide range (vocal and instrumental) including traditional folk songs, ballads, music hall, jazz, blues, contemporary songs and poems. There is no particular genre. Anything the performer thinks that other people would like to hear. The club does not use amplification as the venue is quite small.

At my age will I feel out of place? What ever that age is, it is likely that there will be someone older or younger than you - so No!

GUEST NIGHTS

There are two sessions with an interval. Each session begins with 2-3 local performers who are each given a short 'spot' for songs or instrumental pieces and these are followed by the main Guest performer. The evening is organised by an MC. There are some incredibly talented performers who are rarely heard of in the Media and the only chance you have of hearing them is to go to a Folk Club.

FORTHCOMING EVENTS

Oct 24th Miranda Sykes and Rex Preston www.mirandasykes.com

Nov 14th Louise Jordan www.louisejordan.co.uk

Nov 21st Clive Gregson www.clivegregson.com

Dec 12th The Blast from the Past Company presents "A Victorian Christmas"
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Local Police Report

By Andy Szebeni

Sergeant John Nunn is in charge of the Ashburton Safer Neighbourhoods Team (SNT) under the Metropolitan police. After the despicable youth disorder on 8th August we are all keen, I am sure to hear about policing and its challenges in our local area, so John has written a report covering recent months:

I hope you have all had a sunny, peaceful, and crime free summer. I would firstly like to explain the role of Ashburton Safer Neighbourhoods Team, for those who are not sure what we do.

The idea of SNTs is to work closely within the community, to deal with local issues and give the community reassurance and confidence in it's local police. We aim to be highly visible and be accessible to our residents on all levels. Through a panel of local residents, ward councillors and businesses called the 'Ward Panel', our policing objectives are set for the year and they decide how they would like to see the area policed. These priorities are listed below with our recent actions to deal with them.

Falling burglaries

Since the beginning of the year burglaries have remained a priority on the ward, but numbers have decreased over the past few months. Through the support of neighbourhood watch coordinators, we send responsive emails to crimes, so Neighbourhood Watch (NHW) Coordinators can quickly inform neighbours of recent crimes and ways to protect their property.



We are continually trying to recruit more NHW coordinators to help us get information to residents quickly. They also help develop a greater sense of community, by encouraging residents to look out for their neighbours. Use of street surgeries has been extended, with a new site at Tesco Elmers End run in conjunction with Bromley Borough SNTs.

If you are interested in becoming a Neighbourhood Watch Coordinator please let me know using my contact details below.

Number plate theft

There has been continued theft of number plates on Ashburton Ward. The plates are often used for petrol drive outs (filling up and not paying), but their use in criminal activity can be extensive, including cloning of vehicles and robberies. Can residents be reminded that there are inexpensive security measures which can be taken to prevent these offences available at local retailers? We also advise car owners not to leave property on show.

Fall in Anti-Social Behaviour (ASB)

There has been a marked decrease in ASB involving pupils from Edenham and Oasis Schools. This is as a result of excellent work by the schools officers and school staff, in conjunction with Ashburton SNT and strategic officer placement at school home times. The use of several Acceptable Behaviour Agreements by SNT and Croydon Council has led to fewer incidents of ASB on Longheath and Stroud Green estates.

Bingham Road Speeding

The problem of speeding vehicles in Bingham Road and roads leading to it from Addiscombe Road was highlighted at the last ward panel meeting by members. We have since had a number of 'days of action' to reduce offences by education and enforcement.

Garden Tidy Scheme reduces crime

Ashburton Police Community Support Officers have recently helped an elderly resident to keep his garden tidy by providing a garden make over. An untidy garden can be a sign to burglars or bogus callers of a vulnerable resident. If you know a resident who could benefit from such help, the SNT are now working with the local scouts to offer a garden tidy up. Please contact us if you would like to be a green fingered helper.

**John Nunn (PS38ZD) of the Ashburton Safer
Neighbourhoods Team can be contacted
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Pam and Graham Murphy, who own and run the shop, are now into their **34th year** of trading. Their business has grown over the years mainly through word of mouth bringing customers from far and wide. They have enjoyed a friendly ambience with local traders and residents over the years, and have had good support from both.

