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**Newsletter  
Autumn 2012  
Membership Issue**



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Ashling Road	Sheila Newbold	3 Baring Road
Ashurst Walk	Contact us for details	
Baring Road	Helen Tilbury	27 Baring Road
Bingham Road (W) (1-94)	Jenny Crook	29 Bingham Road
Bingham Road (E) (93-186)	Jenny Tighe	139 Bingham Road
Birch Tree Way	Contact us for details	
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	Volunteer needed	
Craigen Avenue	Trevor Bowden	37 Craigen Avenue
Craven Road	Sara & 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 Rothon	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	Gerry Wade	26 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
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## **In This Issue:**

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Laura Fitzsimmons

Rare Animals  
Graham Cluer

Local Concerts

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## Chairman's Letter

Dear neighbours

We are entering what promises to be possibly the most important time in Croydon's planning history. Investors are lined up with billions of pounds that they want to spend in our Borough. We can only hope that Croydon Council does not let this opportunity slip through its fingers. The Council has been very slow in keeping residents up to date about when their new headquarters will be coming online. The redevelopment of Lion House (the old Nestle building), the refurbishment of Fairfield Halls (presently underway) and the walkway bridge being built at East Croydon Station are just some of the development plans that are coming to fruition. Most residents seem happy with the refurbishment that has taken place on Lower Addiscombe Road, making the high street environment much more attractive. The replacement of the street lighting in the neighbourhood is going on apace.

The illegal occupation of green spaces in our area by travellers' groups continues to be a problem as does clearing up the mess after they leave. An application under the Freedom of Information Act was submitted to Croydon Council to pin down the exact costs of maintaining Addiscombe Recreation Ground. Although users of the Ground have commented favourably on the redeveloped children's play area, the general level of maintenance and care is very disappointing.

Lee and I have been involved with the ASPRA for the last 11 years. This will be the final year for both of us as Chairman and Secretary and we will be passing the reins on to others at the Annual General Meeting in 2013.

Our biggest single aim when we joined the Committee was to widen the base of community involvement with the Association. Notwithstanding the extraordinary amount of work put in by a very few people, we have conspicuously failed in this area. My constant pleas for more involvement for the most part seems to have fallen on deaf ears and that has been a matter of regret for me. I operated on the mistaken belief that having chosen to live here, more people would also choose to become involved. It is membership renewal time. The Association needs more than your £3 - it needs your time and participation.

*James Maloney*

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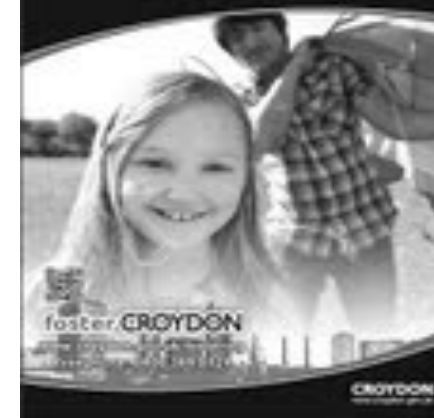
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**LIFESAVERS COME TO ADDISCOMBE**  
**New scheme calls for volunteers to learn emergency skills**  
**by Ian Flanders**

Life threatening emergencies happen every day, but thanks to today's launch of a local scheme, you will have the chance to learn vital skills which could help save someone's life. The scheme, **Heartstart Addiscombe** is urgently calling on volunteers to learn emergency life support (ELS) skills. ELS is the set of actions needed to help keep someone alive until professional help arrives. It includes performing CPR (chest compressions and rescue breathing), dealing with choking, serious bleeding and how to recognise the signs and symptoms of a heart attack. A heart attack is when part of the heart muscle is damaged due to sudden loss of blood supply because of a blocked coronary artery.

Heartstart is a British Heart Foundation (BHF) initiative which teaches members of the public what to do in a life threatening situation. ELS skills are easy to learn and can save lives. The BHF is keen to emphasise the importance of as many people as possible learning these skills:

- Every year around 124,000 people in the UK suffer a heart attack.
- Many of them suffer a cardiac arrest and die before reaching hospital.
- Without resuscitation, cardiac arrest is always fatal.
- Performing CPR could double the person's chance of survival.

A BHF spokesperson said: "It's vital that we all know what to do to keep someone alive in an emergency. A bystander, often a relative or friend, with no medical expertise is likely to be the first person on the scene. Learning the simple skills that save lives through Heartstart can make all the difference."

