

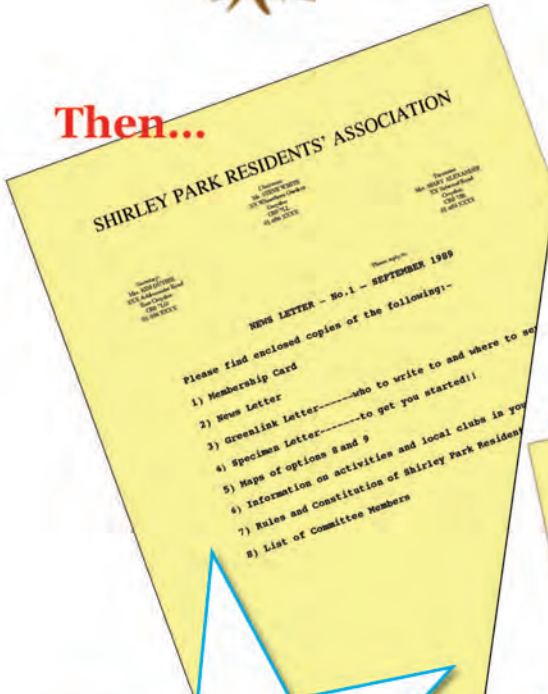


# Addiscombe & Shirley Park Residents' Association

[www.theaspra.org.uk](http://www.theaspra.org.uk)

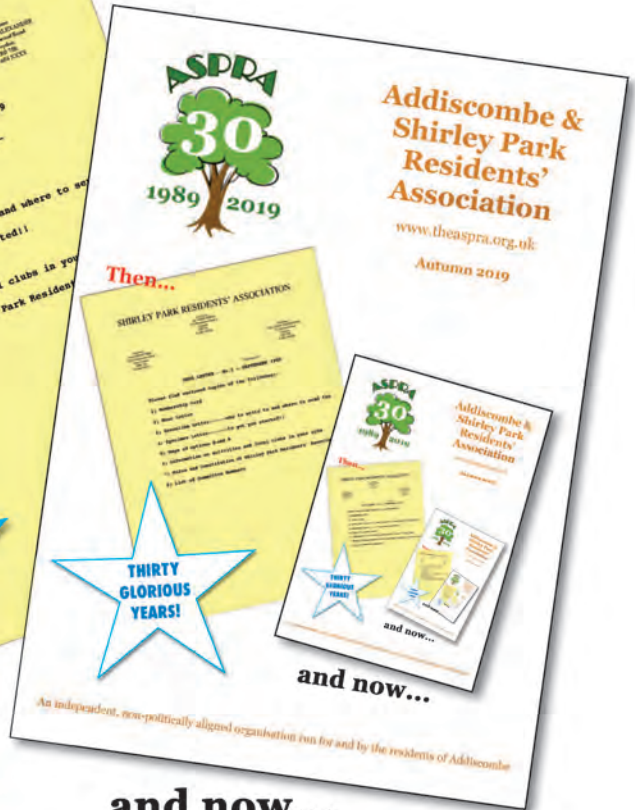
Autumn 2019

**Then...**



**THIRTY GLORIOUS YEARS!**

**Then...**



**THIRTY GLORIOUS YEARS!**

**and now...**

**and now...**

# CRAY & NORTON

ALWAYS SELLING & LETTING



Bingham Road



Craven Road



Orchard Rise



Ashburton Avenue

WE COVER ALL OF CROYDON,  
SOUTH NORWOOD & THORNTON HEATH



Maresfield



Oval Road



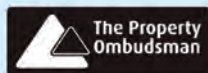
Fernhurst Road



Kingscote Road

Successfully Selling & Letting Local  
Properties for over 15 years!

Call 020 8655 0700  
for a true valuation of your home





## From the editor

This Autumn we celebrate thirty years since the first issue of a local newsletter appeared in Shirley Park, the result of our community coming together to fight ridiculous road planning schemes that would have physically wiped out a huge swathe of this neighbourhood. An urban motorway and feeder roads would have made this area unbearable. The very real initiation of people-power all around Croydon stopped an aggressive Department of Transport having its way and ruining lives.

It sometimes takes just one push to get things moving, and our association got that from the ideas of Thomas Hall, among others. Very kindly, Tom spoke to us about those very early days, back in 1989. We have his story and reflections of those days on page 23.

Elsewhere we're reflecting on items as diverse as more road planning, the Croydon Racecourse and the Jumble Trail. As usual, something for everyone, we hope.

Outside of these pages the poppy displays and the Christmas lights will be out on the high street fairly shortly. As members you won't need telling that it's ASPRA that gets these little bits of class into our local community, but there can be no harm in reminding our neighbours of this. Dropping the odd barbed comment to the non-contributing business community might not do any good, but it might prick a few consciences and allow us to be a bit self-righteous — and what's the problem with that? *Phil Poole*

## In this issue

- 5 Letters
- 7 Addiscomment
- 23 ASPRA oaks and acorns
- 27 Per ardua ad ASPRA
- 35 Jumble trail
- 39 Racing pages
- 44 What's on
- 47 Planning stuff
- 51 The library page
- 53 Addis'n'dat
- 56 F..f..f..fairfield
- 58 Poetry corner
- 59 A doctor writes...
- 61 And finally...

# **BEAUTIFUL WOODEN FLOORING**

by **DECKBOARD HARDWOOD FLOORING CENTRE**



**Established in 2002**

We are a family-run business specialising in engineered, solid, and laminate flooring and bespoke hand-finished products.

We stock accessories, cleaning products, adhesives and oil and lacquer finishes.

At the start of your project? Plan for your floor now. A visit to our showroom is a must to browse, choose and get advice.



**Members of ASPRA**

We provide:

Supply-only or supply-and-fit service

Measuring service

Site assessment

Insurance quotations

Quote code **ASPRA19** for a complimentary cleaning product and felt furniture feet with each flooring purchase.

Our products carry warranties of up to 25 years and our installations for 12 months.



## **DECKBOARD HARDWOOD FLOORING CENTRE**

271 Purley Way, Croydon CR0 4XF

Tel: 020 8688 8687

email: [info@deckboard.co.uk](mailto:info@deckboard.co.uk)

[www.deckboard.co.uk](http://www.deckboard.co.uk)





## Letters to the editor

### Telling us what you think

Sir,

Can we please let the local community know that this year's Addiscombe and Shirley Rotary Christmas Collection is designed to help local charities and young people groups.

The 2019 collection will run from the 2nd to the 5th of December, and from the 9th to the 12th of December. This year we are inviting local charities or young people groups (minimum age 16) to give us a hand with the nightly collections.



Rotarians will still be overseeing the progress of the sleigh, but younger legs are needed to speed up the process. Charities and groups will benefit financially as our Rotary club will donate £40 for each person who attends and helps with the collection for the duration of the evening (to a maximum of 6 people who together would receive £250). The collections start at 6.30pm and finish at 8.30pm. Tabards & collection tins are provided.

For further information and to book your place please contact Addiscombe and Shirley Rotary via our website

[www.aandsrotary.org](http://www.aandsrotary.org) or tel: 08448 84 97 43 (local rate).

*Chris Rutter*

*Addiscombe and Shirley Rotary*

Sir,

I heard that ASPRA is celebrating its thirtieth year, so I thought I would write and wish you all a Happy Anniversary!!

You play such an important part in our lovely community: promoting Addiscombe's history, supporting local businesses and organising the Christmas lights. Colin and Phil do amazing job getting all the stories and information into the publication, which I look forward to receiving every edition.

I am happy to say that I have lived in the area for twelve years now, I am still amazed at what a friendly and welcoming little place this is, and I am proud to call it home.