With Christmas fast approaching, why not pop into Design Lighting and take a look at the vast selection of table lamps and gifts.

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Chairman

James Maloney
143 Bingham Road
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Email: chairman@theaspra.org.uk

Vice Chairman

Vacant

Treasurer

Susan Roberts
85 Ashburton Avenue
020 8656 0059
Email: treasurer@theaspra.org.uk

Committee

Secretary

Lee Chester
143 Bingham Road
020 8405 3338
Email: secretary@theaspra.org.uk

Membership

Secretary

Frederick Law

Magazine Team

Helen Burch: Features
13 Sefton Road

Liz Brereton: Editor
7 Fryston Avenue
020 8656 7382

Email: editor@theaspra.org.uk

Webmaster

Aaron Hatton

Or contact us at
newsfeed@theaspra.org.uk

Views published in this magazine are not necessarily those of the association. To advertise with us please contact the Secretary. Rates start from £12.50 per quarter page with discounts for annual bookings.

ASPRA Magazine Team

This is my second edition as editor of the magazine. We aim to have 2-3 editions per year. We have a features editor who writes some of the articles and regular advertisers. We are always looking for new businesses and groups who would like to advertise in the magazine. At present we are looking for someone to take over as Advertising Editor. We are always open to new ideas from people, whether it be articles of local interest, information about local groups, advertising a local event, gardening tips, cookery recipes, etc. We are in the process of compiling a list of local groups and organisations. If you are a member of a local group, please send us details. Once complete we will add it to the website and magazine. Perhaps you have other ideas or suggestions of what you would like to see in the magazine or you have a comment to make. Please get in touch and let me know what you would like to see in future editions.

Liz Brereton
Magazine Editor

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Yoga: The Route to Pain-free Childbirth

By Andy Szebeni



Childbirth is a natural expression of life and it can be an exciting challenge, rewarding in itself and not just a means to an end. However, many women are fearful of giving birth, as the process is generally perceived to be painful. Getting to the hospital on time and other factors such as an unfamiliar environment can also create stress and anxiety. Could yoga help childbirth be an experience of serenity and joy, where a sense of achievement and happiness are gained?

At the beginning of the 1900's, Dr Grantly Dick-Read, an English Obstetrician, noticed that women who were fearful in labour seemed to be in more pain than women who were calm. Dr Dick Read observed women's labour and birth and formulated a theory known as "Fear-Tension-Pain Syndrome" linking the environment to how much birth hurt.

Fear creates tension in the uterus, which inhibits the natural birth process by prolonging labour and causing pain. When women are free of fear during childbirth their body floods with endorphins; our own natural relaxants and painkillers. This way they are able to slip into a tranquil state blocking out all distractions.

Endorphins act like opiates and attenuates the pain response, producing a high, not unlike the feel-good factor we get from intense exercise.

Women's natural painkillers circulate freely when not inhibited by stress hormones and are thought to be 200 times more powerful than morphine. If women can learn strategies to cope with pain, then they may be able to do without the usual drugs given in labour, in hospital. They can then avoid the side effects associated with these drugs.

Dr Dick-Read was ahead of his time and contemporary research has shown that women perceive pain less when they are relaxed in labour. Relaxation during pregnancy and birth can help women feel confident and to trust their instincts. Helping the mother to be mobile, upright, well supported emotionally and physically and using breathing techniques all help.

Relaxation takes practice and yoga can be a great way to achieve this. Regular relaxation and breathing techniques are taught for use between and during contractions. Yoga helps to release tension and stress, tone and stretch the muscles, ease minor ailments of pregnancy and increase bonding with the baby. Other benefits of yoga include: lowering blood pressure, promoting more restful sleep, improvement of circulation, digestion and elimination, general feelings of happiness and well being. So maybe yoga can be the key to a pain-free birth for some women.

