



1989 - 2017

Addiscombe & Shirley Park Residents' Association

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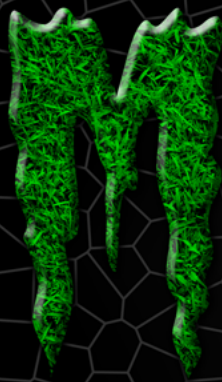


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From the Editor

This is our third outing with a new editorial team and we must say ‘thank you’ to everyone who has encouraged us with favourable comments. To those of you picking up the magazine for the first time this year, we hope you’ll like what we’re doing and that it will encourage you to join your local Residents’ Association. You can read more about what ASPRA does and how to join us on page 12.

We’re hoping to catch your interest in these pages with a mixture of news and comment, and to provide an opportunity for you to look at some of things happening around

where you live in a slightly different way.

Do you ever think about an evening out in Addiscombe? You might do after reading our article on page 16.

How much do you know about our local athletic hopefuls? Please catch Maya Bruney’s interview with us on page 24.

And, can you attach the shops to the signs in our just-for-fun brain teaser on page 28?

So there’s something for everyone, we hope. But we still want to hear from you. So please keep the ideas and comments coming in!

Phil Poole

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Dave Patey
45 Kingscote Road
Addiscombe

Letters to the Editor

What an excellent magazine the ASPRA Newsletter has become. In the latest edition (Spring 2017) the closure of Blackhorse Lane to through traffic is mentioned twice!

When I moved to Elmers Road as a young teenager there was a lovely swing in the garden, left by the previous owners. My sister and I used to take turns on it as we watched the traffic go across the Blackhorse bridges.

In Woodside village there was a butchers called R Whitear & Daughter who had their own abattoir at the rear of their premises. Whilst swinging away we could watch and hear the sheep as they were transported to their fate!

This was over 60 years ago and even then there were notices at the end of Blackhorse Lane regarding the weak bridge and weight restriction.

What I and I am sure many others are puzzled by is why the situation was ignored for so many years. Had it been resolved earlier it would have cost much less and caused much less disruption and inconvenience to motorists and residents.

Of course we cannot lay blame on TfL as they have inherited the situation but it just seems such a shame that the situation has been allowed to go on for so many years.

Mrs B Langsdale

Local News And Comment

How many of us have heard of BML2? Not many, we're sure.

But if we told you that it signalled the 'Brighton-Main-Line (plan number 2)', would you have been any wiser?

Still in the dark?

Suppose we told you that it would have meant a major upheaval for the whole of Addiscombe and the trams being routed off the old train tracks and onto the roads; what would you think of that?

In an attempt to take train journey pressure, to-and-from Brighton, off an already overloaded East Croydon, consideration was being given to providing a loop-line east of the station and resurrecting the old Woodside to Selsdon train lines.

In that event, so the plan went, the trams could have been converted to 'street-running'. We guess that would've meant along the lower Addiscombe Road and up either Northampton Road or Ashburton Road.

Thankfully TfL and residents' groups got listened to, and this idea was discounted, but who on earth dreams these schemes up? We wonder if they're farming out Transport Planning to

Sixth-Form Work Experience Groups, but then most teenagers we know are fairly environmentally savvy. So we can only think that a new wave of MBA recruits is arriving in the planning departments.

Has anyone used the 'My Croydon' App to report a problem? It's quick, it enables you to pinpoint locations, and it seems to get things done. All very well if your problem is easily classifiable within the application's criteria, and if you're app happy and internet savvy.

But what if you're not?

Then you telephone 8726 6000 to be answered by a robot voice welcoming you to Croydon's Contact Centre and presenting you with a first layer of options attempting to re-route your call, all the time persuading you to get off the phone and use the app. If you can't think of the correct option, you wait; and get presented with another set of options. This can go on for a few minutes but, if you're patient and keep pressing buttons, you can end up in a queue and eventually a human being will speak to you.

If you're not sure of the department you want, they'll put you somewhere. If that person can't help you, they'll put you back to

the switchboard and you can start again.

Whoever misnamed these fiendishly evil telephone management systems part of a 'customer-service' experience must have been having a joke. If there's ever a revolution in this country, it won't be brought about by a failure in economics or politics, but by the accumulated anger of all of us hanging on listening to a flat, unemotional voice explaining that 'your call is important to us, but is currently held in a queue'. Croydon Council be warned.