Free Emergency Life Support training is starting on a monthly basis at St Mildred's Community Centre; the first course was held in August.. To find out more about Heartstart in Addiscombe and where to take a course, please contact:

**Mobile: 07870234473**  
**Email: heartstartaddiscombe@gmail.com**

**Croydon Symphony Orchestra**  
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## Be A Winner And A Volunteer!

Could you spare a couple of hours a month to volunteer in your local community? Addiscombe Neighbourhood Care Association requires new volunteers including drivers, befrienders and shopping/bus escorts. Meet interesting people and make a difference in your area.

Info from: Norman/Frances  
Phone: 8654 5062.  
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## Darby & Joan Club

We are a lunch & activity club based at 58 Addiscombe Road for the over 60s who live in Croydon. We run Tai Chi, Line dancing, exercise, reflexology, chiropody, IT, hairdressing, art and digital photography. We are open Monday – Saturday 9.30-3.30. On Saturdays we have a Fish & Chip lunch. Membership is £22.50 per year. Buses 119, 194,198, 466 and the tram stop nearby .

Info from The Manager Brendan

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## SWIMATHON CANCELLED

The article about Croydon East Rotary Swimathon which was published in the April edition of this magazine has unfortunately had to be cancelled. The event was due to take place on 6<sup>th</sup> October at Trinity School. Trinity School unfortunately got their dates wrong, so the Rotary have had to cancel the event.

**Shirley Vine  
Rotary Club**

## HELP NEEDED Advertising Manager

Advertising Manager needed to coordinate those who currently advertise with us. This involves contacting existing and potential advertisers and liaising with the Magazine Editor.

Please get in touch with the Chairman or the Secretary if you are interested who will give you more information about what this involves. You will be given all the help and support you need to take on this role.



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Birds of prey are exciting to spot anywhere. This Sparrowhawk is a particularly surprising sight in an urban area. Here it is seen feeding on a pigeon.



Gardeners won't be particularly pleased by the Rosemary Beetle but its bright metallic colouring makes it interesting to photograph.



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It was 12 years ago that I first saw a badger in Addiscombe. At that time Tramlink was under construction and I thought it might have been displaced by the building work. I wasn't surprised when I didn't see it again. It was just a couple of months ago that I spotted this badger at the bottom of my garden. A motion triggered infrared camera showed that it is a fairly common visitor during the hours of darkness. Now encouraged by a handful of peanuts each night it visits two to three times a week.



Finally, though not an animal, I include an extreme close up of a Rust Gall growing on the leaf of a pear tree. This fungus causes brown spots which, when looked at closely, shows a fantastic web of fine filaments. The gall is only a few millimetres in diameter.



## RARE ANIMALS By Graham Cluer

Although none of these animals are particularly rare and wouldn't provoke comment if seen in our leafier suburbs of Coulsdon or Kenley, I do think it worthy of note that they were all photographed in my back garden in Addiscombe within the past year.



Love them for their colour or hate them for the damage they do, the Ring Necked Parakeet is a now common sight in West and South London. The Internet is buzzing with speculation of how they came to become established but they certainly cause raised eyebrows from people who aren't used to seeing them.



The Pheasant is more unusual. Maybe this was meant to be someone's Christmas lunch and it made a break for its freedom? Surprisingly I saw this female a number of times over a 2 week period in December.



The colourful Great Spotted Woodpecker is worth a second look if glimpsed in the countryside. Here it feeds on grubs in an old apple tree in Bingham Road.



I don't often see Jays in the garden. This youngster visited with an adult bird and spent some time soaking up the sun in late spring.

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## The New Mayor of Croydon

By Eddy Arram



It was a great honour to be elected as Mayor. Croydon has the most voluntary groups in any London Borough and a lot of great work is undertaken by mostly small groups of people, without any financial support. I was inaugurated as Mayor on 21st May, which included being given the keys to the Mayors toilet, which is grand enough to make the Town Hall a listed building.! The ceremony was punctuated by the heckling of my 2 year old granddaughter who burst into tears as I got up to give my inaugural speech. at which he chamber gave her rapturous applause for interrupting me!