Janice Champion is a qualified yoga teacher and Certified Hypno Birthing Practitioner. She is currently researching pain as part of her studies as a trainee midwife.

Pregnancy yoga classes are held Mondays 7.15-8.15pm at St Mildreds Centre, Bingham Road, Addiscombe.

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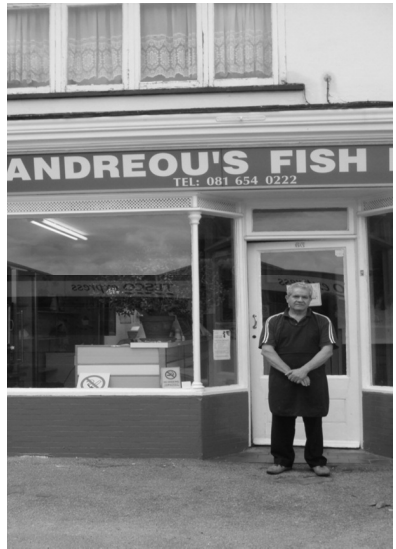
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PMT CAKE AND COFFEE SHOP

By Helen Burch



The new cake and coffee shop, P.M.T., is a godsend for anybody who has ever wandered into the high street, in search of somewhere to have coffee with friends. It also has a name that makes you look twice. No, it's not that kind of P.M.T. This stands for 'Positively Marvellous Temptations' and having sampled their home made cakes, I know that it is very difficult to resist.

P.M.T is located straight opposite Addiscombe tram stop. The café is painted an elegant pink, with cool marble work tops. The tables are filled with chattering customers and two soft chocolate coloured sofas are nestled at the back. On sale today are lemon drizzle, black forest and red velvet (which really are red) cupcakes, alongside rich chocolate brownies and delicate chocolate macaroons. There is also a counter selling Italian gelato ice cream. I am tempted by an Alfragato coffee espresso with a scoop of gelato, but instead choose a frothy cappuccino, to go with my apple and blackberry cupcake.

Amanda, the owner of the café, is busy whipping up the next batch of cupcakes in the kitchen. She personally makes by hand every cup cake and macaroon in the shop and has formulated or altered the recipes for many of them. Amanda is passionate about her business and smiling broadly at the success of opening week. She is committed to using free range, organic and fair trade ingredients, telling me that she "will use nothing less than a free range egg". In fact, at the time of writing, Amanda often uses Waitrose organic milk because it is less expensive than the organic milk offered by wholesalers. Margarine is strictly banned, only butter is used.

You can certainly taste the difference. My apple and blackberry cupcake (very seasonal!) is delicious, with a fruity filling and sweet icing offset by the slightly tort blackberry which crowns it. The icing is incredibly light and fluffy, far above the heavier frosting often found in commercial cupcakes.

My personal favourite is the vanilla macaroon. It's no coincidence that they disappear nearly as soon as they leave the oven. After giving my sister a bite of one at my house, I looked around to see her disappearing out the door to buy some for herself.

Amanda started baking about eight years ago, as relaxation from her day job as an accountant. She honed her skills at competitions in the evenings and has been running the cake business from home for nearly three years. She tells me about researching new ideas with her young family. "My mother-in-law was very surprised", she smiles, as when she accompanied Amanda's family on a day trip, she saw her grandchildren sit down with the cakes they had bought, then automatically cut them into quarters and start sharing them around like professional taste testers!

Amanda also chose her location carefully. "I chose Addiscombe because it is like a village. I love the sense of community" she says. "I want people to be able to come in on their own and meet somebody that they know." She is planning to put up a community notice board. The café has already attracted regular customers. Whilst I am in the shop, a lady becomes the first person to fill in a whole loyalty card after having bought a certain number of drinks. Amanda's ethos of a café which is "comfortable, enjoyable and puts a smile on your face" is definitely working.

Amanda also creates cakes for weddings and special occasions by commission. Have a look at the photo albums at the front of the shop which are filled with photos of everything from 'The Little Mermaid' to a Hornby train in cake form, all executed with precise attention to detail. Ask inside the shop for more information.