However you do it, please feel encouraged to contact Croydon Council's Pollution Service if you're concerned about back garden bonfires and rubbish burning, especially as the barbecue season approaches. Hopefully, a few quiet words and an appeal to common sense might be enough. If not, then a call to the service on 020 8760 5483 will get some action. The email contact is pollution@croydon.gov.uk

Some of you may be aware of Tilly, our local 'Education Dog' and you may know already that she is retiring. Tilly is a regular visitor to Shirley and Ashburton libraries, where

she helps to show young children how to be safe with dogs and how to be responsible pet owners.



Although she passed her re-assessment at the Blue Cross Merton Clinic with flying colours, she is now ten years old. She loves her trips out and the attention she gets from her young fans but she does get tired on these occasions – especially if there are twenty toddlers queueing up to stroke her, so her owner thought it best to retire her now. The visits can generate much fun and laughter. The highlight for the youngsters at Shirley Library recently was when her owner demonstrated (with a suitably provided round blob of brown plastic and a plastic bag) how to clean up after your dog. Twenty little voices immediately shouted, ‘Can I do it? Please can I do it?’ So they all took their turn picking it up, pretending to tie a knot in the bag and then passing it on to the next candidate.

If only this could be demonstrated to certain local dog owners who let the conscientious ones down!

If anyone can catch one particular offender with a huge dog which fouls Addiscombe Rec, it would be wonderful; don’t blame the dog. And can anyone understand the mentality of those who pick up the poo and then drop the bag on the ground – even if they are right next to the bin?

A local resident has recently become a published poet. Look out for ‘The Ghost at Birkbeck Station and Other Terse Verse’, by Janet Ambrose. This is a collection of poems which includes wartime experiences, digs at politicians, doggy disasters, and the poem of the book’s title relating an unnerving tale of contact with a ‘ghost’ with comic relief offered through a trick of light. Janet Ambrose’s book was published in hardback at the end of March by Austin Macauley.

To those of us of a certain age, the name of John Surtees is redolent of the great spirit of British post-war optimism, when almost anything seemed possible.

A young and hugely successful motor cycle

racer through the 1950s, John (who died at 83 in March) began racing in Formula One in 1960, becoming World Champion in the 1964 season. The only man ever to have won World Championship titles for both motor cycles and cars.

Although born in Tatsfield in 1934, John lived in Shirley for many years attending Monks Orchard primary school, before going on to Ashburton Senior. His uncle ran a motorcycle business in Tamworth Road and your editorial team think they remember another shop in West Wickham or Hayes. Those with better memories may like to put us right.

It’s been nice to get positive news about the Fairfield development (*your Croydon*, March 2017).

No one can argue with the planned provision of new homes and a ‘high-quality public space’, but is more ‘retail and office space’ really necessary, especially when half of what we’ve got is lying empty?

We see we’re getting ‘a fantastic new performance venue’, but we wonder what that will really mean. What, we might ask, will replace the Ashcroft and the dear old Warehouse? There have been a wealth

of promises for ‘something’ to offer good theatre in the borough, but what’s the betting that our new ‘performance venue’ will end up offering little more than a few passing comedians and some rock n’roll?

One of our local independent traders, Café Adagio, is creating a real community hub in our Addiscombe Village. Not only do they provide excellent coffee and cakes, they have a great lunch menu. But more than that, owner Atif Choudhury has encouraged local artists and photographers to exhibit their work in the café and holds monthly open mic nights for local musicians. These are really fun evenings held on the last Friday of each month between 6.00pm and 9.00pm. Do go along to hear some great music.

You can check out the latest events taking place at Café Adagio on their Facebook page, on the blackboard outside the café or by going in and having a coffee. As Atif says, ‘it’s all about community’ and he is doing his very best to get people together.

The long-promised Addiscombe Village notice board will soon make its appearance alongside our emblematic hussar at the junction of the Lower

Addiscombe Road and Blackhorse Lane. Such a pity that we can’t pop in to the old Black Horse itself, to celebrate its arrival.

From its conception, through all of the necessary planning permissions and the securing of funding, members of the ASPRA committee have worked very hard to achieve something that will lend the immediate area a very real sense of local identity.

Congratulations and thanks are due to all involved.

