



1989 - 2019

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## From the editor

Hopefully, this issue will be dropping on to your doormats sometime in the middle of February, just as the evenings start to get a little lighter and we all feel like having a spring in the air.

It's a bit late by now to wish you a Happy New Year, but we'll hope that 2019 is off to a reasonable start for everyone.

Certainly, locally, things seem to be brightening up. Some of the empty shops in the High Street have re-opened, the Co-op has had a face-lift and the people we meet in the Lower Addiscombe Road appear cheerful and optimistic, even in the cold weather.

ASPRA celebrates its thirtieth anniversary in 2019 and we hope to run a bigger feature on our inception and our history in the Summer issue. If any of you have recollections of ASPRA's beginnings, and of the early issues of this magazine, we'd love you to share these with us. Please write in if you've got anything to say, especially if it's complimentary — flattery will get you anywhere!

What won't get you anywhere is waiting for a tram at weekends in February or March, as Saturday and Sunday track closures will disable the service from Sandilands down to Elmers End and Beckenham. This is all due to kit being brought in for the Blackhorse Lane bridge repairs. Still a source of endless amusement to all and now in its fourth year.

We wonder if we'll still be writing about the bridge next year, along with a looked-for beginning to Westfield and an end in sight for the new Fairfield? What's the betting?

For now, though, leave the grumbling to us, make a cup of tea and sit back to enjoy this issue. Happy reading! *PP*

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Where's this?



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## Letters to the editor

### Tell us what you think



Sir,  
The house on the corner of Ashling Road (*last issue*) looks like a bank because it was a bank. In the Croydon Directory of 1937 it is listed as Lloyds Bank. I have a copy of the Directory and it is surprising how useful it is in finding out little pieces of historical interest.  
*Margaret Menezes*  
*Fryston Avenue*

Sir,  
With regard to your article in the Autumn issue of the magazine (and what a splendid issue it was!), I noted your piece on the Fairfield Halls. Croydon staged an 'Open House' weekend in September, to which some of us former Fairfield stewards were invited. We found that, as well as the outside, the inside contained even more scaffolding! Much is promised but the proposed internal fittings were a long way off at that stage.

Among the changes, the *Ashcroft Theatre* (named after Dame Peggy — born in Thornton Heath) will hence forward be known as *The Playhouse*.

The Fairfield stewards will no longer be required by the new events management team (BV Events), but we have formed ourselves into a social group called the Fairfieldians and meet monthly at the Clocktower restaurant, and for occasional events at St Mildred's Centre in Bingham Road.

*Bob Ord*  
*Seewood Road*

*(Thanks Bob, it's nice to know that the yooof management in our yartz department have 'forgotten' Peggy Ashcroft and her contribution to theatre in favour of a truly original name that won't get confused with Leeds Playhouse, Norwich Playhouse, Liverpool Playhouse, Harlow Playhouse or the Playhouse Theatres in Harlow, Edinburgh or Oxford. Ed)*



Sir,  
I have lived in Addiscombe for most of my adult life. For much of that time I have lived as a vegetarian, but took the decision some fours years ago to become vegan.

*"Veganism is a way of living which seeks to exclude...all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose"*

*The Vegan Society*

For me it has become the best decision I ever made. I feel its benefits in every aspect of my physical, spiritual and social well-



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## Letters (2)

being. It's also very important for me to live and shop as a vegan while supporting our great local high street and the shops along the Lower Addiscombe Road.

Food producers and retailers are now adapting to the fact that veganism is now one of the biggest global social movements, with a growing demand for plant-based foods and environmentally friendly products. Indeed, the larger supermarkets in Elmers End, Croydon and West Wickham provide an increasingly wide variety of vegan foods.

Our newly refurbished Co-op has increased its vegan range, with vegan cheeses, soups, bean chillis and quinoa roasts. There are also 'accidental' vegan offers in their jams, doughnuts and *wines!* But their real winners are their environmentally friendly cleaning products. Often cheaper but just as effective as other brands.

Sainsbury's are following suit, and even in our small local store I have noticed Shroomdogs, meatless mince and a selection of Vivera products. I'm sure that range will grow.

The shining star of our high street is undoubtedly Coughlan's, with now some 90% of their products vegan. That translates to 23 cake varieties and 13 breads, before we mention mushroom rolls, platters and their *Heaven* range of party cakes. Over Christmas we feasted on their mince pies, yule logs and even a vegan wellington, all bought from the local Addiscombe branch.

If you fancy a take-away, Pizza Paradiso are always happy to prepare a non-cheese pizza with an extra ration of BBQ or tomato sauce. And I understand Dominoes are looking to introduce vegan cheese to their pizzas: hopefully that'll be offered in Addiscombe.

If you fancy a kebab-style meal try Vivera kebab pieces from Sainsbury's and make your own!

Packaged and prepared vegan items are only a very small part of my diet. There is a huge range of fruit and vegetables street.

Buy a vegan recipe book and you will soon find a whole new world of exciting foods and flavours opening up to you. The re-opening of our greengrocers is fabulous and such a great addition to a high street. The new Freshco provides more unusual international fruit and vegetables, pastas, pulses, nuts and Mediterranean biscuits and foods.

But it's not just about diet. Vegans avoid exploiting animals for any purpose, with compassion being a key reason many choose a vegan lifestyle. Sustainability is



important too, and there are so many ways we can be thoughtful shoppers. Using our high street charity shops is a very good way of recycling items. Another enormous issue is reducing our use of plastics, but fortunately consumers are far better informed on how important it is that we take personal responsibility to cut down on non-recycled products and plastics. But, there is still a very long way to go! For example: avoiding products with palm oil in them, which is having a devastating effect on primates and our environment;

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## Letters (3)

choosing Fairtrade products which will ensure a fair wage and working conditions for local producers; and avoiding products which are tested on animals.

So all of these choices are available to us and can make a very real impact to our local community and to how we help our wider world and reduce our carbon footprint. In our own way, as consumers in our own high street, we can all make a difference. Addiscombe's village high street has made my lifestyle choice so much easier. If you are interested in veganism, there are so many wonderful organisations including the Vegan Society and Animal Aid to contact online. Give it a go for the animals, for the environment and for your health.

*Margarita Kassianou-Hannan  
Addiscombe Resident*

Sir,  
While one notices that your magazine frequently carries recipes for cocktails and the enjoyment of alcohol (and how socially reprehensible is that, one might ask?) isn't it time you published something of a more solid and helpful nature?

My suggestion, if it's acceptable to you, is a recipe I follow for a nourishing and warming casserole that's easy to make and is just the thing for busy people. You can either put the ingredients into a slow-cooker before leaving for work in the morning, or bung the ingredients into a casserole dish early evening. It's ready to eat within the hour.

You'll need one decent sized chicken breast for every intended eater, and then a couple more for greedy whatsits. Then a large can of sweetcorn, a can of button mushrooms, an onion and some celery sticks (again one per serving) and (and here's the secret tip) one or two cans of Campbell's Condensed Chicken Soup (depending on servings required). And some stock.

Chop the chicken into chunks of about one inch square. Now, if you've time, you

ought to brown the chicken in a frying pan (it'll take about five extra minutes but it stops the meal being a little greasy). Duly browned, the chicken can go into the slow-cooker or casserole pot. Roughly chop the onion and slice the celery and chuck into the pot. Open the can of sweetcorn, drain the mushrooms and lob them in too.

Now comes the clever bit — open the Campbell's soup and spoon that in too, just as comes it out of the tin (i.e. all solid and lumpy and looking horrid). Boil a kettle and pour about half a pint of boiling water over a chicken or vegetable stock cube, stir until dissolved and pour over the whole sorry mess.

Slow cooking is brilliant for this, because you just put the lid on this lot, turn on 'low' for 8 to 10 hours, and go out to work or whatever.

Come home to a delicious warming casserole and enjoy with a glass of something.

Total prepping time: about 20 minutes; Minimal effort, minimum cost. Enjoy it!

*Paul Roberts  
Northampton Road*



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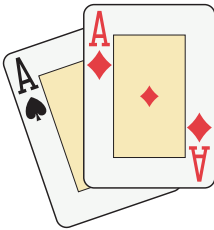
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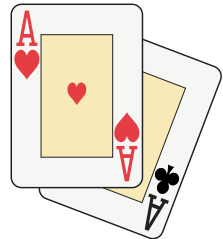
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## Letters (4)

Sir,  
Is ASPRA missing a road?

Looking at the Road Reps listing in the back of your last magazine, I note that Blackthorne Avenue has no representative.

For the sake of clarity, I should mention that Blackthorne Avenue connects Shirley Park Road and Glenthorne Avenue. As such, it falls under ASPRA's auspices, even though the new ward boundaries have pushed it from Ashburton into Shirley North, instead of keeping it within Addiscombe East.

By the way, as a consequence of the ward changes, we now have three more councillors to keep an eye on!

Keith Collins  
Northampton Road

*Dave Lee, our ASPRA expert, writes:  
It isn't missing — there are not actually any houses on it.*

*It looks like the start of the mystery road that would continue through the maisonettes (Glendale House) and on into the green spaces leading across the school playing fields. Lost in the mists of time; it contains only side and garden fences, garages and allotment entries.*



Having been part of Addiscombe for more than four decades, we're finally shutting up shop. Before we go, we wanted to say **A BIG THANK YOU** to all our customers over the years and to mention our massive closing down sale! Big discounts - HUGE - and everything must go.

Hope to see you before 2 March.

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## Addiscomment

### The Beckenham cut-off

A Boxing Day walk to Selhurst Park for the usual savage amusement of watching a post-Christmas Palace game meant crossing the pedestrian bridge we're becoming used to at the top of Blackhorse Lane. A leisurely stroll over and a chance to peer at the on-going 'works' and rusted cables gives you a quick impression of just how much there is still to be done up there, while you wonder just how much longer it's all going to take.

Before Christmas itself we were talking to locals and shopkeepers, as we drummed up support for the Christmas lights funding, and we began to hear rumours that there were going to be line closures along the tram route as equipment for the new bridges was going to be brought in. Somebody said that the closures would be taking place over five weeks, beginning in February. Now, we're a responsible editorial team and we can't just go and print a rumour like that without checking it out first, can we?