Although The Salvation Army Charity Shop has only been here in Addiscombe for three years, we welcome everyone from the local community (and beyond) into our shop to browse, shop, donate goods or just stop by for a friendly chat.

Wishing you all the very best for the next thirty years!

*Claire and the team*

*249 Lower Addiscombe Road*

Sir,

"...and jublations"

Congratulations on your 30 year anniversary. A pleasure to work with you when I was an Ashburton Councillor and all the best for the future...

*Andrew Rendle*

# QUALITY KITCHEN FACELIFTS

From a simple door swap to  
a full replacement kitchen

EST.  
1999



Before



*Why replace when  
you can reface?*

- Trusted reputation
- Made to measure, custom-built doors & units
- Large choice of doors, worktops, and accessories
- UK's leading kitchen facelift expert
- Local family run business

**DREAM DOORS®**  
NEW LIFE FOR OLD KITCHENS

**Checkatrade.com**  
Where reputation matters

CALL ROY FOR A  
FREE ESTIMATE:

**020 8656 7987**

**dreamdoors.co.uk**

Visit our showroom:  
159 Shirley Road, Shirley,  
Croydon CR0 8SS



# Addiscomment

## Very cross town traffic

Miriam De Souza, our colleague from the HOME RA is keen for us to know what's going on in our neighbouring streets, where living on Elgin and Havelock Roads has become a nightmare for those who want safe roads, fresh air and a bit of peace and quiet.

Miriam says "they have been impacted by two Council traffic schemes:

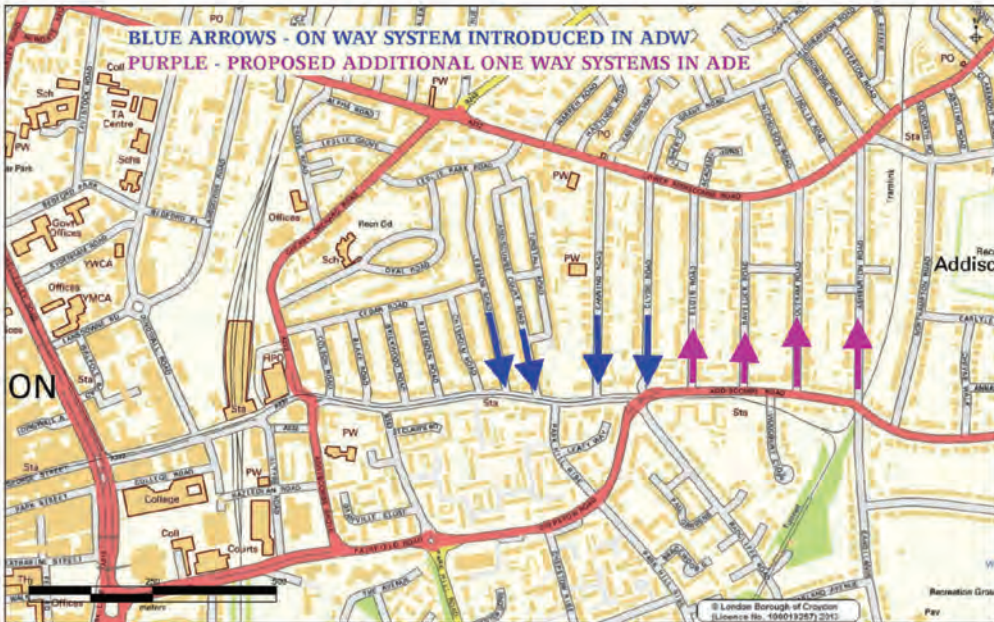
"The first, the closure to northbound traffic on Lebanon Road in 2016, was implemented without a full consultation, creating a storm of protest against the Council. The second, to place northbound

restrictions on both Addiscombe Court Road and Canning Road in 2018, a knee-jerk reaction which the Council officially claimed was in response to the majority view, to prevent larger unrest, but which actually overrode the results of a public consultation!

"After a long campaign by HOME residents association (representing roads from Elgin to Ashburton), the Council has finally committed to holding a public consultation, at the cost of £6000, but only on its own proposal which it admits relies on no evidence or analysis but which it thinks residents of Addiscombe can support. The plan is for Elgin, Havelock and

Outram Roads all to be made to work one way northbound. This would mean 4 roads would work only as southbound through routes (Lebanon Road, Addiscombe Court Road, Canning Road and Clyde Road) and then the next 4 roads would work only as northbound through routes (Elgin Road, Havelock Road, Outram Road and Ashburton Road).

"Although this would balance north and southbound traffic across an area, it would displace southbound traffic, create longer vehicle journeys and could lead to an increase in congestion and pollution. Moreover, unsafe traffic violations, already commonplace in





**Free**  
trial class

**Baby Ballet**

**Royal Academy of  
Dance Ballet Classes**

**ISTD Tap and Modern**

**Shows and Dance festivals**

**Adult Ballet and Tap**

Classes held in

**Croydon, Shirley and Bromley**

Contact Kathryn

[info@mkdance.co.uk](mailto:info@mkdance.co.uk)

**07841527642**

ROYAL ACADEMY OF  
**DANCE**  
REGISTERED TEACHER



## Addiscomment/2

Addiscombe West (Lebanon, ACR and Canning Roads), could easily spread to Addiscombe East.

“Alternative proposals, which seem to be favoured by all Residents’ Associations in our Ward, for reversing the change to Canning Road or implementing alternating one way roads across the whole area have so far fallen on deaf ears; HOME has asked MP Sarah Jones and our councillors Maddie Henson and Jeet Bains to pressure the Council to spend our £6000 wisely and consult on an equitable, evidence based proposal, but so far the Council has not evaluated the options put forward by residents groups after a series of meetings in January, March & June 2019.”

We in ASPRA think that whatever happens down at the HOME end of the ward will have a knock-on effect over our area, particularly for the rat-runs of Northampton, Park View, and Compton Roads and Birch Tree Way. ‘Successful’ pushing of traffic down Shirley Road will only add to the annoyance of its residents.

Make your views on the Council’s traffic plans known by emailing either [sarah.jones.mp@parliament.uk](mailto:sarah.jones.mp@parliament.uk), and or [maddie.henson@croydon.gov](mailto:maddie.henson@croydon.gov)

[v.uk](mailto:v.uk) and or [jeet.bains@croydon.gov.uk](mailto:jeet.bains@croydon.gov.uk)

Fun times to come, undoubtedly.  
MD/PP

### Lingering litter

There are mornings when even your septuagenarian editorial team are up and about quite early. Pulling back the curtains as the sparrow breaks its fast, we have (once or twice) seen the little street cleaning van rattle past our doors. It can get along Northampton Road at a fair old lick as it never visibly stops to pick up much litter.



Fair play to the operative. The boot-to-bumper parking in our road, as in most around here makes it impossible for the van to get in and out of gaps, because there aren’t any. So the litter lingers for days, weeks and often months. Our poor councillors must be fed up with us moaning on about it, but we guess the tick-box attitude of Croydon’s cleansing department must counter any enquiry with ‘well, the van’s done that road

this week’ response, so there we are!

One good idea that came out of our recent Road Reps’ meeting was the organisation of a ‘vigilante clean-up’, whereby local residents could have a periodic pick-up and tidy our own streets. Our councillors have promised the support of a council van to collect the rubbish, so that would be nice.

I know it’s me, and I know it’s because I’m getting old and crotchety, but if the council can be persuaded to support this kind of activity, shouldn’t they be doing the job properly in the first place?  
PP

### Developing disaster

It’s very wrong of us to hold to our perception of Croydon’s planning controls being little more than a rubber-stamping operation for developers, with little or no follow-up checks. Sometimes, however, we do wonder if much serious thought is given to what goes on once planning permission has been given.