We’ve got some cheeky burglars operating locally, by all accounts.

Back in March, on an otherwise unremarkable Tuesday morning, a lady in Addiscombe Road was at home on her own when she heard a persistent ringing of her door bell and knocking on the door. In the kitchen at that time, she went to look out of the window. There she saw a tall, middle-aged european gentleman, leaving the premises and walking towards Fryston Avenue. A few minutes later there were three young white men approaching the front door, obviously assuming there was nobody in the house.

They prised the front door open with a metal crowbar and were about to enter the premises when the lady

owner very bravely confronted them.

Happily, confrontation wasn’t what they had planned, and they quickly scarpered as their would-be victim managed to secure her home and call 999. The police responded within a few minutes, but we’re not sure if they managed to apprehend anyone.

Nevertheless, it shows the audacity any one of us could be faced with. It is no light advice to note that we should all be vigilant and watch out for our neighbours as well as ourselves.

Look out for our Neighbourhood Watch recruitment advert elsewhere in this magazine.

From time-to-time, we imagine that many of us have to fill the boot of the car and take a rubbish-dumping trip to the recycling depot in Factory Lane.

About a year ago the sortation bins and the car parking arrangements underwent a re-organisation. Instead of the bins being placed in an almost circular arrangement, with the car parking in the centre, all is now linear.

This has probably resulted in the provision of more car parking spaces and consequently less

queuing. But you still have to park where you can and this can mean that you're stopped quite a distance from the labelled sortation bin you're supposed to be using.

We say 'sortation bin', and it might make them sound about three feet tall, but in fact they're ten feet high and twenty feet long and can only be accessed by a climb of steps. And these too are placed one-after-the-other in a long line.

So if you're parked at the 'textiles' end you're wanting to dump 'garden waste', you've got to drag it out of the car and carry it up to the nominated bin and then up the stairs for chucking. A mixed load in the car and you can be up and down that line for twenty minutes. We've seen feats of strength from pensioners and some smaller ladies who, before they got there, didn't know they had it in them.

In fairness, there are two of each of the busiest bins (garden waste and wood), but they get full very quickly on busy days and it can be common to see a red-faced senior struggling thirty feet with the remnants of a wardrobe. Fair play too to some of the staff who do come forward to help if they can, but there just aren't enough of them when they're really needed.

We wonder if it's another example of something never actually used by the people that planned it?

Those of us that live near to the Addiscombe tram stop have become acutely aware that our roads have become unofficial 'park-and-ride' facilities for out-of-area drivers using the tram.

If you're out-and-about around eight o'clock in the morning you can witness people parking up before they disappear for the day, returning at about six in the evening. Over the Easter break we've witnessed cars left on Maundy Thursday not retrieved until Bank Holiday Monday.

It's the use of our streets as 'Commuter Car Parks' that renders them as virtually one-way, cheeses off the residents and deters quick-visit shoppers from the High Street; because 'there's nowhere to park'. We think that there are even one or two using our streets instead of airport parking! Cars have been left for a week or so, with a family and suitcases seen returning before driving off. A bit of a giveaway, there!

In some other boroughs (Wandsworth, Bromley etc) they have introduced enforced lunchtime parking bans (obviously excluding residents). If

you're penalised for being parked between 1.00pm and 2.00pm, it'll make you think twice before abandoning your vehicle for a whole day or more.

A proposal for the extension of the Controlled Parking Zone was put to local residents last year, but turned down, but surely it's something we should keep under review.

And while we are on the subject of traffic, let's get back on to the continuing story of the closures of both of the bridges at Blackhorse Lane.

We have had a note from a lady who used to live in Elmers Road, some sixty years ago. Mrs Langsdale remembers notices at the end of Blackhorse Lane, way back then warning of a weak bridge and weight restrictions. Why, she asks, was the situation ignored for so many years? Surely, we might ask, did not the Tramlink developers look at 'their' bridge in 1999?

But, at last, some good news, we think. There's evidence of equipment moving in on the bridge, and material deliveries being made. Local Councillor Stephen Mann attended our AGM in April and forecast a completion date for re-opening in 'early 2019'.

Our local high-street traders are experiencing something of a nightmare. What with threats to the NIC rates for the self-employed and rising business rates, Addiscombe's shopkeepers are also very concerned about traffic and parking conditions in the Lower Addiscombe Road and the perceived inertia of the Blackhorse Lane closure.