So, picking a cold, grey afternoon, just after the holiday, we wrapped

ourselves up in winter coats and, dressed as old people, we posed as a couple of bewildered codgers as we went into the Tramlink information office in Croydon, to ask them what they knew.

'Nothing,' came the reply from the ever-so-helpful lady in the information office, 'but they never tell us until the last minute,' she added. But she picked up the telephone and told us that she would ask the 'powers-that-be'. The conversation that ensued seemed to involve a fair bit of muttering at the other end which prompted our lady to ask:

'How did you know?'

'Rumours from the Addiscombe shopkeepers,' we said.

'They must have been talking to the crew,' we heard the 'powers-that-be' say, before there was more muttering. Then our lady's face lit up.



'It's all on the internet!' She beamed. 'It's all on the TFL website from today! Twelve days of closures over six weeks, beginning in February.' She listened

further. 'Probably more closures to come throughout the year, but that's as much as they can announce right now.'

We thanked her for being so helpful, and she looked very pleased that she knew now what she wouldn't have been told. And so we went home and looked it up on the internet.

At [content.tfl.gov.uk/track-closures.pdf](http://content.tfl.gov.uk/track-closures.pdf) you'll find a list of closures planned, indicating weekend closures of the Sandilands to Beckenham and Sandilands to Elmers End routes starting on 16 February.

So now we're not only cut-off by car from Moreland Road, but (at weekends) cut-off from Beckenham and Elmer's End too.

Oh. I suppose we ought to point out that 'replacement bus services' will be provided. *PP*

### Passion in the streets

The western half of the Addiscombe East ward contains the East India Conservation Area. More simply, it's the roads that run parallel to Northampton Road, down as far as Canning Road, that are occupied by our colleagues in the HOME residents' association. Like Northampton Road these 'ladder' street are cut-throughs from the A232 at the top, to the A222 (for us, the Lower Addiscombe Road). These roads, together with those west of Canning Road, down to Cherry Orchard Road, have

been subject to numerous traffic-planning schemes over the years – schemes that frustrate motorists and seem to do nothing but annoy residents if reducing a problem in one road pushes volume down another. This is apparently very much the case for the residents of Elgin Road at the moment.

We attended a



*Elgin Road unites in protest*

‘consultation’ meeting, back in January, where some resolution to the current set of problems was sought. Passions ran very high, and understandably so, when any one suggested solution pushes the problem into another area (and a lot of it’s been tried before).

We were there to represent ASPRA’s interest as traffic overflow from the two A roads already trundles down Northampton Road (usually at great speed).

We weren’t sure what the meeting decided, except to have more meetings. But, with traffic volumes undoubtedly on the increase, the situation is

quite obviously only going to get worse for everyone involved. *PP*

### **Getting to grips with the gardening**

Autumn was a quiet period for the ASPRA gardening group. They are hoping to organise the first session of 2019 in early March, when the winter frosts should be abating.

A few active members of the group are leaving the area and more volunteers are needed. If you’re interested, you certainly don’t have

to have green fingers or any previous experience as the group promises that there will always be someone to guide you. ASPRA GG have generally held gardening sessions on Saturday mornings, but we can be flexible if anyone would prefer to get involved midweek or in the evenings. Just contact [secretary@theaspra.org.uk](mailto:secretary@theaspra.org.uk) if you wish to volunteer or if you want to find out more about the work of the group.

Even if you are just strolling through the park and feel like doing a bit of weeding, we’ll encourage you to just do it! Like our recent ‘secret gardener’ who did some tidying up in one

of the beds. Thank you, whoever you are!

And please take some photos of flowering plants for our Summer magazine. Last year, the mix of colours was absolutely lovely. Have a look now at the cyclamen and primroses in flower and the start of the bulbs coming through.

### **Banging the drum on the Jumble Trail**

After three successful years of running the Jumble Trail, Jenny and Lyn are taking a backseat in organising the event in 2019. They are passing the baton to 2018 stall-holder, and ASPRA member, Krystyna Pawelczyk who has agreed to help organise *Addiscombe Village Jumble Trail 2019*.

Obviously, Krystyna will need some additional support and any willing assistance is welcome, especially if you’re reading this and can help with marketing (producing and delivering flyers and posters). The organisers are going to need someone to visit local traders to persuade them to display posters and to liaise with estate agents regarding their advertising boards. If anyone is good with social media, that needs managing too. Volunteers should email [addiscombe.jumbletrail@gmail.com](mailto:addiscombe.jumbletrail@gmail.com)

As happened in 2018, this year’s Jumble Trail will be supported by our neighbouring residents’ associations to create an



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## Addiscomment (3)

Addiscombe-wide event. More information will shortly be available confirming the date (15.9.19) and about how to book a stall. Check the next issue for more details. The JT team will also be putting out emails and updating the ASPRA Facebook page. *LS*

### It's bin beautiful

Does anything look daffier than what Veolia have us doing now? Lining up our bins along the street like a legion of the looming lost. This was Ashling Road on a recent Saturday morning.



Croydon used to describe itself as a *garden suburb*; a bit more scrap-yard these days, we think. *PP*

### Addiscombe Local History Walk

ASPRA member Lyn Simmons is currently devising an Addiscombe History Walk. She's hoping to include elements of our interesting local history as well as pointing out some of the famous (and

not-so-famous) people commemorated on plaques around the area.

If anyone wants to get involved or is a local history expert, please contact Lyn directly on [lyn@11kv.com](mailto:lyn@11kv.com)

Lyn already leads walks looking at Croydon's architecture and street art, as well as literary walks in South London.

### Looking a gift carrier in the wallet

Our colleagues in SPAN have been publicising this nasty little scam.

Apparently, you receive a telephone call from a sounds-okay courier company asking if you're at home to receive a special delivery. A courier then turns up with flowers and wine. You're puzzled and insist that there's no special occasion. The courier has no idea, he's only delivering it. Ah! But! Because the delivery contains alcohol, there's a £3.50 'delivery verification charge'. So it's not delivered to a minor. Oh. And sorry but he can't take cash. Courier company rules.

You produce a card for his little machine, pop in your PIN, and he provides you with a receipt. Enjoy the flowers and the wine.

Until you look at your card or bank statement and realises you've you've been scammed for whatever they could lift from your card or bank accounts. Thousands of pounds in most instances.

The delivery man's card machine actually clones your card and you give him

the pin number all by yourself.

The police warn you to never co-operate in a card transaction you haven't initiated yourself!

And think about it...Virgin Wine, Avery's and Laithwaites leave booze in the doorway, behind the bins or with the neighbours every day of the week — no charge! *PP*

### Whither Westfield

Reports from a January council meeting indicate that the start date for work to begin on whatever-happened-to-Westfield has now gone in to 2020. Some seven years since the (four-year) project was initiated.

At various road-rep meetings over the past two or three years, we remember asking the then local Labour councillors and our last Conservative MP if there was a plan B. I don't think we ever got a 'yes' or 'no' answer, but when we suggested creating a low-business-rate entrepreneurial area, especially for start-up retail and for future-based tech developments, there was a flurry of scribbling.

# Westfield

You'd be as well advised to 'watch-this-space' as to watch for anything happening to our 'destination-shopping-area' for the next year, at least.*PP*

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## Addiscomment (4)

### Resurrecting a sleeping beauty?

Many of us have no doubt seen the news of delays and changes to the Fairfield Halls development. Mott MacDonald, the engineering company originally involved in planning the project, ceased their involvement last year, which provoked concerns for additional delays and increasing costs.

However, at our February Road Reps meeting, we quizzed councillors Jeet Bains and Richard Chatterjee as to what was happening and were told that this September remains the target date for the Fairfield to re-open. Small tours have apparently already started, allowing the public to see work in progress. The Christmas entertainment programme includes a pantomime for which (so they say) bookings are already being taken.

A slap on the wrist then for your editorial team who were jibing that 'they'll never get it finished' in past issues. Naughty us! PP

### Punching out a passport

ASPRA's mag should be a 'Brexit-Free-Zone', shouldn't it? There are a few things you can't get away from, however.

Planning an Easter break, I checked my passport and found it was running out at the end of May. Under normal circumstances 'no problem' — but *if* there

were to be a 'no deal' Brexit I was told I *might* need at least three months validity for Spain's proposed visa-free arrangement. Better then to get it done and be on the safe side.

You can now re-apply on-line and arrange to send a digital photo, all at the same time. A trip to our local Cards & Things and its Photos-4-All service had me clutching a new photo (of an old man) and a digital number to enter on-line. Set-up took five minutes. The new passport arrived within five days. No queuing, no forms, no fuss, no bother.

As Mister Punch always used to say: "That's the way to do it!" PP

### Speaking Croydonish

Back in mid-January Crawley police were looking for "a man with a Croydon accent" to help them with their enquiries.

The BBC immediately leapt into action to find this rare and hitherto unnoticed accent and sent a film crew to Surrey Street, where they spoke to a Jamaican-sounding bin man who said there was definitely a Streatham accent, an Englishwoman who clearly came from Croydon and said there was no such thing, and all the time the market traders (no one calls them costermongers any more) were yelling in that time-honoured semi-intelligible way: LAVLY SWEE' TA'ERS, PANDA BOLE or LAVLY FRESH COLLIZ, PANDA PAND.

AWRITE MARY POPPINS? ERE YARE...(Approx.)

The voice-over almost certainly mentioned Kate Moss at some point, and



the item ended up with a professor of linguistics (or whatever it was), a sort of modern-day Henry Higgins, who knew how to differentiate one accent from another. She talked about London accents, and how the *-le* syllable at the end of *bottle* can sound more like *-uw*: *bott-uw*. Then there's glottalisation (that's what she said) of the letter *t* where the double *t* in the middle of *bottle*, for example, sounds more like a small cough, formed at the back of the mouth, instead of behind the teeth. (My description, not hers.)

Anyroad up, it was all wonderfully inconclusive and we knew no more about a Croydon accent after the item than before.

But there *was* a Croydon accent, or at least a particular way of pronouncing words, 100 years ago.

Forty-odd years ago we knew this lovely old man, a retired master bricklayer called Arthur Edmeads, who told us that the last

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A photograph showing a person's hands in a light blue shirt holding up a row of four white binders. The binders are standing upright on a wooden surface. The person's hands are positioned on either side of the binders, with fingers spread, as if presenting them. The background is a plain, light-colored wall.