Within a week of being in post it was the Jubilee weekend and out of 140 street parties in Croydon, we visited 30 and lit a beacon in Queens Gardens. Judith, my Mayor's, and I have attended birthday parties for residents reaching 100 years of age, including 2 aged 101. We have visited old people's homes, schools, colleges and charity AGMs. I have opened appeals for blood donors, heart defibrillators, safer cycling and diabetes awareness. I have given 2 UNESCO awards, one of which was based at Croydon University Hospital. We attended the Founders Day Parade of the Nautical Training Corps in Brighton; Croydon was represented by 2 contingents. One of the most moving events was the launching of Armed Forces week. Croydon was the first London Borough to sign up to the Military Covenant. After raising the flag outside Tavernier House, I met some old soldiers and listened to their stories. I presented Civic awards to groups and individuals who have done something for the community during the year and I also have presided over citizen ceremonies, which is given to people from abroad after a period of study who want to become British Citizens; these ceremonies can be quite moving.

Being Mayor means that we are invited to a number of events outside the Borough. We recently attended a ball hosted by the 10<sup>th</sup> TA Paras who have a unit in Croydon, which was held at Sandhurst. Getting there was no problem, but once inside getting to our venue was a little difficult. We were not the only ones experiencing this and soon we had a convoy of other cars following us, who believed that as the car had the crest and pennant, we should know where we were going. Little did they know that we were lost too! Other events we have been to were the Hong Kong Dragon Boat races at Albert Dock and a reception for the Logistics Corp at Regents Park Barracks.

## FOSTER CARE

Laura Fitzsimmons

Every 22 minutes a child in the UK comes into care and needs a foster carer. Foster Care Fortnight is a nationwide campaign, co-ordinated by the Fostering Network, to raise the profile of fostering and the amazing work that foster families do. This year the campaign attracted huge celebrity support from Gareth Gates, Lorraine Pascale, Samantha Morton, Fern Britton, Gabby Logan, Jacqueline Wilson and Tim Rhys-Evans.

Croydon Council is encouraging more people in the local community to consider becoming a foster carer. There is a great need for new foster carers every year. As part of the national foster care fortnight campaign to encourage more people to consider fostering, Croydon Council foster carer Debbie Seddon was interviewed by ITV Daybreak, with Vicki Swain from the Fostering Network. Debbie has fostered many teenagers over her 10 years as an approved foster carer for Croydon Council and finds the experience of looking after teenagers challenging, yet emotionally rewarding.

Debbie said: "Fostering is very rewarding; it's not easy and it comes with some difficulties. It gives so much satisfaction when a young person's life is turned around. I have a large extended family now. It can be difficult, each child is an individual but it's about taking small steps, to listen, communicate, not to judge and gradually move forward on a journey, to make them more positive. When I started fostering I wondered if I would be up to the challenge, but the Council gave me all the training, support and guidance I needed. The reward when a young person comes back is phenomenal. You realise you have made that difference."

Croydon Council holds monthly information meetings on the following dates:

Saturday 15 September 10:00am – 12:00pm in Fairfield Halls

Thursday 18 October 10:00am – 12:00pm in the Town Hall

Saturday 10 November 10:00am – 12:00pm in Fairfield Halls

Thursday 13 December 10:00am – 12:00pm in the Town Hall

**Websites: [www.croydon.gov.uk](http://www.croydon.gov.uk) fostering  
[www.22minutes.org.uk](http://www.22minutes.org.uk)**

**Phone: Fostering Team 0800 389 0129**

## Volunteering at the Olympics

by Aaron Hatton



Two Years ago I applied to become a London Ambassador for the Olympics after having heard about it on BBC Breakfast show. I thought it would be a good idea, to have fun while supporting the Olympics and do our nation proud.

Having been accepted I went through three lots of training days before my actual volunteer days which took place on 26<sup>th</sup> July 2012 right up until 31<sup>st</sup> July 2012 where I volunteered 4 hours a day at the Tower Of London helping tourists and members of the public with information about the Olympics, local travel situation and how to get in and around London. Amongst the benefits of knowing I am helping to set a good representation of London and England, I also got to wear a lovely pink and purple uniform (see picture) which really did make me stand out in the crowd! Best of all I also managed to get tickets to the Opening Ceremony Dress Rehearsal which was truly amazing to watch with front row seats.

The time I spent volunteering although short was very rewarding. I was approached by members of the public from all ages and nationalities and was able to supply them with answers to their questions, no matter how silly it may have seemed to them! London has well and truly done itself proud, if I may say so, with the level of organization and care and quality of support given from the organisers of the games. It has made my volunteering time worthwhile. No matter how much time I spent watching the Olympics, it was truly enjoyable being a volunteer.