In our last issue, we reported on the efforts being made by four traders to encourage loyalty among local shoppers. Now there's been an expansion of solidarity along the High Street as the traders are circulating a petition for us all to register our concerns to the council and to our MP. If you haven't yet been asked to sign the petition, you might want to seek it out and give it your support.

Another guest at our AGM was Housing Minister Gavin Barwell, our local MP.

He took questions on a number of issues concerning members but discussion centred on the the Borough's development plan and the long promised arrival (or not) of the Westfield Shopping Centre. Latest delays are 'blamed' (if that's the right

word) on plan improvements and sitings for some of the larger stores included in the Development. Trading in the designated area, we're told, will continue until just after Christmas. Then there will be store closures and work will begin in earnest early next year.

Both our Conservative MP and our Labour Councillor were keen to receive and answer questions concerning changes currently being proposed by the Boundaries Commission. We will report further on these in the October issue, when we've had a little more time to research what's going on. Meanwhile, if you have concerns about particular proposals, our elected representatives seem to be in listening mode.

On a lighter note, we would have to admit to having had some lovely Spring weather in April.

The local recreation ground is looking splendid and the work done by the gardening group is starting to pay off in an abundance of spring flowers and colours. They are always on the look out for volunteer helpers, so please check out our ASPRA pages elsewhere in this magazine for details, if

you think you can lend a hand.

There are some glorious walks to be had in and around our area, and this is good time to be getting out and about. Lloyd Park is one of Croydon's greatest assets and it connects with footpaths across the golf course and with the Shirley Oaks common where there are a range of paths to explore and enjoy.

Follow the London Loop way-markers on a hike up to the viewpoint at the top of the Shirley woods and take in some fantastic views right across London as far the Wembley Stadium arch and, after a stroll down in the right direction, you can claim rewarding refreshment in the Sandrock or the Surprise.

Lyn Simmons has had a piece published in the *Croydon Citizen* about the ASPRA jumble trail and promoting it as a concept to be replicated across the borough. Neighbouring Woodside have already taken up the idea. The Citizen is an excellent and interesting online and published newspaper with contributions from members across the community. Look it up for yourselves on thecroydoncitizen.com

Are you concerned about local crimes such as burglary, vehicle crime, bogus callers, graffiti, theft, abandoned vehicles and other anti-social behaviour? Can you spare an hour a month? If so, read on.

Neighbourhood Watch can help!

- The aim of Croydon Neighbourhood Watch is to bring neighbours together to create strong, friendly, active communities where crime and anti-social behaviour are less likely to happen.
- Neighbourhood Watch is a charity which encourages residents to get together to combat local problems and enables the members to work with the police and local council to take action to resolve them.
- It encourages people to be good neighbours and look out for each other, especially the vulnerable and elderly. It helps to create a united, caring community and a safe and pleasant environment in which to live and work.
- Sharing information with other Watches in your area, and with the Croydon Borough Neighbourhood Watch Association, will provide a network of support from which you can all benefit.
- Once registered, members of a Watch can display window stickers and street signs to show that it is an active Watch area and this may help to deter crime.
- There are opportunities for NHW co-ordinators to attend free training and awareness sessions.
- NHW Co-ordinators and those part of an active watch can purchase SmartWater property marking kits at a discounted price!

Please email nhw@cbnwa.com for further information on how to become a NHW Co-ordinator or visit our website: www.cbnwa.com

All About ASPRA and how to subscribe

The Addiscombe and Shirley Park Residents' Association (ASPRA) was formed in 1989. Its aim is to protect the interests of its members in local issues. It is a non-political organisation. Anyone can join provided that they reside within the defined boundaries.

Since its foundation, ASPRA has grown significantly, encouraging membership from people who care for their neighbourhood. We now cover 34 roads in the Addiscombe area bounded by Lower Addiscombe, Northampton, Addiscombe and Shirley Roads (plus Shirley Park Road, Glenthorne Avenue and Peabody Close).

ASPRA has always been an issues-led organisation, from the first successful opposition to the proposed turning of Addiscombe Road into a trunk road by the Department of Transport in preparation for the tram, through to today's discussions and meetings with developers, Planning Inspectorate, Council Officials and other organisations.