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## Addiscomment (5)

syllable in Katharine (as in Katharine Street) should properly rhyme with line, and that the Derby as in Derby Road should rhyme with Kirby, and not, er, Darby, Joan's husband.

Any more for any more?  
Let us know CG

## Automatic braking system for Croydon trams



TfL has announced that it has awarded a contract to build and install an automatic braking system on Croydon's trams by the end of 2019. It will make the Tramlink network the first in Britain to have automatic braking. It is also introducing a new emergency lighting system, and applying a thicker film to all tram windows and doors to make them safer in the event of a crash.

The new automatic braking will bring a moving tram to a controlled stop if it exceeds the speed limit. This will operate alongside what they call a "driver protection system" that monitors distraction and fatigue and has been in use since September 2017.

The new emergency lighting system, which operates independently of the tram's battery in the

event of an emergency, will be installed over the summer. CG

## Keep yer ...



There's a new kid on the block, magazinewise. Our chums at HOME and CHASE residents' associations (to our west and north-west respectively) have launched their own magazine, and very smart it looks.



It's named after the Heron family, owners of the Addiscombe estate back in the 16th century and echoed today in Heron's Croft, the Grade II listed cottage on Addiscombe Road next to the tram line.

They kicked off with a piece about the Croydon Cat Killer, questioning the conclusion of the Met's investigation and stating

that it was difficult to understand how foxes could have replicated this mutilation of pets across a range of victims and vast geographical area. All a bit grim.

It turns out that police spent £130,000 and 2,250 hours hunting for the killer before deciding that the pets were probably hit by cars and then mutilated by foxes.

That's only £57.78 an hour. Blimey, plumbers were charging more than that ten years ago. CG

## Ping-pong ding-dong King Kong ting-tong sing-song

The 20mph table-tennis bat cut-out in our last issue was the brainchild of ASPRA Chairman Steve White, who was really, er, fed up with drivers not only ignoring the signs but getting shirty if anyone delayed them.

The four-page centre spread section was entirely funded by Steve's two sons, David and Danny – both of them, like their father, builders.

They not only paid for the design, paper and printing, but paid for their advertisements as well. David White's building company Demarc



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## Addiscomment (6)

repairs. As a reminder, his phone number is 07811 331174.

Danny's Liquid Trading ad had a phone number at the bottom of the page in nice big blue type – 6mm deep, lovely and easy to see.

Unfortunately the number was wrong. If you're looking for building, shop-fitting or architectural services, the number is **07957 198001**. CG

## Aurum indecorum forum

Aurum is closing down, which is a real shame because it means we lose some nice people and a jeweller's shop that has been there for 41 years.



It was Hall & Manton originally, same place as now, with a mere 23-year-old stripling, a beaming Warren Hall, behind the counter.

Before he settles down to retirement proper, Warren's off to go travelling with wife Penny. Robert Jones (see last issue), just

that hint younger, will carry on with his jewellery making and mending from home, but it's still goodbye to him and wife Celia.

And it's goodbye to Danny and Margaret too. So long all of you, and thanks.

It leaves a hole in our retail landscape, if that's the right word. It's difficult to imagine a new jeweller setting up shop here now, and the Whitgift Centre really isn't anything like the same.

Where on earth am I going to get those last-minute Christmas earrings for my wife now?

B\*st\*rds. CG

*The closing down sale ends when the shutters go down for the last time on 2 March.*

## An ERF\* by any other name doesn't smell as sweet

As you probably already know, Croydon, Merton, Kingston and Sutton councils got together and commissioned Viridor to build a huge rubbish incinerator in Beddington, just over the Croydon/Sutton borough boundary.

Viridor wanted to name the access road "Corn Bunting Lane" after the corn buntings nesting in the Beddington Farmlands – ironically, the number of which had decreased significantly since Viridor

had been operating on and around the site.

The choice of name attracted serious debate



and Sutton Council suggested changing it to "Corn Bunting Way". The name is still being reconsidered.. CG  
\*A £205m stat-of-the-art 'Energy Recovery Facility'.

**Where's this** (last issue)? Did you spot it? Did you get it? Any idea? We used it



because it looks so much like a nice graphic piece of flat-colour artwork, rather than a photograph. In actual fact it's above where Dinotopia used to be, on the corner of Fernhurst Road. The angled wall, both brick and rendered, together with the chimney stack, is particularly striking. CG

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Our resident optometrists Ketan Jadeja and Anjali Pattani love the new look. “The new look of the practice along with the new equipment is just amazing and the introduction of new spectacle ranges is just what our practice

needed,” said Ketan. Ketan along with Anjali have special interest in Croydon’s paediatric scheme where they test children’s eyes from school nurses’ referrals.

They are both part of the Croydon COS (Community Ophthalmology Service) scheme where patients are referred from GPs and other opticians for a second opinion. Ketan also works at Moorfields Eye Hospital Croydon as a glaucoma specialist and tutors University College London final year medical students.

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## Addis'n'dat

▶ It's the Chinese year of the pig! Mmmm. Bacon sandwiches! (Dribbles slightly at the thought.) *ASPRA Diversity Department interjects: Other sandwich fillings exist. Thinly-sliced Quorn, smeared with umami paste and fried, is probably no substitute.*

▶ James Hogg, who also answers to Jim, tells us **The Prawnbrokers** has been in Addiscombe for 20 years. I didn't know that. I didn't know that he gives a 20 per cent discount on Tuesdays and Thursdays, either. Trade at Christmas was astronomical, his busiest Christmas ever, he said. Despite the bridge...

▶ The latest hold-up on Blackhorse bridge, according to our dog-walking chums, was not just the utilities' continued fighting over cables, but the discovery of a **Victorian sewer**, which necessitated bringing in sewerologists and archaeologists. Just as long as they don't start doing guided tours.

▶ It's a warm Addiscombe welcome to Francesco and Lucia Donato, who took over Café Adagio on the corner of Everton Road. They've finished redecorating and **Café davinci** is open for business. There's coffee and plenty of Italian food; as Francesco points out, it's a cafe, not a restaurant. They're hosting live music



every last Friday of the month. It's an open mic night, so just turn up with any instrument and do your stuff.

▶ There's a new air of optimism around. Talking to shopkeepers the same themes recur – things are changing; they are noticing a difference.

The first people to mention it were Sharon and Marie at **Sullivan's Florist**. They were seeing younger couples in the shop, new to the area and delighted to have a real florist on their doorstep.

Alan Manley in **Addiscombe Sports** said



that last year was excellent, the best he's had. He's so busy he needs staff!

We have two new supermarkets, two fewer empty shops. The bright, colourful frontage of **Freshco** cheers up the street and cheers up Jim McFadyn in **The Tramstop**. "The new shops will attract new people, which will be good for existing businesses," he told us. "Young professionals are moving in. They can afford this area and get into town so easily."

**Freshco** looks as though it could be part of a chain, but it's a completely new venture. It's bright, well laid out and opens from 7am to 11pm every day, including Sundays. The cafe serves excellent Turkish coffee and pastries, and groceries are a mix of Turkish, Greek and Mediterranean. There's a busy organic section, too, and though Turkish in origin, Freshco aims to serve the whole community.

The **Dinotopia** premises have been let to **Tina's Nails and Spa** – quickly too, despite my doubts – and the 'To Let' signs have come down from outside the old **Santander** premises. All good portents, signs that Spring is bringing new life to more than the flowers in the rec.

The recent refurb of the Co-op demonstrates their commitment to Addiscombe, even if the prices appear to have gone up in the process.

Marko Basha, in **The Fish House** says even the

reopening of the greengrocer's has made a big difference. Talking of which...

▶ James Monckton, latterly of **Vic Gibson's** butcher's shop next door, and sidekick Dan Goddard (not to mention James's far too attractive wife, Emma) opened **Addiscombe Fruit & Veg** on 3 December and had the most extraordinary Christmas of their lives.

"TRADE AT CHRISTMAS WAS ABSOLUTELY MENTAL," said James, whose infectious enthusiasm turns everything he says into capital letters. "WE SOLD HALF A TON OF PARSNIPS IN ONE MORNING."

"People were complaining – 'How could you run out?' they were saying. How could I have known how well parsnips sold on the Saturday morning before Christmas? I apologised and got more in the next day."

So what did they sell, these people who get up at 1.30 in the morning and go off to Covent Garden to buy fresh supplies?

The answer will surprise: 250kg of sprouts, 600kg of parsnips, 150 heads of celery, 400kg of carrots. And this was just in the run-up to Christmas.

"Everything's selling," he said. "IT'S UNBELIEVABLE. We don't have any waste, so we don't even have anything to give

to St Mildred's for their weekly lunches."

"We probably get 120 customers on a slow day. On the Saturday before Christmas we served 400 customers..."

They're still improving the shop. There's a new awning on its way, plus blinds for the front windows and a colourful mural inside, over the door. It's really good to see these



young people (!) getting stuck in and giving local shoppers what they want, not least of all the new Cyprus potatoes, even if they do cost several arms and a leg. You must try them.

▶ If you know anyone approaching 40, make sure you spoil their birthday by telling them this. (It happened to me.) If you make your allotted

three score years and ten, you say, do you realise you've only got **1500 weekends** left? The maths isn't perfect, but it's close enough to have them remembering it every birthday from then on. I've got 55 weekends left...

▶ Last issue we mentioned the last piece of the refurbishment jigsaw, the bespoke moveable choir stalls, that were being made for **St Mildred's**. The hope was that they might arrive in time for Christmas. It didn't happen. With luck they will arrive by June this year now.

Also in the last issue we said how public-spirited it would be to start a fund to install a clock in the tower. At least two people have been in touch to say they'd be happy to donate £150 each. Only £14,700 to go...

▶ The **High Court injunction** (see last issue) attached to the park gates in Fryston Avenue, it turns out, was one of 200 or so that went out to all Croydon parks. I was a bit snooty about it at the time, but it was actually a good move, allowing the council to take immediate action against anyone turning up and living there, piling up waste as they did so. CG



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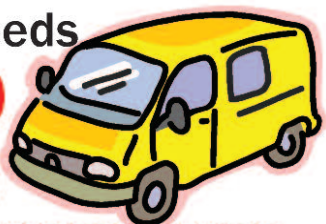
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# Breaking open the bottleneck— or heading for trouble?