Take, for example, the conversion of a house in Northampton Road (a four bedroom family home) into (an allowed) three flat multi-occupancy building. Very soon after the permissions were given, in moved a team of Romanian builders and their caravan. With limited scaffolding and with no safety equipment



## UP TO 18 MONTHS GOLF FOR THE PRICE OF 12

Join us at Shirley Park Golf Club, one of the finest courses in the area, renowned for fantastic greens, a friendly welcome, and a great Social Calendar.

Pay the 2019/20 subscriptions (held at 2018/19 prices) and enjoy free golf until 31st May 2019.

Your subscription can be paid in one “up front” amount, or split over two Instalments. Full details can be provided on request

Call: 020 8654 1143 or Email:  
[steve.murphy@shirleyparkgolfclub.co.uk](mailto:steve.murphy@shirleyparkgolfclub.co.uk)



### Addiscomment/3

we could see, they began a many-weeks-long conversion. They built the shell of an extension in the garden and a timber and plasterboard loft extension in the roof.

There were no windows and no doors on the new built frameworks.

They tied up at the beginning of August, organised a skip, and disappeared.

Within days, a gang of youths were seen in the building and noisily chased out at night by a police patrol. Since then there have been various sightings of youngsters loitering outside and around, and some locals say that there are casual meetings going on where cash and small parcels are being exchanged.

The whole building is open to the elements, especially at the back, where there are even ladders visible to assist nefarious access, should it be required.

Residents have made the police and the Council aware of things but there's been no real action to remedy things thus far.

We'll let you know if there's a fire or a gas explosion. *PP*

#### **Parking damage?**

Croydon's recent survey into specific areas of recreation and park land worried us enormously.

It's all very well asking supposedly innocent questions about the use made of Ashburton Park

and our beloved little rec, but when they're being asked against a backdrop of the Council saying that it's going to need land for 45,000 new homes in the next few years, we start to get edgy.

Planning policy is already sub-dividing our big old Edwardian family houses. Flats are going up in what used to be playgrounds and car parks; why wouldn't they have their eyes on Bingham rec, or a slice of Ashburton Park?

Our Councillors are nice people, and we do believe that they believe 'it's all just part of a survey' but, given some of the philistinism that's been practised around here in the last 30 years, we beg to remain suspicious.

The planners might consider that anger over individual building alterations and constructions often peters out, but we think that if anyone develops serious building intent for ASPRA's valuable green spaces, they're going to find a fight on their hands! *PP*

#### **Shopping around**

By the time you're all picking this up from your doormats, the shops will be beginning to put out displays of Christmas goodies and, with the nights starting to draw in, we'll all be reminded that the festive season is once again on its way.

Your editorial team

have never been keen on shopping *per se*, and Christmas shopping even less. However, we recognise its necessity and can be persuaded to make an occasion of it, especially if there's a lunch or a convivial drink involved.

How on earth would you find anywhere to enjoy that in Croydon? What shops we've got left, in our half-dead shopping precincts struggle on in the midst of dereliction and neglect, blighted by the promise of jam tomorrow and Westfield when if it happens. Not much joyousness there then.



Wimbledon beckons, we guess, but it's a long and sometimes very crowded tram ride over to there. Nevertheless, there's the reward of big-store offers with Ely's and high street names, plus the Centre Court shopping mall and pubs and restaurants galore.

Bromley's only 30 minutes on the 119 bus, or by tram to Beckenham and by bus or by train onward. And what about Beckenham itself?

There's still a very village feel to the town, in



# LOOKING FOR A NEW GOLF CLUB?

SPECIAL MEMBERSHIP DEALS  
FOR COUPLES

Join as a new golfing member and your  
partners membership is free until 31st May 2019

**Email:**

**[steve.murphy@shirleyparkgolfclub.co.uk](mailto:steve.murphy@shirleyparkgolfclub.co.uk)**

**FOLLOW US ON FACEBOOK!**



## Addiscomment/4

spite of its modern bars and restaurants. While there are not so many big stores, some of the smaller shops remain unique.

Gallery Seventeen in the High Street frame everything from boxing gloves, medals and family photos right through to cricket bats (and of course, paintings and prints). Their range of art includes local artist originals and artist-signed prints. They also have a range of handmade ceramics and bronzes. Just right for that original Christmas gift.

Closer still to home we have one of south-east London's best butchers, a fresh fish shop, a fruiterer and a local baker. Not to mention the more cosmopolitan tastes that might be satisfied with our new local supermarkets, Feshco and PFC, so don't feel too let down by Croydon, just take the tram or wander up the Lower Addiscombe Road. *PP*

### Claret cuts the mustard

Regular readers of our pages will appreciate that its writers will occasionally take their ease in the Claret and Ale in Lower Addiscombe Road. It was, therefore, no surprise to us that CAMRA, the consumer group responsible for the promotion and quality of real ale, voted

the Claret Croydon's CAMRA 'Pub of the Year' for 2019.

If you think about the sheer number of pubs in Croydon, and some of them serving up quality beers and ciders, the Claret's achievement is obviously considerable. *PP*

### ASPRAcadabra!

It was as if someone had waved a magic wand over St Mildred's large hall. It was sunny and warm, the doors were all wide open, we had tables outside and smiling, happy people everywhere.

Inside it was even better. The hall had been transformed: we had bunting, we had green and white balloons and we had displays showing where ASPRA came from. There was music and wonderful flowers in the middle of every table, all of them from Bingham Rec. It was fab.

The last time I saw so much food it was at a wedding. Absolutely

astounding. And ditto the refreshments – literally gallons of wine, beer and soft drinks. M&S and Majestic had done us well.



And the cake! A magnificent chocolate cake, with white icing, green piping and our 30th birthday logo on the top. Delicious. Coughlans had risen to the occasion.

The party started at 2.30 and was buzzing all afternoon. So many ASPRA members – neighbours, friends and newcomers, all of them talking and eating and drinking and smiling and



# flawless feet

Podiatry & Laser Clinic

- |                                |   |
|--------------------------------|---|
| Routine Chiropody              | Laser Treatment of Fungal Nail  |
| Removal of Corns & Calluses    | Treatment of Verrucae   |
| Treatment of Ingrown Toe Nails | Custom Made Orthotics & Insoles   |
| Biomechanics / Sport Injuries  | Low level laser therapy and Extracorporeal shockwave therapy  |
| Diabetic Foot Care             |  The COLLEGE of PODIATRY                    |
| Children's Foot Care           |  The SOCIETY of CHIROPODISTS & PODIATRISTS  |
| Home Visits                    |   |

Mr Hiren Patel BSc (Hons) MChS & Associates  
Flawless Feet Podiatry & Laser Clinic  
HCPC Registered Podiatrist



Consultations by appointment only:

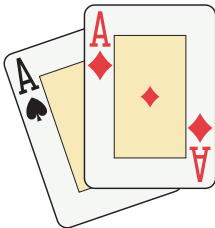
FLAWLESS FEET PODIATRY & LASER CLINIC  
197A Shirley Road, Entrance in Valley Walk,  
Croydon, CR0 8SB

T: 020 86544670

E: hello@flawlessfeet.com

W: www.flawlessfeet.com

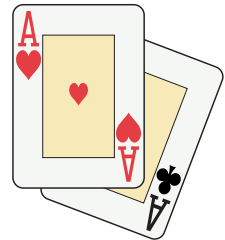
*Private health insurance patients welcome*



# ACES

## ARNOLD CONSTRUCTION ELECTRICAL SERVICES

39 Blackhorse Lane, Addiscombe  
Croydon, Surrey CR0 6RT



### ALL ASPECTS OF ELECTRICAL WORK UNDERTAKEN

- INDUSTRIAL, COMMERCIAL & DOMESTIC • IMMERSION HEATERS • HOUSE REWIRING
- EXTENSIONS/KITCHENS/SHOWERS • DOOR ENTRY SYSTEMS • FAULT FINDING/TESTING
- SECURITY LIGHTING • FIRE & SMOKE ALARM SYSTEMS • DATA & COMMUNICATION WIRING

24 HR CALL OUT SERVICE (NO CALL OUT CHARGE)

**Tel: 020 8654 5863 • Mob: 07957 667 125**



[www.arnoldconstructionelectricalservices.co.uk](http://www.arnoldconstructionelectricalservices.co.uk)  
[www.arnoldconstructionelectricalservices.com](http://www.arnoldconstructionelectricalservices.com)



## Addiscomment/5

eating and drinking ... just as any party should be.