**Aaron Hatton AMBCS**  
**Chief Executive Officer**  
**Hosting Vortex**  
**Tel: 020 8123 7472**  
**Mob: 07960262668**  
**[aaron@hostingvortex.co.uk](mailto:aaron@hostingvortex.co.uk)**

My charities are Multiple Sclerosis Croydon and SAFFA (Soldiers Sailors and Air force Families Association). Our First event was a Teddy Bear Parachute Jump, which included approximately 200 teddy bears attempting the jump. All were deemed fit, as they had to pass a medical by Julie Bowdler of Ashtons Vets. Future events include a Fish and Chip lunch at McDermott's and an evening of light Opera/film and theatre musicals by Aspect of Opera at the Braithwaite Hall.

In September we are going to Arnhem for the annual remembrance ceremony for Operation Market Garden; the attempt in the 2nd World War to capture the bridges over the Rhine. Arnhem was "the bridge too far" and many soldiers from Croydon were killed, injured or captured during this battle. The people of Arnhem have not and will not forget the sacrifice these soldiers made. I am told by past Mayors that the ceremony is very moving and I am looking forward to representing Croydon at it.

How do I sum up what has happened so far? Well during one street party a grandma was asked by her grandson what is the Mayor of Croydon's job? So she explained to him and he summed it up as 'The Mayor of Croydon is like being the King of Croydon' Well I would not disagree with that!





**1989-2012**

Dates for your diary:

## Committee meetings

7th February 2013

13th May 2013

8pm in the Small Hall  
Held at St Mildred's Centre, Bingham Road

Everyone welcome!

## Internet / Email Security by Vince Hemment

In these days of Internet fraud, Hacking, Cloning etc we have a responsibility to ensure that we minimise technology risks. We are told by banks & other institutions never to divulge our passwords. Computers should have Anti-Virus, Firewalls, Ad-ware, Spyware, etc. to protect it. I am amazed at the lack of care or awareness when people send emails.

Emails to groups of people is my own particular pet hate. I loose track of the amount of times I receive a 'group' email where the email addresses of all recipients are available to be seen by everyone. Email addresses should not be available to be seen by all recipients. Therefore, irrespective of whether the recipients are known to each other I always send group emails using 'Bcc'.

Sending of emails is broken into three parts, **To**, **Cc**, & **Bcc**.

- **To** everyone is what I would call the primary recipient.
- **Cc** copies are sent.
- **Bcc** (Blind copy) those listed via 'Bcc' Cannot see anyone else in the circulation list.

## Camera Club

Shirley Methodist Church Hall, Eldon Avenue  
[www.croydoncameraclub.org.uk](http://www.croydoncameraclub.org.uk)  
[ccc@croydoncameraclub.org.uk](mailto:ccc@croydoncameraclub.org.uk)

## PERFORMING

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#### John Ruskin Choral Society

Shirley Methodist Church, Eldon Avenue  
[www.communigate.co.uk/london/johnruskinchoral](http://www.communigate.co.uk/london/johnruskinchoral)  
[johnruskinchoir@yahoo.co.uk](mailto:johnruskinchoir@yahoo.co.uk)  
8777 3594

### Symphony Orchestra

[www.croydonsymphonyorch.org.uk](http://www.croydonsymphonyorch.org.uk)  
8680 2639

### Mixed & Other Genres

#### Folk Club

Ruskin House, 23 Coombe Road,  
[www.croydonfolkclub.org.uk](http://www.croydonfolkclub.org.uk)  
[croydonfolkclub@aol.com](mailto:croydonfolkclub@aol.com)  
8660 5919/ 07703 210795

### Male Voice Choir

Sandilands Sports Club  
[www.croydonmalevoicechoir.co.uk](http://www.croydonmalevoicechoir.co.uk)  
[rogerleetopes@googlemail.com](mailto:rogerleetopes@googlemail.com)  
8686 2427

### Listening to Music

#### Eden Park Music Club

Langley Park Sports Club, 2 Hawksbrook Lane, (off South Eden Park Road) Beckenham  
[www.edenparkmusicclub.com](http://www.edenparkmusicclub.com)  
8698 6760

### Recorded Music Society

St Mildred's Church, Pavillion Room  
[www.thefrms.co.uk/affprogs/croydon.htm](http://www.thefrms.co.uk/affprogs/croydon.htm)  
[stellastocker@btinternet.com](mailto:stellastocker@btinternet.com)  
8668 3816

## **Rugby**

135 Addington Road, West Wickham  
[www.croydonrfc.com](http://www.croydonrfc.com)  
[croydonrfc@croydonrfc.com](mailto:croydonrfc@croydonrfc.com)  
87775298