ASPRA's aims are to protect the interests of its members in local issues, helping to make the voice of the community heard by local and central government, and to enhance and improve the local community environment.

ASPRA provides a focus for residents over any issues of concern that arise in the area, and is known and respected by Croydon Council and Government. We have just held our Annual General Meeting for 2017 and were happy to entertain both our Conservative Member of Parliament and our local Labour Councillor. Both were kind enough to answer questions on a range of concerns expressed by members in a practical and non-political forum.

ASPRA works entirely through its volunteers; a system of Road Representatives for each of the roads in the Association, together with a small coordination and liaison committee. Regular meetings are held where your views are listened to and appropriate actions decided.

We also produce this magazine. It carries a wealth of local news and comment, together with articles specific to the area and local interests. We aim to issue it to our 900 or so members in the Autumn and Spring, and out to almost 2000 households in the summer.

ASPRA is an organisation that prides itself in acting within our community. It raises the money and sees to the installation of our festive lights at Christmas. Its members keep the recreation ground gardens in good order. We run the Jumble Trail and now we are establishing the new notice board. Good value, we think, for £4 a year.

Without you there is no Association. Please join with your neighbours working to make our community a better place and encouraging a sense of local pride and belonging.

You can contact us through the website (www.the.aspra.org.uk), or via your Road Representative.

With this copy of the ASPRA magazine you should find a 'subs envelope'.

Please complete your details and pass to your road rep. You can arrange to pay the annual subs (£4) by standing order (much preferred), direct bank payment (preferred) or cash / cheque in the envelope before return.

Banking details are ASPRA at Barclays, 20-24-61 50802549. If you use standing order or direct bank payment, please do remember to use your house number and road name as the reference so we can track your payment.



The ASPRA AGM

Left to right: Dave Lee, email Postmaster; Gavin Barwell MP; Phil Poole, ASPRA Magazine Editor; Steve White, Chairman; Stephen Mann, Councillor; Hilary Chelminski, Projects; Gill Lee, Secretary; Bob Sleeman, Advertising Manager

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Local Pharmacies

Here are some of the opening hours of local chemists. They are, however, all closed 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
Telephone 020 8654 1065

Opening hours
Mon - Fri 9am - 7pm
Saturday 9am - 5pm

**For longer opening hours
(and Sundays):**

Sainsbury's Superstore
Trafalgar Way
Telephone 020 8681 5800

Opening hours
Mon - Fri 7am - 11pm
Saturday 7am - 10pm
Sunday 11am - 5pm

ASPRA LOCAL JUMBLE TRAIL 2017

JUMBLE TRAIL

Saturday 1st July 10am-3pm



Coming to a street near you!

In fact, it could be YOU. Why not book a stall to sell

- items you no longer use or wear
- outgrown children's clothes and toys
- unwanted gifts
- homemade cakes and refreshments
- arts and crafts
- books

New for 2017 - if you only have a few items to sell, we will find a buddy for you so that you can share a stall with another resident. Just call one of the helpline numbers below to discuss.

To register a stall go to: www.jumbletrail.com/event/ASPRA2017

For more information: aspra.jumbletrail@gmail.com

Or call 020 8656 3666 or 020 406 1342 or 07925 140679

Sign up early to secure an advertising board in your garden

An Evening Out In Addiscombe?

From our editorial team

Readers of a certain vintage might remember black-and-white TV and an advert, sponsored by the big breweries, inviting us all to ‘pop-in at your local’. A blatant push to get folk into the pubs, it showed mum and dad pushing open the saloon bar door and entering into a crowd of friendly neighbours cheering each other on. The chaps held foaming tankards of keg bitter, while the ladies sipped at their snowballs or their Babychams. The odd thing is that we remember when pubs were just like that, but certainly in London there’s little like that left today. Sadly, we haven’t got a family pub in our Addiscombe village.



The two pubs left to us, the Cricketers and the Claret and Ale, are decent enough places but a little bit ‘blokey’. Sports TV dominates the viewpoint, even if the sound is left off, and you rarely see couples or groups of couples making an evening out of it in either. Mum and dad still go out now, but they go out not to just to have a drink, but to share a meal with each other or with friends, and today’s family pub will offer restaurant quality food and

accommodate kids of all ages.