And why? Well, Addiscombe and Shirley Park Resident's Association hit 30 this year and we decided to push the boat out. It all started in 1989 with the London South Assessment Study, which outlined options for urban motorways scything through London suburbs. Two options whooshed straight through the heart of our neighbourhood, so Tom Hall, who lives to this day in Greencourt Gardens, decided we needed a residents' association to fight the proposals. He organised a meeting in Trinity School and the SPRA, as it was at the time, arose to fight the good fight.

Thirty years on, we're still here, though with an additional A (for Addiscombe) at the beginning – a proper pronounceable acronym.

And our lovely lopsided logo shows how it happened.

Thank you, St Mildred's, for having us. It was a lovely party and we all had such a good time. CG

### Record availability

Elsewhere in our pages you'll find St Mildred's plans for a Autumn concert and the Christmas services, so this is just a shameless plug for their choirs and their plan to release a CD of Christmas

carols and hymns available from 12 October at a very reasonable £9.99.

That should help to get everyone in the mood for the festive season, shouldn't it? PP

### Crockin' all over the world

Yes, the Old Crocks' Race, or whatever it's properly known as, will be back on Bonfire Night weekend, which makes it 3 November this year. You can see it heading down Mitcham Road/Roman Way/Old Town, then zipping under the flyover and charging into Southbridge Place. They come flying out on to the Brighton Road opposite Aberdeen Road. And I do mean flying – some of it looks positively stunty.



The run starts in Hyde Park. The first car should reach Croydon by 8.00 or so. The last will be passing through Croydon about 10.30 or 11.00. CG

### A biker bit

Residents of Sherwood Road can be excused for

laughing up their sleeves lately.

Considerably put out by Croydon's planning department allowing a departure into architecture's more bizarre side, now going up in their road, they were equally bemused by the action of a mystery motorcyclist. The gentleman concerned took to parking his bike in a gap between the development and a neighbouring house where there had been common access to a bin area. Either he or the developer then gated off the parking area, confounding everyone.

However, the old adage of 'God paying debts without money' seemed to hold its truth as, after a particularly windy night,

everyone awoke to see that a newly built wall on the controversial new building had collapsed. On to the motorbike. Not funny at all, is it really?

### Bowled over

Picture, if you will, the last fine Saturday of our extended summer. Warm sunshine and blue skies



# Assured Preservations Ltd.

WOODWORM · DRY ROT · RISING DAMP

## Damp Proofing Specialists

**W**e have been providing specialist damp proofing and structural waterproofing services throughout London and Surrey for over twenty five years. Many of our customers come to us following recommendations from friends and neighbours, and we strive to provide a high level of customer service.

Most of our treatments come with a guarantee of up to thirty years, free of charge.

All our surveyors are qualified CSRT specialists, and staff members have all been working in the damp proofing industry for many years.



Damp Diagnosis & Treatment



Dry Rot Diagnosis & Treatment



Wet Rot Diagnosis & Treatment



Woodworm Treatment



Waterproofing, Tanking & Rendering

### OUR SERVICES INCLUDE:

- Rising Damp
- Penetrating Damp
- Structural Waterproofing
- Waterproof Tanking
- Cavity Drain Membrane
- Flood Remediation
- Dry Rot Decay
- Wet Rot Decay
- Woodworm Infestation
- Specialist Surveys

*If you have any questions about dampness in your home, or if you would like to book a survey inspection please do not hesitate to give us a call on our Freephone number.*

# 0800 731 8739

For more information see our website [www.assuredpreservations.com](http://www.assuredpreservations.com)  
or email us at [enquiries@assuredpres.co.uk](mailto:enquiries@assuredpres.co.uk)

**Head Office: 153a Shirley Road, Croydon, Surrey CR0 8SS**





## Addiscomment/6

and a leisurely stroll out of ASPRALand, up over the Addiscombe Road and into Maplethorpe Avenue.

Up to the entrance to Lloyd park and you pass some elegant houses on the quiet streets. You also pass a gate that bears the legend of the Shirley Park Bowling Club, although on that Saturday you had no need to walk on by.

It was their Summer Fair and, as they're now advertising with us, we took the chance to pay them a visit.

If you've never been before, it's like stepping back in time to Addiscombe as it was so many years ago. Gone are the houses casting a view, gone is the noise of any traffic and almost gone is the hurly burly of the day.

Suddenly you're in a green space, with ordered lawns and bowling greens and people being civil to each other over the knock and crack of bowling woods spinning up the green.

Your editor, probably suffering a touch of the sun, got carried away with it all and was talked into a 'try out', there and then.

There was much derision from family and so-called colleagues but my tutor said I 'had potential' and that I should join, next year.

Watch this space.

## Flying the flag

Have you driven, walked or cycled along Addiscombe Road over the last few years and wondered, as I have, about the brightly-coloured flag in the garden of the bungalow opposite Shirley Park Golf Club?



Well, wonder no more. Back in early August, Le Thi Vui, the owner, invited neighbours to join him in celebrating Parents' Day, a Vietnamese Buddhist tradition. I took the opportunity to ask him about the flag.

"It's the Buddhist flag, the symbol of faith and peace," he explained. "The colours of the flag represent the colour of the aura that emanated from the body of the Buddha when He attained Enlightenment under the Bodhi Tree."

So now you know. I'm glad I asked. CG

## Okey-doke

We were a bit unkind about the new Oaks Estate Agency, Phil and me, in the last issue, so I

thought I'd make a few amends.

James Byrne, the MD, is a perfectly nice chap, lives locally and is a snappy dresser – tends to wear a waistcoat, even in some of our recent warm weather. He remonstrated in the nicest possible way over my unkind remarks about his new windows. He's urbane, friendly. Nice guy.

It's good to make amends. And I won't be mentioning the lovely old art deco ornamental leaded glass fanlights again. CG

*STOP PRESS: James has decided to advertise in this issue, after I wrote the above. Ho hum. Too late to take it out now.*

## Bipin heck!

When Addiscombe DIY owner, Bipin Panchasara told me he's celebrating 25 years of owning the business, you could have knocked me down with a very large, heavy feather.

25 years! I remember Roy Sealey like it was, well, not quite yesterday but certainly not 25 years ago. I always thought it would be difficult for someone to take the shop over and remember where, for example, the small, black-lacquered, size 6, round-topped, slot-headed screws were, but Bipin's managed it. Happy anniversary, old chum. CG

# Quality care and Companionship in the comfort of your own home



## Our local team of Caregivers provide:

- Companionship
- Meal preparation
- Light housekeeping
- Medication reminders
- Help with washing, dressing and personal care
- Transportation and errands
- Post-operative support
- Holiday and respite cover
- Specialist dementia care
- Managed live in 24hour care as an alternative to a Care Home

To find out how we can help care for you and your family, contact us



**0208 656 6921**  
[www.rightathomeuk.co.uk/croydon](http://www.rightathomeuk.co.uk/croydon)



Areas covered: Selsdon, Purley, Sanderstead, Coulsdon, Shirley, Addiscombe, South Croydon and surrounding areas.