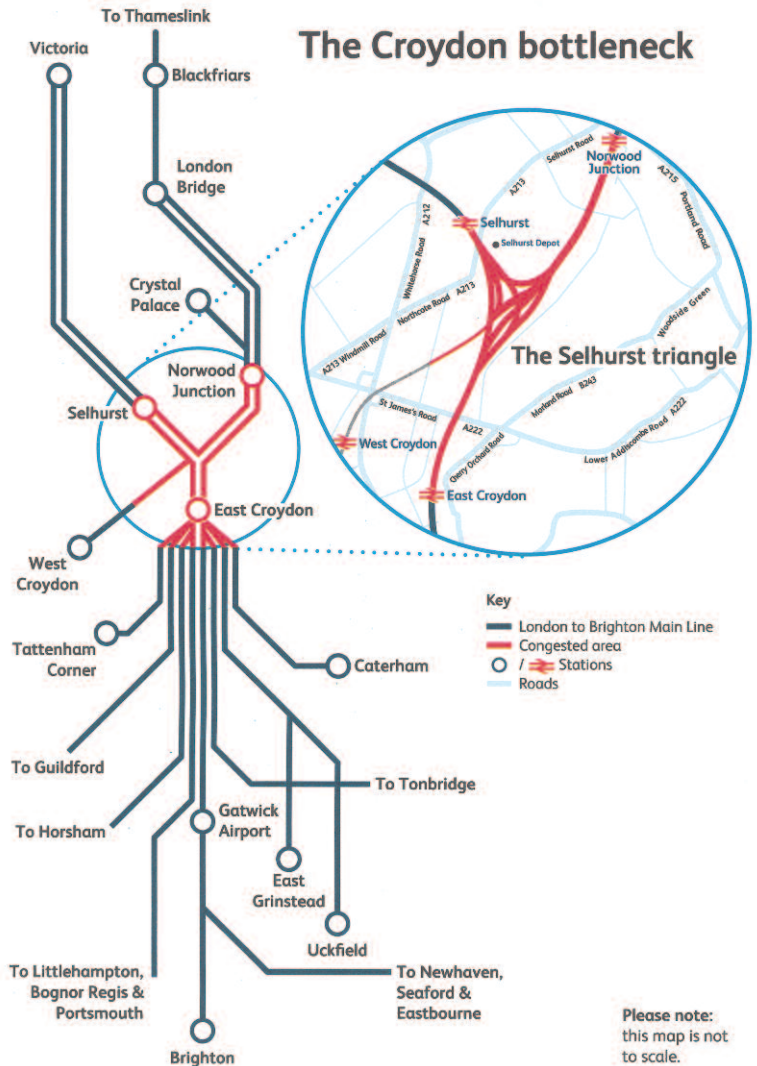
At one time or another, most of us find ourselves using East Croydon station to travel up to London and back, with stops between. Use the train at the right time and it's a pretty good service. From our part of ASPRA-land, if you've hopped on the right bus or tram, and you get your connections, it's quite possible to do door-to-door (home to the West End, say) in about 50 minutes. Get the train at the wrong time, however, and it can be little short of a nightmare.

Journeys back to Croydon are usually the worst, and you really have to feel sorry for those who regularly commute. Apart from the hopeless overcrowding, it can be utterly soul-destroying to creep along in stop-start progress, staring out at the lights going on in trackside houses through Thornton Heath and Selhurst.

Well, sufferers

can now have this particular purgatory explained, along with (if you'll pardon the cliché) the offer of a light at the end of this tunnel.

(cont)





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The Croydon bottleneck — it sounds like a nasty strain injury, doesn't it? 'Sorry, sir but you've got a touch of the Croydon bottleneck' — results from 1700 trains a day converging on the Selhurst triangle, a series of junctions between East Croydon, Selhurst and Norwood Junction stations. This is now one of the busiest parts of the UK's rail network.

Even the most minor incident or delay on the line can magnify delays. Passengers travelling on the Brighton main line experience 60% more delays than even the South West main line, which is similarly busy.

Passenger numbers on the Brighton main line have doubled since 2000, but the Croydon bottleneck means that there's no capacity to run more trains.

But now, Network Rail have come up with a scheme:

First, to begin a rebuild of East Croydon station, with two additional platforms, a larger concourse and better connections with Croydon town centre and other transport links. This new station build would also be designed to allow for new offices and homes to be built above the new station.

Second, they will improve track layouts north of the station and remodel the junctions at the Selhurst triangle, removing the existing junctions and building new flyovers and dive-unders.

To allow more tracks and platforms at East Croydon, and to take advantage of the Selhurst triangle reconfiguration, the Windmill bridge (by Gloucester Road) will need a rebuild to allow space for two additional tracks.

Network Rail's proposals support current plans for work involving station capacity at Norwood

Junction, and reconfigured tracks enabling more trains to run through there.

This plan has now been made public and a period of consultation has begun. You can have your say by looking up Network Rail's feedback form, or complete their online survey, at [networkrail.co.uk/croydon](http://networkrail.co.uk/croydon) or by emailing [CARS@networkrail.co.uk](mailto:CARS@networkrail.co.uk)

They are also inviting you to call, for further information on 03457 11 4141.

We went along to their first public airing of the project, where their representatives were full of optimism for the project. They anticipated a start date in 2023 (providing they get the requisite Transport & Works Act Order and necessary funding), completing the work in 2030.

The bridge at Gloucester Road will, they anticipate, be out of action for 'a few weeks' while most of a pre-fabricated structure is lifted in. Your ASPRA representatives were reluctant to (but nevertheless did) point out that local bridge replacements never seemed to take the short amount of time promised. We should know better, at our great age, not to attempt to shade the expectation of hope with dark experience, and should have expected the rail people to tell us, sniffily, that 'That was TfL'

No one doubts that something needs to be done about the Croydon bottleneck problems. Whether this is it, or whether it will peter out in planning or through lack of funding, we'll wait and see. *PP*



## Acres and acres of rolling, manicured countryside – the original Shirley Park: Shirley Park Golf Club

It's a chilly day in December. The sun is shining and we are sitting there, Phil and me, in the warm, looking out through big picture windows at 130 acres of glowing, rolling, manicured countryside.

It's an editorial meeting, and we're in the bar at Shirley Park Golf Club. The beer's good, the bar staff are welcoming, the view is inspiring and the seats are comfy. Someone's got to do it.

I can't begin to guess how many times I'd driven past the golf club before I took much notice. Thousands? Lots of thousands?

And even when realisation dawned, I thought it was just a bunch of odd-shaped brick buildings, painted white. The old stables belonging to Shirley House, perhaps. But enough of that. Before I go on, I have to explain one thing.

This started with Probus, who invited Phil and me to one of their monthly lunches at SPGC. I'd been to the golf club dozens of times in the past – Sunday lunches, birthday celebrations, wedding receptions – so I knew what facilities it had on offer, but

thought no more about it. I'm not a natural golfer. I've tried, but one arm is definitely longer than the other.

Back to Probus. We enjoyed ourselves, your almost-septuagenarian scribes; joined up, and promptly went to lunch the next month. Sunny day, no hurry, so we didn't rush home. We sat in the bar talking about the magazine (obviously). There's a map on the wall showing the Shirley Park Golf Estate as it was first imagined, complete with Shirley Park Hotel (formerly Shirley House), where Trinity School is today, and a row of plots for new housing all the way up Shirley Road from Addiscombe Road almost to the windmill, which never happened, and along Oaks Road, which did.

We were talking to this chap, who turned out to be Steve Murphy, the General Manager. I told him I wanted to write a piece about the club and he said that's funny, I want to advertise in your magazine. He's local, an ASPRA member. And so to the point: this is a mutual arrangement. I am not simply writing about the golf club because he is advertising here.

That's better. I needed to get that sorted out.

So we joined, Phil and I. Social members. A bargain: £115 for a single member, £140 including wives, plus VAT. We can use the snooker room with its two full-size

tables, watch big-screen sport whenever it's on, nip in anytime for something to eat, hold immensely important magazine conferences and hang around all afternoon if the mood takes us. Bar prices are keen, and members get 15 per cent off.

It's a glorious place to just sit there, splitting infinitives and thinking beautiful thoughts, as my dear old dad used to say. The main lounge faces south: plenty of space and perfectly warm during the winter, and when it gets warmer you ▶





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decamp to the patio outside, also south-facing. Lovely. Summer afternoon, jug of Pimms, discussing grave matters of the moment and watching golfers golf.

A very brief history. The course and clubhouse were opened by Sir Thomas Vansittart Bowater, the then Lord Mayor of London, on Saturday 18 July 1914. Ten days later, on 28 July, the First World War was declared. After the Second World War, Ted and Barbara Andrews brought their young daughter to the clubhouse. Julie Andrews (yes, that Julie Andrews) recalls her childhood days at Shirley Park Golf Club with much affection.

Sitting there, it's hard to believe it's landlocked, pretty well surrounded by buildings. 130 acres: bliss, the more so considering it's what, a mile and half from East Croydon station, an easy-ish walk from all but the very furthest parts of ASPRALand? It's the war wound, y'know.

It is also, apparently, a fantastic golf course. It's heavily wooded, for one thing, and with continued capital investment, the excellent condition of the golf course makes it one of the very best in south-east England, the best-maintained in Surrey. Superb. The 7th hole at Shirley Park (it says here) is often described as one of the best par three holes in the county.

It doesn't end there. The clubhouse facilities are the envy of many visiting clubs

and membership levels are currently such that, with the exception of the first two hours on Sunday mornings, members can roll up and play whenever they like – you just pitch up, you don't have to book.

They'd like to have new playing members, but not too many. "Imagine another 400 members," says Steve Murphy. "It would be dreadful. Fantastic to have all that extra money, but disastrous for players." That's very frank.

I'm not going to go into membership costs here, but I've looked at the figures – seven-day membership, academy membership, special rates for couples, and, as someone sitting close to me at the time said, "They're a fantastic deal!" You could see the exclamation mark when he said it.

Contact the club if you'd like to know more. There are a couple of ads hereabouts which will be difficult to miss. And if you're interested in the history – the club existed before many of the houses around here were built – there's even a nice little 1914-2014 centenary booklet.