Shirley residents have more on offer in this respect than we do, with the Crown and the Surprise within walking distance. But we have the Builders’ Arms ten minutes away, and Boxpark and all of Croydon just a few short stops on the tram.

And the pub is no longer the necessary functional choice for an evening’s get together. Restaurants aren’t the starchy, formal and expensive eateries

of fifty years ago, but they're alive with music and a youthful brashness challenging people to try new eating experiences and menus outside of the good old British 'meat-and-two-veg'. Importantly, they also cross a cultural divide that pubs cannot. Often run by immigrants, they are the true start of the 'melting pot' of nationalities in any area.

Here in Addiscombe we have at least two excellent Indian restaurants, Zafran and Vujon spring instantly to mind, while Welcome Friends continues to offer an ever popular and reliable Chinese menu throughout the week. The Fish House is one of the few licensed fish and chip restaurants in south London, while Ossie's offers a seated meal service, but only with tea, coffee or soft drinks.

From the very large assortment of takeaway outlets along the length of the Lower Addiscombe Road, we can only assume that a lot of 'Addiscombers' prefer to eat indoors. But, even for that, there are a lot of choices. Locally, we have the excellent Rezala for Indian food, a KFC for takeaway chicken dishes and the Brothers' Kebab House for meat dishes. And we haven't even mentioned the Pizza Parlours.

In the daytime Addiscombe has a distinct cafe society with Cafe Adagio, Daisy's Diner and The Tram Stop Cafe heading the list. We understand that some of these are considering extending opening into the early evening, especially as summer approaches.

So before you set off for an evening out in Croydon or Beckenham, you might like to think about doing something a little more local. Even if it's just popping into yours.



Your ASPRA Committee

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Group Aims

Promote co-operation between the Practice and the Patients to the benefit of both

Raise awareness of and improve access to other support agencies

Encourage communication of public health messages

Promote improvements for all patients and the community

If you want to have your say and make your voice heard, or wish to find out more contact:

***Surgery Reception on
0208 654 1427***

www.stovellhousesurgery.co.uk

***or email
contact@stovellhouseppg@gmail.com***

Future Dates

Road Reps' Meetings

Wednesday 14th June 2017 - Small Hall
Monday 4th September 2017- Small Hall
Thursday 8th February 2018 - Small Hall

All Our Meetings Are Held At
St. Mildred's Centre, Bingham Road
Refreshments; 7.30 pm - Meetings Start: 8.00 pm

All members are welcome to attend meetings.
You do not need to be a Road Rep to able to attend.

ASPRA NEEDS YOUR HELP! WE NEED:

ROAD REPS

Shirley Road (57 - 196)
Lower Addiscombe Road (194 - 362)

VOLUNTEERS

Editorial Team
Local Issues Planning Group
and
Gardeners, please!

We are an enthusiastic and committed Committee and will give you all the help and support you need. Without volunteers to fill these roles the Association will not be able to continue. If the Association is important to you, please think about getting involved.

Please contact The Secretary for more information.

To advertise in one of our quarter-page positions for as little as £15, please get in touch with our advertisement manager, Bob Sleeman, on 020 8654 5814, or by email at adverts@theaspra.org.uk.



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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 Autumn and Spring issues are delivered by hand to over 900 households. Our Summer issue goes to more than 1900 households and businesses.

Our advertising rates for 2017 are:

Full page	£55	Trim size	148mm x 210mm
		Type area	128mm x 185mm
Half page	£28	Vertical	62mm x 185mm
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Quarter page	£15	Vertical	62mm x 90mm
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For more details on cover rates, acceptable copy formats and all the other bits and pieces you need to know, please contact our advertisement manager, **Bob Sleeman**, on **020 8654 5814**, or by email at adverts@theaspra.org.uk.

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Maya Bruney

Addiscombe's very own Track and Field Star

For all of you taking an interest in young British Athletes beginning to look toward Tokyo in 2020, you could perhaps turn an eye toward home. We have local girl Maya Bruney, getting results and attracting attention, taking time-off to talk to ASPRA.

Q You run with Blackheath & Bromley Harriers AC. Is that just because they're the biggest local club?

I joined Blackheath & Bromley Harriers because of their supportive athletic network and strong bond between athletes and coaches. My training group is inspiring and encouraging, it's nice to be able to train alongside the British 100m and 200m record holder, Dina Asher-Smith and with other athletes that understand the challenges of balancing studies and training.