Registered with the Care Quality Commission  
Each Right at Home office is independently owned and operated.

A photograph of a person's hands in a light blue shirt holding four white account folders. The text 'Relax. your accounts are in Safe Hands' is overlaid on the image.

**Relax.  
your accounts are  
in Safe Hands**



**Guryel & Co. Chartered Accountants**  
Based in East Croydon, Surrey and servicing clients across London, the South East and beyond.

**Tel:** 020 8090 2183  
**Fax:** 020 8150 6487  
**Email:** [info@guryel.co.uk](mailto:info@guryel.co.uk)



## Addiscomment/7

### Use our advertisers or else! (We know where you live.)

We've got a nice bunch of advertisers. We know them all, and would happily accept large drinks from any of them anytime. Some of them are here because they're being polite, and hardly any of them are here because we've been handing out Chinese burns and dead-legs. (But we have got the negatives.) Most importantly, they're supporting our residents' association, contributing significant sums to our needy coffers.

Quite rightly, some of them expect readers to react to their ads. They're here because they want the business. And not being daft, they measure the response to see how effective the ad is.

Which is where it goes wrong. Daryl Seyforth, a really nice bloke, has been advertising with us for a couple of years now. Both Editor Phil and I have relied on his expertise many times to sort out horrendous computer problems. His *THE PC HELP! COMPANY* advert, white type against a bright red background, can hardly be missed. And yet he's decided, reluctantly, not to advertise with us again because nobody else has so much as lifted the phone. (The number is 078 101 087 32, or 020

8656 3634, since you asked.)

This seems crazy. Some of us are getting on now, and don't have the aptitude for sorting out computers that our children were practically born with. And our computers do go wrong from time to time. Parts fail, software goes awry, the internet continues to cock up, as the technical term goes. Are Phil and I the only people in the whole of ASPRALand whose computers have failed us in the last two years? We all know that's not the case.

So here's the point.

Please read our ads, see what our advertisers have to say, what they have to offer. The nice people at Deckboard Hardwood (who have just done some smashing flooring for us)

couldn't spell DINNNING... CG

### Addiscombe Winter Carnival

It's back, it's bigger, and it might even (it's still at the planning stage) have its own beer festival! And Councillor Maddie Henson is organising it again, personally. She works hard, you know.

Yes, Addiscombe Winter Carnival will be back at Ashburton Hall on Sunday 8 December, with two major additions.

First, it will begin with a parade, just like a proper carnival, with the Mayor opening the proceedings and judging the best entry, and this year it will be expanding into a marquee, as these things do.

The carnival itself starts at 12 but the parade will start at 11.30 (meeting



tell us they did the whole of the ground floor of a house in Parkview Road recently. Seventy square metres, however much that is in real money. Must be the one with the big rear extension we mentioned in *Planning stuff* a few issues ago. The one where the architect

from 10).

Children and young people's groups are invited to send entries for the parade to Maddie.Henson@croydon.gov.uk. Maddie is also looking for performers and stallholders, so please get in touch.



# ALBION

W I N D O W S

*Craftsmanship with Care from an established family business*



## Create Your Ideal Home

*Be inspired with Albion Windows*

*Whether you want to come and view our products in our showroom or would like a quote over the phone or online we can help.  
Just get in touch today!*

### Head Office

295 Lower Addiscombe Road,  
Addiscombe, Croydon,  
Surrey, CR0 6RE

For installation enquiries

**Call: 0208 655 0066**

### Hayes Showroom

25 Station Approach  
Hayes  
BR2 7EQ

For all general enquiries

**Call: 0208 462 2201**

For all sales enquiries

**Call: 0208 462 2201**

**Email: [info@albionwindows.co.uk](mailto:info@albionwindows.co.uk)**

**Visit: [www.albionwindows.co.uk](http://www.albionwindows.co.uk)**





## Addiscomment/8

### Pavement artists

People ask me if FreshCo are allowed to put their fruit, vegetables, tables and chairs (and barrel) on the pavement. The fact is they pay Croydon Council a fair amount for a licence to use the pavement, which stipulates that they have to leave a specific width of pavement (measured from the kerb) for people to pass by. No worries, then.

Except there are. Someone reports them to the Council when they put something on the pavement outside the allotted space, like when they're topping up the fruit and veg. The Council has to respond, so they send someone to check it out, by which time the problem doesn't exist.

This has been going on for some time now. Council and councillors have tried to reach some kind of concord, to no

avail.

Ahmed, the owner, is understandably fed up. It's getting to the point where he is almost starting to regret setting up shop here. Freshco is such an interesting shop. What a shame a small number of people are making life difficult for it.

### Giving it large

Our recent subs renewal envelope (last issue) invited people to donate a bit more towards ASPRA projects. Three people I know gave £15, £25 and £20 because they thought we're worth it. The total extra raised was £750, believe it or not. Plus we got 75 new members. Thank you all. CG

### GP hubs

Remember the old NHS walk-in centre near the Ship pub in High Street, Croydon? It was replaced by the walk-in centre at this end of the flyover, on the corner of Edridge Road, and very useful they were. The one at New Addington was handy, too. I made appearances at all three several times. Managed to slice myself up preparing Sunday lunch more often than I care to remember. The kids still laugh about it.

Now we have a new one: the GP Hub at East Croydon. It's based at East Croydon Medical Centre, 59 Addiscombe

Road, CR0 6SD, but it's actually in Brickwood Road. It's one of three in Croydon and is there to treat minor injuries and minor illnesses in both children and adults. (The other two are at Purley War Memorial Hospital, and Parkway Health Centre, New Addington.)

The Hubs offer walk-in services and also booked urgent appointments with a GP. To book an



appointment, people should call NHS 111 in advance for an assessment. Dial 111!

Appointments at any of the new GP Hubs will be available to people living or working in Croydon if they are unable to get an appointment with their own GP. CG

### Media studies

Nicola Corbishley, who runs all our new-fangled computery meeja stuff, tells us other groups are now sharing our Facebook posts, which is always good news. It's also rather nice, but not too surprising, that our Facebook site is attracting interest from 35-45-year-olds. Nicola is posting one item a day, on average, which is a prodigious output. Some of us can't even get out of bed every day. CG



Established 1974

# Addiscombe Dry Cleaners

195 Lower Addiscombe Road, Addiscombe, CR0 6RA  
Telephone 020 8654 2269

---

**We also offer Clothing  
Repairs & Alterations and  
Shoe Repairs all on the premises**

---

20% Off your next Curtain Cleaning order with this advert.

Open Mon. to Sat. 8.30 am – 5.30 pm Wed. 1.00 pm

**ADDISCOMBE  
DIY**

**ADDISCOMBE DIY**

**187**


**LOWER ADDISCOMBE ROAD  
ADDISCOMBE CR0 6RA**

**☎ 020 8654 2880**



**Tools • Timber •  
Plumbing • Electrical •  
Ironmongery •  
Gardening • Decorating •  
Household Goods •  
Loose Paraffin • Key  
Cutting & Security Locks**

**Open 8am till 6pm  
Monday to Saturday**

**ADDISCOMBE DIY**

The   
**Prawnbrokers**

Est 1998

 **Fresh fish  
and shellfish** 



**203 Lower Addiscombe Road  
020 8655 2120**



**www.theprawnbrokers.co.uk  
info@theprawnbrokers.co.uk**



## Great ASPRA oaks from little acorns grow

### a thirty year tale

Since our involvement with this magazine began, Colin and I have come to treat our Chairman, Steve White, as the font of all wisdom ASPRA-wise, so (with caps in hands) we duly asked him 'how did ASPRA begin?'

'Ah,' said Steve, 'you need to speak to Thomas Hall.'