It suits me. I like the ambience, the friendly atmosphere, the laid-backness of it all, the 15% off. I'm glad I joined. CG



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## Is it a bird? Is it a plane? No, it's...

Vic Gibson is a star. He must have been the busiest person in Addiscombe this Christmas after Father Christmas himself, but do you see him complaining?

Vic's butcher's shop embodies everything that's good about local shops, about individual retailers. Good old-fashioned person-to-person service. Cheery smiles. Paying attention. Open quite a lot of hours, providing you're up early enough. And he even takes cards.

Vic is calm, patient, listens carefully. He tips his head to one side sometimes, hands together. There's a smile, too, as customers explain what they want. Shirt and tie, jumper, white coat, apron over the top. Keeps out the cold.

We wanted to know more, so here's Vic with all the questions and interruptions edited out.

**6** I've been here since 1989 – 30 years in September. Used to be Cook & Simpson here before me. There were three butchers here in Lower Addiscombe Road – Kingston, Dewhurst and me. And Rod White, the fishmonger, next door.

What's changed? Well, although we still sell lots of joints, we're selling more easily cooked cuts – steaks, chops, that sort of thing. The Sunday roast is dying out. It's a shame, but it's happening. We still sell lots, but people are looking for convenience, for things that are easier to cook. There are so many takeaways now and you've only got to look at supermarket ready meals – it's all so much more convenient.

We've always been busy at Christmas but this year was exceptional. We still sell traditional turkeys but people are moving away to turkey joints now. Five or six years ago we'd be lucky to sell ten turkey breasts as joints. This year we sold about a ton in weight – something like 480 breast joints.

We still sell geese, capons and ducks – probably sold 25 or so geese this year, and some of those are £90, the bigger ones. Our



traditional turkeys – slow grown, traditionally reared – start at £50 and the biggest one we sold this year was £110, about 26lbs. We sold four or five at that weight.

I'm guessing we did – actual head of poultry, actual birds – 400 head this year, more than last year. Thirty-four large [four-rib] ribs of beef, 3,600 pigs in blankets and 500lb of sausage meat, for stuffing.

People used to buy a lot of pork, but they don't so much these days. Less pork, more poultry and lamb. We sold 35 or 40 legs of lamb this year.

We're starting to specialise in rare breeds. This week our beef is all longhorn. People want something different, stuff they can't get in supermarkets. Customers are absolutely convinced it tastes better – some of them say the difference is outstanding. We know our tastes change all the time, for all sorts of reasons. Do you remember how things tasted when you were young? These rare breeds seem to give you a memory of what it used to taste like.

We still sell rabbit, probably two or three fresh rabbit a week. You're looking at £10 to

£15 for a whole rabbit these days – they’ve gone up a lot since just after the war, when they weren’t rationed, and were really cheap. These days they are all farm-bred. A chap came in and bought one this morning.

And our best-selling sausages are plain pork. They still outsell any other one. And eggs? About 3000 a week.

I’m usually here from six to just before five. Some mornings it’s a bit later but there’s always someone in at 6.30. The door might be closed to keep the draughts out, but if there’s somebody here we’re open. One customer comes at half past seven every Saturday morning.

At Christmas – Saturday, Sunday and Monday – there was somebody here at four every morning. We would get our first customers through the door at eight, then there would be a slow trickle, then the queues. On Monday the queue went beyond the Co-op.


My only regret about Christmas is that I had to keep people waiting so long. We were under pressure, we had five people serving, but it was too slow. Some people expect it, but it’s not the way I like it. No, I really regret that.

I’m lucky, really. I’ve got some very good staff, and I’ve always been busy. I’ve been in the business all my life – 55 years on and off – and I’ve never stopped learning. The new lad, Sam, who’s worked elsewhere, for example, has taught me things I didn’t know.

One thing I do want people to know is that I have a partner in the business: Eddie Fuhrmann. We’ve worked together now for 30 years. Eddie mainly works in the background, looking after the orders and making all our sausages, including our award-winning sausages. You don’t see him out front often.

I’ve always worked in Croydon. I used to live near the Palace ground, but we moved out to Caterham. People keep knocking Croydon – we all know it’s not the best place in the world, but Addiscombe’s really good, really undervalued. Property is cheap compared to other south London areas, and transport links are great – you’re 20

minutes away from anywhere: Gatwick, London...

In the last few years there seems to have been a lot more youngsters in the area. Older residents are going and young professionals are moving in. It’s becoming a younger area, definitely... 

Vic smiles, head slightly to one side. A charming man, good to talk to. Polite, straight-talking and, at 71, not stepping back yet. He is leading up to retirement, though, and intends to take a few more days off in the run-up to it.

We’re lucky to have Vic Gibson and his shop. It’s a real butcher’s shop, right here in Addiscombe. If they haven’t got what you want, they’ll get it in for you. I’m slowly working through the deli counter. The gorgonzola is irresistible, creamy and luscious, and the haslet is delicious. Honest. Pork meat loaf with herbs, sliced thinly. Slabs of pancetta. What’s not to like?

It’s good old-fashioned respectful(ish) customer service. The staff greet customers enthusiastically. They remember names, tell you how to cook things, ask you how a particular piece of meat tasted, don’t charge you if your finger accidentally goes through the ultra-thin shell of an extra-large egg.

So there we are. A proper butcher’s shop, with meat and eggs and sausages and cheese and pies as far as the eye can see. There’s a whole range of pickles and gravy and things in jars, some of it even gluten-free. Thoughtful. And all with Vic’s own brand label.

Just right. CG



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**L**ike being outdoors?

**S**ociable?

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and you will be warmly welcomed by the bowlers in the park, at our green and clubhouse close to the recently refurbished ASHBURTON HALL - no experience or equipment is required, just flat-soled shoes (trainers are fine) and this year's season runs from 27 April to 29 September.



© bd 2019

### **CONTACTS**

Phone: JAZZ (020-8656 1767) or BOB (020-8654 3211) or

Email: [ashburtonparkbowlingclub@gmail.com](mailto:ashburtonparkbowlingclub@gmail.com)

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## Making light of Christmas

*O little village of Addiscombe, how still we see thee lie  
Above thy deep and dreamless sleep the silent stars go by  
Yet in thy dark streets shineth the lovely Christmas lights  
They glow so clear we shed a tear of absolute delight\**



Our glorious, glittering lights along Lower Addiscombe Road this year looked even better than last year, for some reason. We all know they're not the biggest in the world but they really brightened up the area, bringing a joyful, sparkling, festive, optimistic Christmas feel to the street and shops. Clean design, sharp colours, LED bright. They stood out really well. Needless to say your elderly editorial staff was/were unable to get a decent photograph with their box Brownies – camera shake? Us? – and they're far too stubborn and forgetful to ask anybody else to do it. So we'll have to use the best we've got, which aren't up to much frankly.

The story behind the lights is really quite interesting. Well, interesting-ish, possibly.

ASPRA – that's you and me, all of us – signed a £12,500 five-year contract with The Festive Lighting Company four years ago. Three committee members had to underwrite it, and put their goods and chattels on the line in the process. Fifty-seven lamp-posts, £2,500 a year, and this year was year four. One more year to go. And we all know costs don't tend to go down. On the plus side, Skanska, who installed and look after the lamp-posts, put up the lights for us completely free.

Here's the thing. As a residents' association, and we voted on this years ago, we're absolutely committed to putting up Christmas lights to cheer the place up. But at £2,500 every year, and with 900-ish members, it works out at £2.78 each. About 70 per cent of the annual subscription. So the same small committee who do everything else, not that we're moaning (particularly), need to offset that cost.

We went out cap in hand to local traders and shopkeepers to ask for support – and the response was absolutely terrific. The variety of the size of contributions reminded me at first of that quote by Groucho's brother, Karl Marx: *From each according to his ability, to each according to his needs*. But the more I thought about it the less sense it made, so forget I mentioned it.

We didn't ask everybody. We didn't send out a round-robin like we should have, so there will be people out there who might have contributed but didn't know we were asking. If you're one of those people, we apologise wholeheartedly. Next year, yes? Or send us the money now; we're not fussy.

Let's do the roll of honour in alphabetical order.

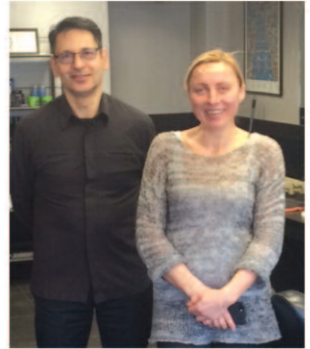
Regular contributors Nick and Valerie Michael at Addiscombe Dry Cleaners start the roll, followed by Sunny aka Sanjay Patel at Addiscombe Pharmacy, almost at the opposite end of



Jurga!) (top right) were happy to hand over some of Arthur's hard-earned haircutting cash.

Good people, good ASPRA supporters. Helen Else at Albion Windows practically made a bank transfer on the spot and Chris (and

Warren Hall and Robert Jones at Aurum could barely believe their good fortune at being asked, and Cards & Things owner Tony Marshall needed no persuading.



Good positive stuff. Charles Read at Claret & Ale was away when yours truly called in, but barman Freddie stumped up another generous contribution. Thanks, Charles.



Marko-with-a-k Basha (next page), the Fish House boss, big handshake, needed no persuading, and Harris and Bailey, our local friendly builders' merchant, promptly

entrusted a generous cheque to ASPRA Chairman Steve White, who took his time paying it in. Busy man.

Jim/James Hogg, The Prawnbroker himself (also next page), put his hand in his pocket – and has decided to advertise as well! Good ol' St Mildred's came voluntarily to the aid of the party, as did



Stovell House Surgery, courtesy of Joanna Barnhurst.

Rob and Chris, the guys at TDPrint (known almost universally as ‘the lads’ or ‘the

Dutch boys’) who look after printing this magazine, survived the Chinese burns, and finally Vic Gibson, in a fairly unorthodox alphabetical order, washed his hands and meted out the readies. Sorry.