## **Tennis**

Sandilands Sports Club  
Trinity School  
[www.shirleyparkltdc.org.uk](http://www.shirleyparkltdc.org.uk)  
8654 5751/07710 325108

## **OVER 60S**

### **Darby & Joan (see Ad in this edition)**

58 Addiscombe Road  
[darbyjoan7@yahoo.co.uk](mailto:darbyjoan7@yahoo.co.uk)  
8680 0084

## **Unity Club**

Our Lady of the Annunciation Catholic Church Hall, Bingham Road  
8654 5918

## **OTHER CLUBS**

### **Rotary Club**

[www.croydoneastrotary.org.uk](http://www.croydoneastrotary.org.uk)  
[mail@croydoneastrotary.org.uk](mailto:mail@croydoneastrotary.org.uk)  
0844 884 9743

### **Shirley Park Youth Club**

Shrublands Avenue, Shirley  
[youthservice@croydon.gov.uk](mailto:youthservice@croydon.gov.uk)  
8760 5598

### **Women's Institute**

Shirley Methodist Church, Eldon Avenue  
8654 8468

## **ARTS**

### **Art**

#### **Art Society**

Methodist Hall, Lower Addiscombe Road  
[www.croydonartsociety.org.uk/](http://www.croydonartsociety.org.uk/)  
[bob.sleeman@lineone.net](mailto:bob.sleeman@lineone.net)



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[postmaster@theaspra.org.uk](mailto:postmaster@theaspra.org.uk)

## Dog Training School

Greystone Scout Hall, Ravenswood Crescent, West Wickham  
<http://springparkdogtrainingschool.vpweb.co.uk/>  
[anne.woods10@btinternet.com](mailto:anne.woods10@btinternet.com)

## Football

### Little League

Ashburton Playing Fields, Glenthorne Avenue  
8656 8635/8406 3740

## Kick London

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Addiscombe Recreation Ground, Bingham Road  
Spring Park School, Bridle Road  
[www.kicklondon.org.uk](http://www.kicklondon.org.uk)  
[markanderson@kicklondon.org.uk](mailto:markanderson@kicklondon.org.uk)  
07817 519768

## Golf

Shirley Park Golf Club, 194 Addiscombe Road  
[www.shirleyparkgolfclub.co.uk](http://www.shirleyparkgolfclub.co.uk)  
[secretary@shirleyparkgolfclub.co.uk](mailto:secretary@shirleyparkgolfclub.co.uk)  
8654 1143

## Hockey

Sandilands Sports Club  
Trinity School  
[www.addiscombehockeyclub.co.uk](http://www.addiscombehockeyclub.co.uk)  
[hiltecomp@aol.com](mailto:hiltecomp@aol.com)  
8680 3681

## Korfball

Trinity School, Addiscombe Road  
[www.croydonkorfball.com](http://www.croydonkorfball.com)  
07989 679459/07810 850363

## Rifle

[info@addiscomberc.co.uk](mailto:info@addiscomberc.co.uk)  
8686 6607

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### SPORTS & GAMES

#### Badminton

South Croydon Sports Club, Beech Copse, Birdhurst Rise  
[www.southcroydonsportsclub.com](http://www.southcroydonsportsclub.com)  
8688 1782  
[hiltecomp@aol.com](mailto:hiltecomp@aol.com)  
8680 3681

#### Bowls (in parks)

Ashburton Park, Tenterden Road  
<http://bowlsclub.org/club/6917/>  
[Ashburton Park Bowling Club](#)  
8654 3943/8654 3211

Shirley Park  
Rear of 21/25 Mapledale Avenue  
8654 2543

#### Short Mat Bowls

Shirley Parish Hall, Wickham Road  
8777 8508

#### Bridge

South Croydon Sports Club, Beech Copse, Birdhurst Rise  
[www.southcroydonsportsclub.com](http://www.southcroydonsportsclub.com)  
8688 1782  
[hiltecomp@aol.com](mailto:hiltecomp@aol.com)  
8680 3681

#### Cricket

Sandilands Sports Club  
[www.addiscombecricketclub.co.uk](http://www.addiscombecricketclub.co.uk)  
[addiscombecc@hotmail.co.uk](mailto:addiscombecc@hotmail.co.uk)  
8654 5449

#### Cycling

[www.addiscombe.org](http://www.addiscombe.org)  
[general@addiscombe.org](mailto:general@addiscombe.org)



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