Well, to say that the name was new to us was something of an understatement, but Steve passed on an address and telephone number so we followed this by writing a polite letter, hoping this chap would be kind enough to have thirty years of memories raked enough. Our letter resulted in a couple of very cheery telephone

conversations, and Tom's agreement to meet us for a drink in the golf club bar. That meeting turned into a very long afternoon's conversation and memory jerker with all of us exchanging anecdotes about the 'good old days' in London, Croydon and Addiscombe.

Tom is a sprightly 81 year-old, with a permanent twinkle in his eye, a keen sense of humour and a memory for detail, people and places. If we had feared that going back so far

might be difficult for anyone, it wasn't at all for him, even if Colin and I got caught out a few times.

Tom moved into his house at the Shirley end of ASPRA land back in 1973, certainly a few years ahead of us, and at a time when even then the neighbourhood was changing. Families that had been here since the various estates were built (in the 1910s and 1920s) were selling up and being replaced by aspirant youngsters (which we all were once), and there was a burst of energy and a desire to bring old properties up to scratch.

Change was in the air everywhere, especially as the 1980s began. In Addiscombe the first obvious physical change was the closure of the old Elmers End to Sanderstead railway line and the closure of Bingham Road station.

What followed led in its own way to the beginning of residents' associations all around here, and the desire of local people to secure a voice to get opinions across to local government and politicians. But more of that, later.

The 1970s and 1980s also gave birth to a rise in petty crime and burglaries, and the concept of neighbourhoods looking out for their own areas with Neighbourhood Watch schemes. Tom was

one of a group of interested neighbours looking into NW and how it worked. They wanted to send a representative to a Croydon-wide meeting and Tom





## Our thirty-year tale (part two)

failed to step backwards' when they asked for a volunteer.

While this was happening the then Department of Transport were dreaming of roads replacing rail lines, feeding motorways and cutting across countryside and through paths, walkways and golf courses. A protest movement was beginning and its voice was getting heard.

At Tom's Neighbourhood Watch meeting there was as much discussion about government disruption as there was about criminal activity, with attendees describing how local residents were forming groups, finding neighbours who were lawyers,

barristers and experts in protests to get these planning decisions overturned.

It occurred to Tom then that this was just what his neighbourhood needed.

With a contact at Trinity School, he booked a hall there for Thursday evening in July 1989 and then walked around the immediate few streets off Addiscombe Road and Shirley Road, dropping 'about a hundred' home-penned leaflets posing the question 'do we need a resident's association?' and inviting 'anyone interested' to come and discuss it in the Trinity hall on the Thursday.

He tells the story himself about standing on the hall stage at ten minutes to eight, looking at row after row of empty seats, mindful





of the saying 'did you ever throw a party where nobody came?'

Then a few people came in. In groups of threes and fours, the hall became half full, then nearly all the seats were full. By five minutes past eight, there was standing room only and people were still coming in.

Tom remembers speaking for about twenty minutes, outlining his ideas and explaining what was going on nearby. lady stood up.

'I live in such-and-such a road,' he remembers her saying, 'why didn't I get your leaflet?'

'I didn't walk round that far,' Tom replied, 'so you're not really invited.' She sat down again.

In truth, it was quickly apparent that there was huge interest from all over the area and so the Shirley Park Residents' Association (SPRA) came into being that evening.



With what we think was characteristic modesty, Tom explained that he had never seen himself as a 'committee type of person', and was happy to pass the onward development of the then SPRA to those that felt they had the time and energy to get it going. Steve White, he remembers, as its first chairman, but he can't now recall who else started things off.

He does remember SPRA, or maybe ASPRA, having upward of 1200 members and an initial membership  
*(continued over)*



## Our thirty-year tale (part three)

fee of £3 a year. Included in that was the fee for the monthly (?) 'big' waste collection, when 'we' hired a Croydon waste truck and encouraged members to get rid of unwanted 'stuff' too big to go into the car boot for a trip to Factory Lane.



Those little events, plus the occasional socials, generated a real sense of community around here that we all remembered, and that seems to have diluted with the passing of time, probably as much due to the changing nature of the neighbourhood as much as anything else. Say what you like, but transient renters do not buy in to the area in anything like owner occupiers and



families do. If only Croydon could take note of that.

It's a shame that Tom's part in things is now largely forgotten, but it remains as an example for one man's idea sparking something off.

Full credit to all who've made ASPRA work over three long decades, but thanks to Tom for planting that acorn of an idea so that the ASPRA oak grew and survived.





## Per ardua ad ASPRA...

Nineteen eighty-nine. What a year. Consider: four huge events – huge! – each with major worldwide ramifications. It started off with some of the biggest firework displays known to mankind, a big clock ticked and nothing would ever be the same again.

The Berlin Wall came down. Tim Berners-Lee invented the World Wide Web. A student stood in front of a tank in Tiananmen Square. And 80 per cent of ASPRA\* came into being. These were exciting times. We may never see their like again.

You'll have read editor Phil's interview with Tom Hall by now, and know that it all began with the London South Assessment Study, part of the Department of Transport's London-wide assessment of transport options around the capital.

Its impact on our corner of Croydon was immense. Stage 2A Option 8 showed a

motorway coming straight up the A23 then shooting off to scythe through Lloyd Park, the Whitgift estate, much of ASPRALand, and Ashburton Park.

Steve White, who was to become ASPRA's first chairman, and (after a long gap) currently still is, tells me these were motorways on stilts, like the Croydon flyover.

Stage 2A Option 9 was even more brutal: straight up from the Godstone Road, squelching across much of suburban South Croydon, through Lloyd Park, the Whitgift estate, Shirley Park Golf Club, the Trinity roundabout, Shirley Oaks, the allotments and onwards to Elmers End. (Or something like that. Reading the map is a bit tricky.)

Tom Hall, as you know, went to a Neighbourhood Watch meeting, discovered the existence of local residents' associations



## Addiscombe Fruit & Veg

303 Lower Addiscombe Road

020 8654 0077

Fresh fruit, Salads, Vegetables  
and Exotic Fayre Daily

# **The Claret & Ale**

***Croydon CAMRA Pub of the Year 2019 – 9th time***



**5 Bingham Corner, CR0 7AA – tel 020 8656 7452**

**Next door to Addiscombe tramstop**

***Palmers bitter plus five guest ales and traditional cider on tap. Five lagers. Seven ciders. Nice community pub.***

***We do show sport but with volume only for special events. We look forward to seeing you.***

***See Google reviews for extra pub info.***



## Per ardua ad ASPRA... /2

and decided right then and there to start one for Shirley Park. Tom organised a meeting at Trinity School, made and distributed fliers round his local streets and the rest, as they say, is, er, damn, forgotten what they say. Mystery? Something like it.

So SPRA – Shirley Park Residents' Association – came into being in July 1989. And this explains the asprarisk (\*) above – to begin with there was no *Addiscombe and* at the front.

The first newsletter, dated September 1989, kicked off with this statement:

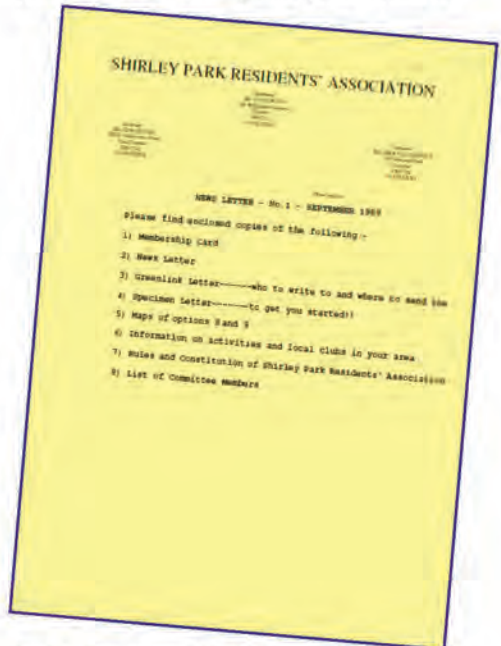
Shirley Park Residents' Association is a non-profit making, non-party political organisation which was formed on Wednesday 26th July 1989 to represent the views of its members to the local authority and other organisations on matters of public concern. Naturally, the main issue of the moment is the South London Assessment Study. Therefore, this newsletter is a brief résumé updating members on "Action" and "Information Received" over the past month.