Let’s not forget the Jumble Trail. Our thanks to Lyn Simmons and Jenny Crook, the organisers, who handed over £365 – £5 per participant, which means there were 73 of them – towards the lights, and finally finally our two lovely



Councillors, Maddie Henson (Labour) and Jeet Bains (Conservative), dipped into their ward budgets and came bearing gifts – no frankincense of myrrh, but enough gold to keep our treasurer smiling. Wise decision.



And the whole thing was organised, once again, email upon email, by Hilary Chelminsky, our Special Projects megastar. Hilary also organised the notice board, the poppies and the silent soldier in November, and any other out-of-the-ordinary activities we care to dip the collective toe into. Thank you, again, Hilary. You done good. CG

As a postscript, our editor sensibly points out that while contributions to the festive lights from local businesses show that the community spirit is alive and well in our little village high street, it’s a pity the ghost of Ebenezer Scrooge still sits on the shoulders of our corporate neighbours (Sainsbury’s, the Co-op and the bank, for example) who can’t do anything for themselves (head-office rules and the computer he say ‘no’), but whose customers appreciate our efforts. And the one ‘bah humbug’ we had, who knows who he is!



...and finally, Young Vic, Victoria Monckton (sister of James!) who lights up Addiscombe all year round

\*Oh yes. Watch out, Andrew Motion. We’re good at this stuff. (And did anyone actually sing this as they read it? Own up...)



# **The Claret and Ale**

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## Your ASPRA committee



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chairman@theaspra.org.uk

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### **Social Media**

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www.facebook.com/TheASPRA/



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Raise awareness of and improve access to other support agencies

Encourage communication of public health messages

Promote improvements for all patients and the community

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## “You’ll get it in Gordon’s”

### Shah family leave Addiscombe’s favourite toy shop

If you’re of a certain age in our bit of Croydon, you moved here in your twenties or thirties to get hold of a decent family home and raise kids in a reasonable neighbourhood.

There were good schools, access to open spaces and a fair bit of parkland, with Croydon close by and a variety of good local shops in the high street.

Over almost four decades, one shop in particular has hardly changed, being a provider of small services, the odd and obscure things you don’t need every day but being there to offer children a veritable Aladdin’s Cave of toys, games and stationery.

From floor to ceiling Addiscombe’s Toys, Games and Stationery always seemed to have everything, and certainly everything a little one would want. But everything too in terms of odd-sized envelopes, paper of all colours and quality, pens, inks and paraphernalia. A treasure trove of the small things and a shop for the fun things conveniently sitting in our local village.

Once upon a time it was Gordon’s Toys, and to many it’s still known as ‘Gordon’s’. Such is its local fame that many a frustrated Addiscombe shopper, going further and faring worse, hears or remembers the words ‘try Gordon’s’, and returns home to find what they wanted was there all the time.

The business was owned and run by a Mister Gordon, until he retired and sold the business in 1982. By all accounts it was run then with a certain amount of eccentricity, and then as now kept the little things ticking over while still selling toys. Mister Gordon was very fussy about who he was to pass the business to, however, and



scrutinised potential buyers for their ability to keep the essence and charm of what he'd established.

Of all the buyers he interviewed, only the Shah family in the personage of the brothers Nem Shah and Pravind Shah came up to his expectations and, following his philosophy, they have followed in his footsteps and gone on to run the business for a further thirty-six years. Now the Shah family are



*The Shah brothers say 'cheerio' to Addiscombe*

retiring, after careers they began in the UK after coming here from Nairobi, Kenya, forty years ago. Now they are grandparents themselves and want time to catch up with their family and take time to travel. This Christmas was their last in the store as they began to pass the business on.

We went to say 'cheerio' and to ask about the changes they'd experienced. Nem Shah was philosophical about the changes to the Lower Addiscombe Road. To adapt, keep a strong offer and retain competitive pricing seemed to be his advice. Unsurprising, perhaps, from a man who'd seen off the muscle power of Woolworths, trading only two doors away for more than twenty years.

We asked about the popularity of toys and we're told that Lego will never fail, despite the popularity of online games and the Shahs remembered with fondness the popularity of Pokemon cards, Action Man, Trivial Pursuit and Transformers Optimus Prime. They chuckled as they remembered opening on pre-

Christmas Sundays with carloads of games they had just bought in, while Woolworths had sold out. It was easy to see that they had not lost their feeling for the business, and easy to see why it's been so successful and such a major part of local life for all of these years.

We wish them a long and happy retirement, and we wish their successor, Pal Singh every success with the future of Toys, Games and Stationery. *PP*

# What's on!

There's a lot going on in and around Addiscombe

## Concerts and recitals

### A short series of recitals at St Mildred's

Beginning on **24 February**, and on **Sunday 24 March** and **Sunday 28 April**, a short series of recitals after the 3.30pm Evensong. The first recital will feature organist Richard Mander and trumpeter Eloise Demay, with works by Bach, Vierne and Lefebure-Wely. Admission is free but there will be a retiring collection in aid of the church's Organ Restoration Appeal.

**Croydon Male Voice Choir** present an evening concert on **Saturday 16 March** at **7.30pm**. Tickets **£10** from the website at [www.stmildredschurch.org.uk](http://www.stmildredschurch.org.uk) or from the church office at St Mildred's Church, 30 Bingham Road, CRO 7EB

**Croydon Bach Choir** presents *Elgar: The Kingdom* **Saturday 6 April 7.30pm** at **St Matthews Church, Chichester Road, Croydon, CRO 5NQ**

Tickets £12 (children £5)  
[www.croydonbachchoir.org](http://www.croydonbachchoir.org)

The choir invites singers to join in a workshop for *Bach's St John Passion* on **Saturday 18 May** beginning at **10.00am** and through to **5.30pm** again at **St Matthews Church** Tickets £20 for singers. Pre-booking required.

## Theatre workshops

**CYTO (Croydon Youth Theatre Org)** is a real theatre experience for the 13-21 age group. We always welcome new members. There are Friday night drama workshops for all abilities and levels of confidence and tech workshops on Monday evenings plus regular productions.

For more info check out our website, or email [admin@cyto.org.uk](mailto:admin@cyto.org.uk) or call **020 8655 1098**.

## Church services at St Mildred's

**Mothering Sunday All Age Service** is at **10.00am** on **Sunday 31 March 2019**. There will be flowers for all mothers and all are welcome.

**The Parish Communion for Easter Sunday** is at **10.00am** on **21 April 2019**. Everyone is invited.

## Clubs and societies

**Addiscombe and Shirley Rotary** would like to thank everyone in ASPRA who opened their doors and gave so generously to their Christmas collection for local charities. The total raised on the doorstep was more than £4700 to which Gift Aid can be added.

**Addiscombe and Shirley Rotary** meet at The Chateau, Coombe Lane, on Tuesday evenings at 7.30pm.

Part of Rotary International, a worldwide organisation of women and

men who volunteer their time and talents to serve their communities at home and overseas. We focus on local community projects, helping the young, elderly and disadvantaged.

To find out more about your local Rotary, please see our website [www.aandsrotary.org](http://www.aandsrotary.org) or freephone: **08448 849743**. You will be made most welcome as our varied Tuesday evening activities are sprinkled with fun and laughter!

### **Shirley & District Probus Club**

Probus is a fellowship group for retired professional and businessmen. The **Shirley & District** branch meet for a monthly lunch on the fourth Wednesday of the month at the **Shirley Park Golf Club**.

This is a friendly group and new members feel welcome from day one. Cost of membership and meals is modest.

If you would like to find out more and widen your circle of friends please contact Barry Copeman on **0208 777 2889**, or e-mail [barry.probus@gmail.com](mailto:barry.probus@gmail.com).

**The Croydon Sketch & Painting Group** are a local art group seeking to recruit new members of all abilities. They meet on **Wednesday mornings** between **10.00am** and **12.00pm** in the large hall at Christ Church Methodist, 114 Lower Addiscombe Road, CR0 6AD.

If you've ever fancied trying your hand at painting or drawing among like-minded friendly people; give us a try! Your initial visit is free, but an annual subscription costs just £22.00 (then £1.00 attendance fee per visit). Tea and coffee are provided.

You will need to bring your own materials.

For more information please contact Gill on **0208 662 0378** or just pop along!

**Purley Bury Croquet Club** is looking for new members.

We would love you to come and try croquet which is a game of strategy and skill. It is competitive yet sociable, enjoyable, active and healthy. Our season runs from April to September. We offer taster sessions and free coaching so complete beginners are most welcome. Please see our website for more information; [www.purleyburycroquet.org.uk](http://www.purleyburycroquet.org.uk) or email us at [info@purleyburycroquet.org.uk](mailto:info@purleyburycroquet.org.uk) Or ring Penny on **0208 660 8239**

## **Exhibitions**

**An exhibition and sale of pictures by local artists.**

On **Saturday 16 March 2019** from **10.00am - 4.30pm** at the **United Reformed Church Hall, Sanderstead Hill**.

An opportunity to admire the talents of around 50 local artists and to purchase original works at reasonable prices. Twenty percent of all profit will go toward **The Children's Society's** work with disadvantaged children. Tea and coffee and homemade cakes will be on sale, plus there'll be a chance to take part in our raffle.

## **ASPRA**

The ASPRA Annual General Meeting will take place on 25 April in the pavilion, St Mildred's Halls from 7.30pm for 8.00pm/ Refreshments will be available.

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## Local pharmacies

Here are the opening hours of our local chemists. Purley Way Sainsbury's opens on Sundays.

### Addiscombe Pharmacy

331 Lower Addiscombe Road  
Telephone 020 8654 1542

#### Opening hours

Mon - Fri 9am - 6pm  
Saturday 9am - 1pm

### Boots

257 Lower Addiscombe Road  
Telephone 020 8654 2128

#### Opening hours

Mon - Sat 9am - 5.30pm

### Larchwood Pharmacy

215 Lower Addiscombe Road  
Telephone 020 8654 1149

#### Opening hours

Mon - Fri 9am - 7pm  
Saturday 9am - 6pm

### Shirley Pharmacy

175 Shirley Road,  
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#### Opening hours

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Saturday 9am - 5pm

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#### Opening hours

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Saturday 7am - 10pm  
Sunday 11am - 5pm





## Your local pharmacy

If you have received a leaflet through the post from an **internet pharmacy**, even if the letter carries the NHS logo you are **under no obligation to receive your NHS medicines from them.**

It's easy to think that your GP surgery is advising you to use internet pharmacy services. This is not the case.