From October, there are plans for afternoon tea and possibly the addition of hot soup and savoury scones to the menu for winter. Whether you need somewhere to meet a friend, a place to take your children, or somewhere to simply sit and savour good food and drink, this is it. All cakes are also available to take away; a lovely addition to any meal. Finally, a suggestion to our male readers, giving the woman in your life a box of these cakes could definitely win you some brownie points.





1989-2011

For your diary:

Committee meetings

26 January 2012

31 May 2012

8pm in the Small Hall

23rd Annual General Meeting

12 September 2012

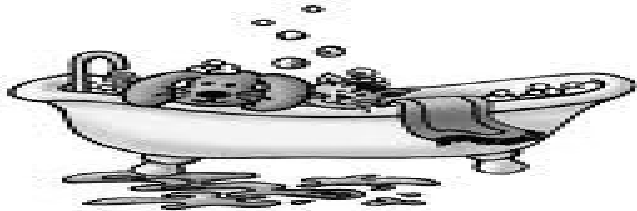
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ASPRA AGM

The 22nd Annual General meeting was held on Tuesday 13 September 2011 in the Pavilion at St Mildred's Centre, Bingham Road.

Chairman James Maloney welcomed members of ASPRA and Gavin Barwell, MP for Croydon Central, as well as Councillors Eddy Arram and Adam Kellett to the meeting.

Mr Barwell spoke about the riots Croydon had endured and of the rebuilding process that was under way. He is advocating a more visible style of policing and has told the Prime Minister he will not support cuts which reduce visible policing. He was glad to see the courts reacting more robustly to those convicted of offences relating to the riots and pointed out that of those convicted many were not only from outside the Borough, but were members of known criminal gangs with a previous record.

There is a surgery office at 133 Wickham Road for constituents to visit which is open Monday-Friday, 9am-5pm.

In a robust question and answer session, members asked Mr Barwell to look into the continuing hazard of speeding traffic on Bingham Road. Members pointed out that young and old alike were at risk from careless drivers. Mr Barwell told us that there has been a policy decision not to install any more speed bumps, but that the Safer Neighbourhood Team could apply to use speed guns on a regular basis. He promised to pursue the safety issue and investigate the placing of a pedestrian crossing on the road.

After the Treasurer delivered her report, the Chairman spoke of the regular meetings instigated by Mr Barwell, with other heads of Residents' Associations which he has attended and said that they were proving to be of great interest, both in terms of what other neighbourhoods are experiencing and what issues we have in common.

The Chairman also drew the attention of members to the borough's plan to revive Lower Addiscombe Road with £1 million in funding provided by Transport for London. Although the plans are most welcome, we are more than a little surprised that the Council has kept so quiet about it.

The following votes were taken and passed:

- ◆ Minutes from the Annual General Meeting held on 14 September 2010 be accepted.
- ◆ Accounts for the year ended 30 June 2011 be accepted.
- ◆ Current Committee be re-elected to serve for another year.
- ◆ Subscription fee be held at £3 per annum.

Councillors Arram and Kellett addressed the meeting and reported that the proposal for Crystal Palace Football Club to take over a large section of Ashburton Playing Fields has been shelved due to overwhelming local opposition. ASPRA joined Monks Orchard Residents' Association in objecting to this proposal earlier in the year.

The Councillors also discussed the poor state of Addiscombe Recreation Ground and how this could be improved. An ASPRA member has proposed the founding of a Friends Group for the recreation ground and there was a sometimes heated discussion of what a Friends Group would be allowed to do. Members were in favour of investigating taking the management of the park into neighbourhood control. Cllr Arram, who is the Cabinet member responsible for parks, agreed that a copy of the contract with the maintenance company would be made available to the Association.

The Association noted with regret that the £50,000 grant to improve the children's play area had been withdrawn due to cuts in public spending.

In the course of a free discussion from the floor, residents of Ashurst Walk reported that EDF has now abandoned plans to erect a power sub station on their green. The meeting finished with a buffet and a chance for members to socialise.

Lee Chester

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