It didn't look exactly like that – the whole newsletter was typed on a proper typewriter, with copies made on one of those peculiar old machines we had 30 years ago.

There was standing room only at a public meeting held by Greenlink on 16 August in St Mary Magdalene church (p3). They provided maps, a specimen letter and an information sheet for with names and addresses for individuals to write to. Attendees were told that they must fight now if they didn't want the scheme to happen.

At its first committee meeting SPRA unanimously agreed "to enlarge its parameters to roughly include the roads within the boundaries of Shirley Road, Northampton Road and Bingham Road". Not as far as Lower Addiscombe Road, note.

A NEWS LETTER EXTRA (p4) detailed how vehemently opposed Croydon Council was to the assessment, as was made clear at a meeting at St Matthew's Church, Park Hill, on 8 September. Sir Peter Bowness, then leader of the council, listed the steps Croydon Council



had taken to register their opposition. He then gave his own opinion. He answered questions for 1½ hours afterwards.

Interestingly, at the same meeting Sir Peter explained that that LBC "are in favour of a new light bus/tram type link between Wimbledon via Croydon to New Addington." He went on to say that it was included in the Croydon traffic management programme proposed over the next five years at a cost of £40 million...

All 15 residents' associations at the meeting agreed to form an umbrella organisation. Edward Handley, who still hasn't been knighted, was elected chairman.

# HARRIS & BAILEY LIMITED

comprehensive plumbing, building & timber materials distributor

## BUILDERS MERCHANT

Over 100 years of experience as one of industry's biggest independent plumbing, building and timber materials distributor

**Harris & Bailey** offer you more choice, lower prices and invaluable technical advice

Whatever the size of your project

**H&B** are well placed and ready to meet your needs

**PARKING FOR OVER 80 VEHICLES AVAILABLE!**



**ON-SITE CAFE OPEN DAILY FROM 7.30am-2.00pm**

**OPENING TIMES**

Trade Counters: 7.00am - 5.00pm

Office: 7.30am - 5.30pm

**MONDAY TO FRIDAY**

**50 Hastings Road Croydon Surrey CR9 6BR**

**t** 020 8654 3181 **f** 020 8656 9369 **e** mail@harris-bailey.co.uk **w** www.harris-bailey.co.uk



## Per ardua ad ASPRA... /3

In FURTHER NEWS (p5) it was announced that Northampton, Carlyle and Annandale Roads had joined, along with Cheyne Walk, Harriett Gardens, Birch Tree Way and Sefton Road. "Please keep writing letters to your MP," wrote chairman Steve White.

He added that one of the MPs to write to, Sir Bernard Weatherill (then Conservative MP for Croydon North and Speaker of the House of Commons) had recently returned from holiday in India to find a postbag of 20,000 letters. "He was not happy," said Steve, "so he sent them all to the Department of Transport for a reply."

That first newsletter ran to 12 pages and contained maps of the scheme, a specimen letter for MPs and addresses to send them to, a few general notices (Little League Under-13 Football, Christmas Party, 27th Croydon Scouts leaders, rules and constitution of SPRA etc) and that's about it.

30 years ago, ASPRA (as it is now) came into being. The germ of an idea grew, and with determination and commitment a genuinely democratic community was formed which lasts to this day. Thank you, Tom, and everybody else who pushed and pulled all those years ago.

PS: Needless to say, the London South Assessment study, which cost millions and millions, disappeared, as far as we know without trace. We got our trams, though. And *Per ardua ad astra* is the RAF motto: through adversity to the stars. Sounds about right...

### SPRA, or not SPRA

Spring Park Residents' Association – SPRA (think Wickham Road southwards) – was founded in 1932. After 21 years of confusing the hell out of everybody, our SPRA became ASPRA in 2010. Or 2011, I forget.

We were smart. Oh yes. We took the existing logo of a tree with the letters SPRA (in a nice art deco typeface) over it, copied the A (for Association) at the end and stuck it on the beginning – which is why we have the quirky, lopsided logo we use today. CG



London South Assessment Study  
Stage 2A  
Option 8

Straight up the A23 then shooting off to scythe through Lloyd Park, the Whitgift estate, much of ASPRALand, and Ashburton Park



Option 9

No nonsense: straight up from the Godstone Road, squelching across much of suburban South Croydon, through Lloyd Park, the Whitgift estate, Shirley Park Golf Club, the Trinity roundabout, Shirley Oaks, the allotments and onwards to Elmers End, never to be seen again



# HIGH DEMAND FOR PROPERTIES

We have a considerable amount of active and financially qualified prospective purchasers who may well be interested in your home should you be considering selling.

Why not contact us for a free and no obligation, up-to-date market appraisal to learn the value of your property?

## Why Oaks?

**Bespoke, personal and tailored approach**  
Everyones circumstances are different,  
we'll work around yours

**Genuine local experts**  
We live and work in the area,  
we sponsor the local schools

**Direct access to senior staff**  
Deal directly with experienced  
and motivated members of staff

**Reputable independent organisation**  
We have a proven track record  
of exceeding expectations

Contact me today on 020 3973 9700

**James Byrne**  
Managing Director





Oaks 

---

# ADDISCOMBE SECURITY

**For all your  
security needs**

- \* Fitting, opening and repairs
- \* All types of keys
- \* Access fobs and cards
- \* Standard and chipped vehicle keys



**8 Bingham Corner, Lower Addiscombe Road, CR0 7AA**  
**☎ 020 8655 1677 ✉ [addiscombesc@aol.com](mailto:addiscombesc@aol.com)**

**ANTHONY LEONARD  
ASSOCIATES**

**WE ARE PROUD TO OFFER A SPECIALIST  
RESIDENTIAL & COMMERCIAL  
PROPERTY SERVICE**

Our highly experienced team have an extensive knowledge of all legal issues involved in the residential and commercial property markets

**OUR SPECIALIST TEAM PROVIDE-**

A professional service  
No hidden charges

If you are thinking of moving  
**please call us first**

**T 020 8654 7757**

**W [www.anthonyleonard.co.uk](http://www.anthonyleonard.co.uk)**



**THE  
SOLICITORS  
IN  
SHIRLEY**



161 Shirley Road Shirley  
Croydon Surrey CR0 8SS



## Beating the drum for the Jumble Trail

Jonas Cradock writes

Our Jumble Trail organisers would like to thank everyone who took part in this year's Addiscombe Village Jumble Trail on Sunday 15 September. We were treated to a gloriously sunny day bringing together the communities in ASPRA, CHASE<sup>1</sup>, H.O.M.E.<sup>2</sup> and Blackhorse Residents' Association areas. There were some 60 stallholders selling baby clothes, jewellery, handmade crafts, gifts and cards, bric-à-brac and lots of homemade cakes and drinks – very welcome on this hot summer's day.



A deal was struck between a husband and wife for him to sell some of his fishing rods as long as she sold some of her shoes! It was also lovely to chat to local artist Bev Jones at a stall in Havelock Road, who was selling her original art of Croydon. Some stalls

also had raffles organised by children, with a prize for every ticket!

Stallholders commented that they had lots of visitors, and I was struck by



the number of people who expressed pride in the event and told me how much they enjoyed the chance to stroll around the route chatting to stallholders and other Jumble Trailers.