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Have your prescriptions dispensed locally and benefit from the additional services closer to home.

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# Planning stuff

And to start, and we don't often get a chance to say this, STOP PRESS!

As we were going to press news came through that Croydon Council would be making changes to their planning policy on allowing dwelling houses to be converted into Houses of Multiple Occupation (HMOs) without planning permission. Currently, too, developers can turn old office buildings and similar into flats without planning permission. And as everyone knows, we need flats.

Or we did. Turns out there are so many flats being converted, and so many new flats being built in Croydon, that what we actually need is more family-sized houses for family-sized families to move into.

The bad news is that it's not going to happen before 2020. Shame it can't be retrospective...

More news in our next issue.

□ The plot at the top of Northampton Road, behind the vet's, has been a bit slow going.

Back in mid-January, my dear wife saw



the owner of the plot (who lives lower down

Northampton) chaining up the gates one afternoon. Yes, he said, he was planning to start soon. "Will you be taking the ground level down," our heroine asked, rightly pointing out that it's much higher than No1 and the new house would tend to dominate its neighbours if it wasn't.

He told her they would need to take it down a bit, but went on say the house wouldn't be anywhere near as tall as the vet's...

Phew. That's all right then.



□ The Whitgift Estate Residents Association, as we mentioned last issue, saw the planning application to turn 114 Addiscombe Road into flats as the thin edge of a potentially particularly ugly wedge, and promptly set up a fighting fund. We understand the fund now stands at £70,000 – more than they set out to raise.



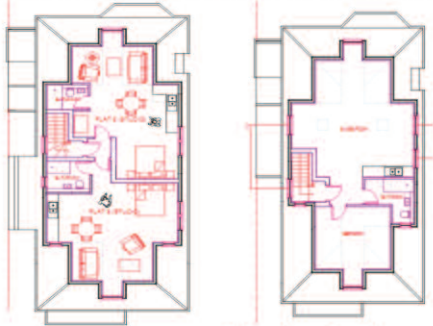
□ The 'huge polythene pergola' over what was the undistinguished bungalow at 144 Addiscombe Road won't be needed much longer. The new first floor and roof are going up with some speed as I write, and as



soon as the windows are installed it will be gone. In fact, it will probably have gone by the time you read this. A nice quick development, this. Just one year since approval was given.

□ Another building with industrial polythene cladding over a huge scaffolding framework sat for months and months without anything happening – and then the roof was whisked off in a matter of days. The first neighbours knew of it was the astonishing noise as hundreds and hundreds of big concrete roof tiles were thrown 25ft down into a several skips. In the end the whole roof went, right down to ceiling level on the first floor.

A planning application for 43 Northampton Road, subsequently withdrawn in November 2017, was for two studio flats in the squared-out loft, an external staircase, two one-bedroom flats



and two two-bedroom flats, plus 'associated car parking and refuse storage'. So, two people in each bedroom and we've got...hang on...18 people with...hang on...parking for maybe three of them. Bicycles, folks! That's the answer.

Withdrawn, though. Phew.

The owner, who lives in Croham Park Avenue, put in a simpler application for nothing more than a loft conversion in February 2018. A new staircase from the first floor provided a large games room in the attic with what looks like basic kitchen facilities, plus a bedroom and bathroom. It was a straightforward proposal and the application was granted. Hmm.

❑ Heard a rumour the other day: when we're all on bicycles we won't need the dual



carriageway by Trinity School. It makes complete sense, therefore, to close one carriageway and build three-storey

flats on the site. It might sound ridiculous but it's said plans are definitely afoot. Does anybody know anything about this?

❑ Swift progress at the building site opposite East Croydon station. Skinny lift shafts are going up – "Not very big flats, are they," one person at the tramstop remarked – and there will be two towers, a 38-storey and a 44-storey, 'scaling 135 metres and providing 546 new homes



which have been designed specifically for rent'. Parking will be limited to 24 blue-badge parking bays and 'secure cycle parking will also be provided'. Of course.

But there's more to it than that:

A podium garden, roof top gardens at the top of each tower, panoramic viewing walkway, gyms, residents' lounge and private dining/event rooms, professional management onsite offering residents 24/7 service, built using offsite technology, a new civic space for Croydon at ground level... the list goes on. The scheme is set to be the tallest modular tower in the world and will be 'delivered', from start to moving in, in just 24 months. Nearly 1500 modules with electrics and plumbing etc pre-installed...

❑ When the pair of garages in Colworth Road were knocked down a quick check showed that 11 Bingham Road had planning permission for a one-bedroom flat in what had been the back garden. Quite straightforward: the back wall of the house came out and the existing ground floor flat lost a few square yards to the new flat. Bob's yer uncle.

Subsequently, a revised application went in to add a parking space and cycle store. Clever, that, but not much of a surprise. A nod to the demise of the car coupled with sensible use of otherwise probably wasted space in a road which is otherwise fully

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E-mail us at [magdalenepreschool@hotmail.com](mailto:magdalenepreschool@hotmail.com)  
Or call us on 07769 115981 for enquiries for places  
in September 2019/2020

parked up, including a garage door set in the wall for security. It hadn't been decided at the time of writing.

❑ We now have a new picture of the two-bedroom house proposed for Sherwood Road (which is actually at the rears of 310 and 312A/B Lower Addiscombe Road) – and it's nothing like the picture we



published in the last issue. (Or was that somewhere else?) The ground floor is red brick, while the asymmetric first floor and roof are covered in zinc-effect cladding. Needless to say, the plans include a cosy little home for two bikes.

According to Council documents it seems likely to be approved, subject to a load of conditions. None of them addresses the fact that the house sits on the plot of an old garage and is therefore some distance in front of the building line in Sherwood Road. More ammunition for similar plots.

❑ Croydon Council has been looking into building two multi-million-pound community football facilities, one at Purley Way Playing Fields and the other at Ashburton Playing Fields. Each would have two floodlit, full-size artificial 3G pitches, a new changing pavilion with a café, community spaces and toilets. On-site car parking would also be provided, along with enhanced pedestrian and cycle access. Both sites would also benefit from children's play spaces, and at Ashburton Playing Fields an indoor community fitness gym is included in the proposals.

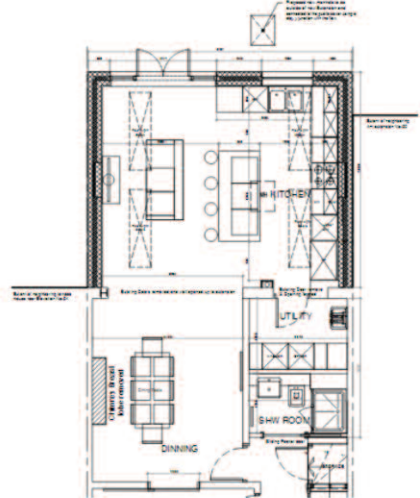
Croydon Council hoped to have a decision by early 2019, and to have the new facilities open in 2020.

The proposals were developed as part of Croydon's successful bid for funding from Sport England and the Football Association. Croydon could potentially secure between £5 and £6m from the Premier League, Sport England and the Greater London Authority. The remainder of the costs, around £3m, would be funded locally, with possible funding from Section 106 and Community Infrastructure Levy contributions from other developments, whatever they are.

❑ My planning spotters tell me the owners of 52 Parkview Road have applied for a ground floor rear extension projecting five metres. Five metres! This needs special permission under permitted development rights: Prior Approval for a Proposed Larger Home Extension. Woo.

Everything's good. Four roof lights, nice big kitchen, neighbours are happy – and just one flaw, one teensy wrinkle.

Why can't architects spell dining? Dinning? Where we din, perhaps, or get dinned. 'Just off to din the doo-dah, darling. Won't be a mo.' CG



# What's on at Ashburton library

## Chair based fitness classes

**Every Friday, 10.30am - 12.00 noon**

Try our low impact exercise class to improve strength & develop fitness.

Keith Nicholas is qualified in martial arts and fitness instruction.

Join him for this fun class, all abilities welcome.

Please wear loose, comfortable clothing. Booking is essential.

## Knit and stitch sessions

**Every Friday, 9.30am - 11.30am**

Want to learn a new skill? Fancy improving your handiwork? Come along to Ashburton's knitting, sewing & crochet group. All abilities welcome!

## One-to-one IT sessions

**Saturdays 2.00pm - 4.00 pm**

Book a free hour-long session to learn or improve basic IT skills.

## One-to-one ancestry taster sessions

**Fridays 11.00 – 12.00 noon**

Learn how to use the Ancestry Library website and all the basics to help you start researching your family history.

Book a free hour.



## Crime reading group

This friendly reading group meets once a month on a Monday  
*New members welcome!*

## Ashburton film club

Please contact the library to register your interest and we will send you details of upcoming films.

## Regular children's events

### Homework Club

Every **Tuesday** and **Thursday**

**3.30pm – 5.30pm** and  
**Saturday 2pm - 5pm**

For children aged 9-16 years

**Please contact Ashburton Library to receive our monthly email with the latest information about all our events for adults and children.**

**020 3700 1001**

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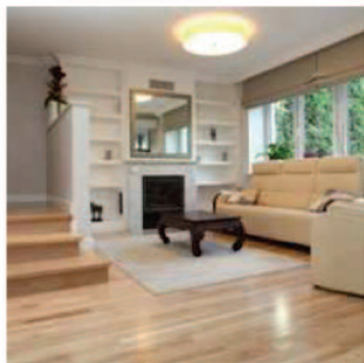
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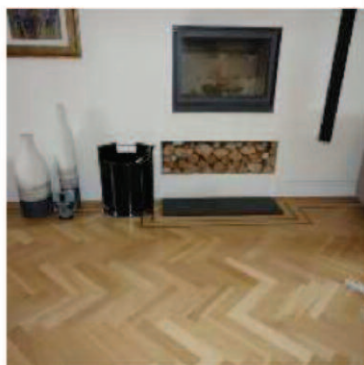
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## Henge and racket

Frequent readers of this magazine will appreciate the editorial team's efforts in researching 'old' Addiscombe. Many of our readers do indeed contact us and let us know of old photographs and documents that cast an interesting light on times past.