Q You live in Croydon, did you go to school locally?

I have lived in Croydon since I was 2 years old. Last year, I graduated from The BRIT School in Interactive Digital Design. I attended The BRIT School for 4 years, in that time I have met some of the most creative people and I have learnt a lot about myself and design. It was the kind of school you wouldn't want to leave to go home. I have gone on to be a graphic design student and sports scholar at the University of East London, please check my website for updates: mayabruney.com

Q Were your teachers encouraging, or were your family a big influence?

My parents always knew I could run quick but it was only during my time at St Thomas Becket primary school that I realised I had a talent for sprinting. I would easily win the sprint races at sports day and thought I had some kind of magic power. However, as I grew up and training became more serious, it was apparent that this was not true. My family are my



biggest supporters, my younger sister is always here for me, my father is my technical coach and my mother is my nutritionist. I think it is very important to have a connected team around you to help you achieve your dreams.

Q Are there any decent track facilities locally, or do you have to travel to train?

My track coach, John Blackie, is based at Norman Park athletics track. This is the training base for all Blackheath & Bromley Harriers club runners. It's only a bus away or 15 minute drive from me but if I can't make a session, I can catch up at Croydon Harriers athletics track or Crystal Palace athletics track.

Q Do girls get a fair share of training and encouragement, or do they have to work harder to get noticed?

Track and Field is an individual sport. Girls and boys are given an equal share of training and encouragement but like anything, you have to be good to be noticed. To compete at the top level in Track and Field you must be fearless. Every inch of muscle has to want it more than the 7 others lined up next to you on the start line of every race. Male and female athletes work hard to fine tune every movement to get to the finish line faster than their competitors, this is what makes Track and Field exciting and unpredictable.

Q It's Spring and it's the weekend, or a school holiday and we still don't see many kids in the park doing much of anything. Have you any words of advice for them, especially the girls?

I'd say join your local athletics club! Try it out, it's a great way of meeting new friends and you will learn a lot about the benefits of keeping fit. If you like it, you may want to start competing for your club too!

Q 2020 is three years away. Half an eye on Tokyo?

After missing opportunities in the past because of injury, I have learnt to take every week of training as it comes and enjoy every moment of racing to the fullest. I thank my parents, coach, friends and God for where I am today. This season my goal is set on the 2017 European Junior Championships in July but I can say Tokyo is something I have in mind.

What's Going On

IN AND AROUND ADDISCOMBE there's always a lot going on. Here are a few things that might catch your interest:

Ruskin Chorale Concert.

Saturday 1st July 2017 at Shirley Methodist Church,
Eldon Avenue, Shirley **7.30pm £7.00** (£6) (Students free). Tickets available
on the door
or contact johnruskin2014@hotmail.com

Jazz Classics

including

*Autumn Leaves, Begin the Beguine, Let's Do It, Summertime, Moon River,
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Croydon Bach Choir Summer Concert

Saturday 1 July, 7.30 pm at Croydon Minster
Church Street, CR0 1RN

*Programme to include Mozart's Coronation Mass, some favourite opera
choruses and a new composition by Mark David Boden, all accompanied by
the Croydon Bach Orchestra*

Tickets

£15.00 for adults, £5.00 for children
and special offer £45.00 "buy 3 tickets
and get fourth free". Tickets and further details available via our website

**St. John the Evangelist Church Invite you to
join them for their
QUIZ NIGHT in Shirley Parish Hall
on Saturday October 7th - Tickets £7.50**

WHAT'S ON AT ASHBURTON LIBRARY

MONDAY TALKS*

Monday 15th May, 11am: Searching for Woodside

Monday 19th June, 11am: The History of the East India Company

Monday 26th June, 11am: The Destruction of Croydon Parish Church

Monday 10th July, 11am: Eltham Palace & the Courtaulds

Monday 11th Sept, 11am: The History of Merton Priory

ITALIAN LANGUAGE SESSION*: Monday 22nd May, 11am

REFLEXOLOGY*: Monday 5th June, 11am

CROYDON PHILATELIC SOCIETY:

Saturday 2nd Sept, 10-4pm Stamp display & drop in

BRITISH SIGN LANGUAGE TASTER SESSION*:

Monday 18th Sept, 11am

MACMILLAN COFFEE MORNING*: Monday 25th Sept, 11am

**Admission to talks & events is free but booking is essential*

CRIME READING GROUP

This friendly reading group meets once a month on a Monday

NEW MEMBERS WELCOME

5th June & 3rd July, 5.30pm

SUMMER READING CHALLENGE 2017

Starts **Saturday 15th July**, come along and sign up for our exciting new Animal Agents themed Summer Reading Challenge

REGULAR CHILDREN'S EVENTS (term time only)

Addiscombe Young Writers, alternate Saturdays 9.30 -10.30am.