Imagine our delight then when we were told of a collection of documents and finds from an archeological exploration undertaken in the 1850s before track was laid for the London Brighton and South Coast and South Eastern Joint Railway, better known to us the Elmer's End to Selsdon branch line (closed in 1983).

The land around the railway was part of Addiscombe Farm, as can be clearly seen on turn-of-the-19th-century maps, but of course the fields had been settled and farmed for centuries before that. Addiscombe, of course, lies only a mile or two from the centre of Croydon and the town's written history goes back as far as the Romans, its archeological history further still.

Should it be then that the documents retrieved by us (originally lost in a collection held in the old St Mildred's museum) indicate settlements in Addiscombe that indicate an ancient Celtic or British presence and a place of worship?

Sir Mulberry Lane FRS (1807-1878) had a keen interest in this area and in pre-Roman society. It was his work that uncovered the now celebrated Fort Aneef at the bottom of what is

now Whitehorse Lane, and his efforts locally recorded finds that have only now come back into the public arena.

Most notable among these is evidence of a wooden henge (Sir Mulberry made many drawings of the henge markers), now unfortunately little more than pieces of ancient wood. However, the archeological team quite accurately recorded the ringed placement of the henge pieces, and we can see them mapped in what we would now think of as the back gardens of Northampton Road.

Around the henge there were numerous relics of celebration and feasting but also of ancient British and Gaulish coinage, inscribed with the images of minor gods and fertility symbols. This, Sir Mulberry believed,



*A wooden henge*

indicated the local presence of an important priest or personage, high up in the rankings of druids and magical masters so respected in that early society.

Sir Mulberry's research was taken up by the scholar A. B. Lackhorse-Bridge who furthered the theory that a communal living shelter would have existed nearby. That such a shelter



would have been called a 'bingham' (a term that was in use through Roman times and into the early Saxon era), could have given the area the name still in use today.

Lackhorse-Bridge also pronounced on the area name as a coombe or field and woodland belonging to a tribe or chief known as Addys. The tribe would have had a religious leader, and if important enough to have a henge, he would have the title Sandys. Any field or property of his own would have been Sandys's land.



4000-year-old wood from the Addiscombe henge

There's little evidence now of Lane's finds and only fragments of the academic pieces they generated at the time, and all has been allowed to decay. Such as remained was stored in a biscuit tin in the old museum and was transferred to St Mildred's halls when renovation work began at the end of the 1990s. It was only recently rediscovered by the vicar himself when he made himself a cup of tea and was looking for something to snack on. He was very disappointed by what he thought were the charcoal biscuits.

Now back in the public domain, the relics and the writings will go on limited display in St Mildred's. Because of their fragile nature, the first showing will be for a few hours on the morning of the first Monday in April, but then just until 12.00 noon. Visitors by appointment only. *PP*

## ASPRA needs your help! We're looking for even more volunteers

Editorial team  
Local issues and planning  
**NEW!** Social events organiser  
...and loads of gardeners to help  
with our efforts in Bingham Park

We are enthusiastic and committed and will give you all the help and support you need. Without new blood it will become more and more difficult for the Association to function smoothly. If a local residents' association is important to you, please think about getting involved.

**Please email [secretary@theapsra.org.uk](mailto:secretary@theapsra.org.uk) for more information**

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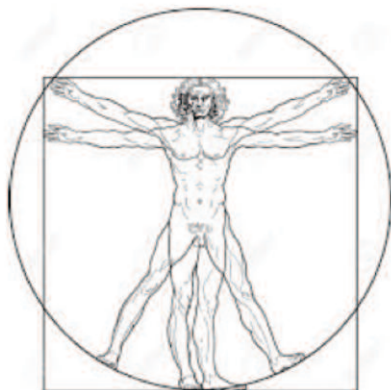


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### *A Doctor writes...*

Do you suffer from night cramps? Do  
you sometimes wake up in the night  
with a muscle-wrenching spasm?  
Here's Dr James Le Fanu on the subject.

#### **Night cramp relief**

My thanks to Prof Neville Rowell,  
formerly professor of dermatology at  
Leeds University, for passing on his  
“Rowell manoeuvre” for the prompt  
relief of excruciating night cramp: cup  
the hands over the nose and mouth to  
provide an airtight barrier and re-  
breathe expired air for a couple of  
minutes.

“The muscles suddenly relax,” he  
writes, “and there are no side-effects.”  
The mechanism is uncertain but  
presumably related to the muscle-  
relaxing effects of increased levels of  
carbon dioxide in the blood.

Another cure for nocturnal cramps is  
even easier. All you have to do is squeeze  
your top lip at its centre  
point with your thumb and  
forefinger. Fifteen seconds  
or so and those aching  
muscles will relax.



### *Take it easy!*

© The Daily Telegraph

# ASPRA's MP and Local Councillors

**Croydon Central and Addiscombe East Ward**

## **Central Croydon constituency**

**Sarah Jones MP Labour**

### *Surgery details*

Sarah's weekly surgeries are held in four different locations across Croydon.

Surgeries run between 10.30 and 12.30 and 20-minute appointments must be booked in advance through

<https://www.sarah-jones.org/surgery>

### *Weekly locations:*

1st Friday of the month: central Croydon

2nd Friday of the month: Addiscombe

3rd Friday of the month: Shirley

4th Friday of the month: New Addington

### *Contact information*

Business address:

43 Blackhorse Lane, Croydon CR0 6RT

Phone: 020 8191 7066

Email: [sarah.jones.mp@parliament.uk](mailto:sarah.jones.mp@parliament.uk)

## **Councillor Jeet Bains Conservative**

### *Surgery details*

The first Saturday of every other month, 10-11am (starting 2 June 2018), Ashburton Hall.

The first Saturday of every other month, 2-3pm (starting 7 July 2018), St Mildred's

### *Contact information*

Correspondence address:

c/o Town Hall, Katharine Street, CR0 1NX

Phone: 020 8604 7036

Email: [jeet.bains@croydon.gov.uk](mailto:jeet.bains@croydon.gov.uk)

Mobile: 07710 184923

Twitter: [www.twitter.com/CllrJeetBains](http://www.twitter.com/CllrJeetBains)

## **Councillor Maddie Henson Labour**

### *Surgery details*

First Tuesday of every month, 6-7 pm (except August), Cedar Room, St Mildred's Centre

### *Contact information*

Correspondence address:

c/o Town Hall, Katharine Street, CR0 1NX

Phone: 020 8604 7036

Email: [maddie.henson@croydon.gov.uk](mailto:maddie.henson@croydon.gov.uk)

Mobile: 07949 943311

Twitter: [www.twitter.com/MinsuR](http://www.twitter.com/MinsuR)



## Poetry Corner!

Our last poetic extravaganza failed to encourage new contributions, so for this issue we're reduced to our own devices. We're (fairly) determined though to solicit poetic offerings to the magazine, so we've decided to run a poetry competition, with prizes of indescribable magnitude for entrants and/or winners. Possibly. Entries to editor@theaspra.org.uk, please, in time for our May issue. In other words, mid-April at the latest.

In the meantime, we offer two thoughts, two insights, in no particular order.

First, here's William Shakespeare, wrenched screaming and kicking from *A Winter's Tale*:

*Daffodils, that come before  
The swallow dares, and take  
The winds of March with beauty*

How good is that? And perfect for our Spring issue. And not a sniff of Wordsworth wandering lonely, cloudlike.

Next:

It may not be poetry as such, but a good, honest – inspiring, even – song lyric can make a real difference to our well-being.

As football songs go, this one manages to avoid homophobia, sexism, racism, and all the other isms that make football songs such fun. We're referring, of course, to Sousa's glorious *Stars and Stripes Forever* where, at about two minutes in, we get the tune to the archetypal football song; not just any old song, but one sung all over the world with determined enthusiasm.

*'Here we go, here we go, here we go...'*  
(Or, as we tend to think of it, the earwig song: *Earwig-o, earwig-o, earwig-o...*)

So, same tune, same familiarity, slightly modified lyrics: our very own theme tune, just perfect for singing in your head as you go shopping, say. The lyrics:

*Shirley Park, Shirley Park, Shirley  
Park,*

*Shirley Park, Shirley Park,  
Shirley Paa-ark...*



(Carry on ad nauseam.) Brilliant. CG

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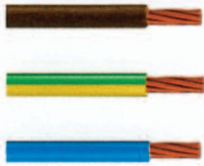
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# And finally...

The Addiscombe Beast has been busy again. He pushed the following under my door the other day and insisted we invite you to try this maths-based favourite film test. It's pretty amazing. Mine turned out to be "Raiders of the Lost Ark". Spot on! I was surprised how well this worked.

This test will predict which of the 18 films listed below is your favourite. Don't ask me how, but it really works! Don't cheat and look at the film list till you have done the maths!

Here goes...

Pick a number from 1-9. Then multiply by 3. Now, add 3. Multiply by 3 again.

Now add the two digits together to find your predicted favourite film in the list of 18 films below.

1. Gone With The Wind, 2. E.T., 3. Beverly Hills Cop, 4. Star Wars, 5. Forrest Gump, 6. The Good, The Bad, and the Ugly, 7. Jaws, 8. Grease, 9. Naked As Nature Intended, 10. Casablanca, 11. Jurassic Park, 12. Shrek, 13. Pirates of the Caribbean, 14. Titanic, 15. Raiders Of The Lost Ark, 16. Home Alone, 17. Mrs. Doubtfire, 18. Toy Story *PP*

## Advertising in ASPRA magazine

Addiscombe & Shirley Park Residents' Association is always happy to welcome new advertisers to our magazine.

The magazine is published three times a year. Our Spring and Autumn issues go to more than 900 households and businesses. The Summer issue is delivered by hand to every household in our area – almost 2000 in all.

### Our very reasonable advertisement rates for 2019 are:

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## ASPRAs Road Representatives

All our road reps have volunteered to be the first point of contact for our members. They distribute our magazine, the occasional notice and collect the annual subs. There are regular road reps'/members' meetings to share information. We would welcome anyone wishing to assist, even in a small way. If you fancy volunteering please contact Dave Lee, [contact@theaspra.org.uk](mailto:contact@theaspra.org.uk) or at 38 Northampton Road.

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Baring Road	Helen Tilbury	27 Baring Road
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