A friendly, creative writing group for 6–11 year olds.

Book Buddies, Thursdays at 4pm,

Listen to stories and join in with fun crafts for under 7s

Chatterbooks, one Friday a month 4-5pm

A fun book based reading group for 7-11 year olds,

Please contact Ashburton Library to receive our monthly email with the latest information about all our events.

020 3700 1001 croydon.ashburtonlibrary@carillionservices.co.uk

Addiscombe's Signs of Life

from our Editorial Team

Elsewhere in recent issues, we've been bemoaning the state of our high street and the difficulties faced by businesses all around our area, but some things still look good. Lyn Simmons, from our editorial team, has taken a look at how we celebrate 'Addiscombe' in the signage of the shops in our village.

Take a look for yourselves, and then see if you can identify the shop or business from the list below.

It's just for fun, but enjoy!



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ASPRA 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 road reps'/members' meetings to share information. We currently have a vacancies for parts of Lower Addiscombe Road and Shirley Road. If you fancy volunteering please contact Dave Lee, contact@theaspra.org.uk or at 38 Northampton Road.

Addiscombe Road (275-395)	Myra Rand	391 Addiscombe Road
Annandale Road	Patricia West	5 Annandale Road
Ashburton Avenue	Hillary Chelminsky for Kiff	49 Ashburton Avenue
Ashling Road	Sheila Newbold	3 Baring Road
Ashurst Walk	Shirley Vine	11 Ashurst Walk
Baring Road	Helen Tilbury	27 Baring Road
Bingham Corner	Jenny Crook	29 Bingham Road
Bingham Road East (93-186)	Jenny Tighe	139 Bingham Road
Bingham Road West (1-94)	Jenny Crook	29 Bingham Road
Birch Tree Way	Sheena D'Souza	6 Birch Tree Way
Brockenhurst Road	Sheila Newbold	3 Baring Road
Carlyle Road	Chris Facey	19 Carlyle Road
Cheyne Walk	Zafir Iqbal	285 Addiscombe Road
Claremont Road	George Orlebar	30 Claremont Road
Colworth Road	Lyn Simmons	3 Colworth Road
Compton Road	Shashi & Shila Kotecha	21 Compton Road
Craigen Avenue	Jean Carson	13 Ashburton Avenue
Craven Road	Joy Morrall	7 Craven Road
Elmgrove Road	Claire & James Binnie	58 Kingscote Road
Fernhurst Road	Terry Eames	23 Fernhurst Road
Fryston Avenue	John Dellaway	34 Fryston Avenue
Glenthorne Avenue	Mike & Crys Rothon	33 Glenthorne Avenue
Greencourt Avenue	Mary Alexander	42 Selwood Road
Greencourt Gardens	Mary Alexander	42 Selwood Road
Harriet Gardens	Bill Callow	3 Harriet Gardens
Kingscote Road	Claire & James Binnie	58 Kingscote Road
Lower Addiscombe Road (194-362)	Volunteer needed	
Northampton Road	Bob Sleeman	50 Northampton Road
Parkview Road (evens)	Sheilagh Clark	53 Bingham Road
Parkview Road (odds)	Rinish Shah	37 Parkview Road
Peabody Close	Lorna Elliott	60 Glenthorne Avenue
Sefton Road	John Aitken	42 Sefton Road
Selwood Road (1-44)	Mary Alexander	42 Selwood Road
Selwood Road (45-87)	Jan Rutter	73 Selwood Road
Sherwood Road	Tom Wells	45 Sherwood Road
Shirley Park Road	Sarah Hills	58 Shirley Park Road
Shirley Road (1-52)	Margaret Grimsley	22 Shirley Road
Shirley Road (57-196)	Volunteer needed	
Whitethorn Gardens	Mike Foster	4 Whitethorn Gardens



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