The £5 stall-holder fees will boost the Addiscombe Christmas Lights fund by £300 and a number of stallholders also raised funds for charities such as MIND and St Christopher's Hospice.



<sup>1</sup> CHASE R.A represent roads to the north of Lower Addiscombe Road

<sup>2</sup> H.O.M.E. RA represent streets west of the tramline



**Have you had a leak, flood, fire damage or theft and need to claim on your insurance?**

**Let us take the stress and hassle out of the whole process**

- Insurance claims handling and repairs specialist
- Refurbishment and repairs to local government and academy schools
- Replacement kitchens and bathrooms
- Plumbing
- Electrical installations
- Surveying
- Leak detection
- Damp mapping and drying
- Plastering
- Roofing
- Gas safe work
- Painting and decorating
- Asbestos surveys and removal
- Carpentry

We are a local family run building company specialising in insurance claims and repairs. We were established in 2002 with a view to making the whole process of claiming on your building's insurance hassle free. We provide an all-inclusive service. From carrying out an initial survey and providing a summary and quote. To meeting and negotiating on your behalf with your insurer's representatives and completing the repair works to return your home back to its original state.

**Demarc Enterprises Ltd**  
**Office: 020 8405 0789**  
**Mobile: 07811 331 174**

**41 Manor Way**  
**South Croydon**  
**Surrey CR2 7BT**

**[www.demarc enterprises.co.uk](http://www.demarc enterprises.co.uk)**



## Jumble trail – 2

We would like to extend our thanks again to Streets Ahead for supplying and erecting the advertising boards and printing the maps, to LMB Lofts for printing the leaflets, and to Addiscombe Security Centre and Dhiyan News for holding the booking forms and fees.

Addiscombe Village Jumble Trail has now been running for four years. It has become a much loved and highly anticipated event, not only raising funds for the Christmas lights, but also encouraging a community spirit and a way of getting to know your neighbours.

Due to other commitments, both Jenny and Lyn, aka Jumble Trail champions, have advised that they will not be available to organise an event in 2020. It would be such a shame for the Jumble Trail to drop out of the local calendar, so we are looking for someone, or more likely a small team, to organise next year's event. Over the last four years, Jenny and Lyn have developed good relationships with

many local businesses who have been happy to contribute to the success of the Trail. There is every reason to think that these businesses will want to continue their support, which should make for smooth running of the 2020 Trail.

If you are interested, or think you could get together with some friends/ neighbours, here are details of some of



the key tasks which could easily be split amongst a team of people:

1. Organise the production of booking forms, posters and maps - there are already templates, so these would just need to be updated.
2. Manage an email inbox — this is already set up.
3. Market the event locally and on Social Media.
4. Liaise with stallholders from booking stage to event day.

Both Jenny and Lyn would be happy to discuss the opportunity in more detail and would be available to offer advice to anyone taking on the organising role. They can be contacted at [addiscombe.jumbletrail@gmail.com](mailto:addiscombe.jumbletrail@gmail.com)





**“BUILDING YOUR DREAMS INTO REALITY”**

- **EXTENSIONS • REFURBISHMENTS • NEW BUILDS**
- **LOFT CONVERSION SPECIALISTS •**

A family-run business with over 25 years' experience in the industry. Our fully qualified staff and office team are dedicated to providing you with an experience that leaves you with the house of your dreams.

### **OUR GUARANTEE:**

- **DEPOSIT PROTECTION •**
- **10 YEAR INSURANCE-BACKED GUARANTEE •**
- **FULLY INSURED & PROJECT MANAGED •**
- **FULLY STAFFED OFFICE MONDAY-FRIDAY •**
- **90% OF WORK IS RECOMMENDED •**
- **THE PRICE WE QUOTE IS THE PRICE YOU PAY! •**



GET IN TOUCH : 020 8406 9907 | 08000 730 155  
ENQUIRIES@LMBGROUP.CO | WWW.LMBGROUP.CO  
LMB GROUP LTD, 167 SHIRLEY ROAD, CROYDON, CR0 8SS





## A day at the races; Addiscombe — 1872

We all know horse racing to be the sport of Kings. We're reminded by Royal Ascot, the Royal box at Epsom, the Queen's attendance on Derby Day and the popular enthusiasm encouraged by the papers on a major racing day. Most of us just have to think about it to conjure up the roar of the crowd, the thundering of horses' hooves, the colours and the racing silks of the rich and famous, but doesn't it seem a bit difficult to think of it happening in dear old Addiscombe?

Come back in time with us then, back nearly 140 years when Croydon Racecourse opened on grounds belonging to Stroud Green Farm and Woodside Station was built for the express purpose of bringing in horses, owners and trainers from all over the surrounding area. Not to mention the betting public.

Although it's now a sad and derelict ghost of what it once was, a look at the old station building reveals a little of its glory days. The ticket hall had a huge double doorway, offering room for the comings and goings of the horse boxes.

In that first summer of 1872, after its opening the year before, Woodside Railway Station must have been quite something. You could see (and, one imagines, smell) the horse boxes

being clattered in and out to a purpose-made ramp leading down from the station enabling them to be walked directly down and onto the nearby racecourse.

Where the Fire Station now stands, there was once a wonderful Victorian racecourse



entrance and grandstand. There was stabling for the horses all around, some of which stood near to, or even in, the area now occupied by Ashburton Park.

Thousands of people descended on the area on the days of the big race meetings. They would have thronged into the course

arena, an area now defined by the boundaries of Long Lane, Shirley Road, Glenthorne Avenue and Gladeside.

This was an age before photo-finish technology, where the  
*(cont.)*





# Trinity Sports Club Opening Hours

## Sports Halls, Astro Turfs and Squash Courts

|          |             |
|----------|-------------|
| Weekdays | 18:00-22:00 |
| Weekends | 09:00-18:00 |

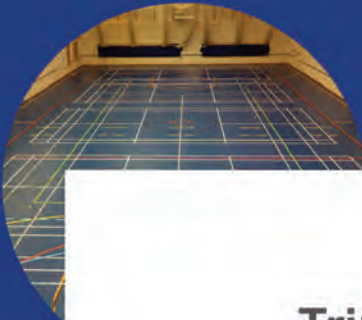
## Fitness Room

|          |                             |
|----------|-----------------------------|
| Weekdays | 07:15-08:15 and 18:00-22:00 |
| Weekends | 09:00-18:00                 |

## Swimming Pool

|           |  |
|-----------|--|
| Monday    | 07:15-08:15 Early morning swim                                 |
| Tuesday   | 07:15-08:15 Early morning swim<br>20:00-22:00 General swimming |
| Wednesday | 07:15-08:15 Early morning swim<br>18:00-20:00 General swimming |
| Thursday  | 07:15-08:15 Early morning swim                                 |
| Friday    | 07:15-08:15 Early morning swim<br>18:00-20:00 General swimming |
| Saturday  | 14:00-18:00 General swimming                                   |
| Sunday    | 09:30-14:00 General swimming                                   |

For more information, please visit our website:  
[www.trinity-school.org/sports-club](http://www.trinity-school.org/sports-club)





Course Stewards were the final arbiters of place. Their decisions were final. There was no appeal.

The Tote too did not exist. Any wager you would have cared to make was with the on-course bookmakers of the day. We guess you had to make your own mind up about how honest 'Honest John' could be, but there were stories abounding of bets placed at 5-1 turning out to be 5-4 when claimed!

It must have been all-the-fun-of-the-fair for the Victorian race-goers. And there must have been winners in among the gambling public as the Blackhorse Inn (only a half-furlong away) became a favourite for punters and spectators to flock to after a day at the races.

That history alone should have been enough for any reasonable council to slap a preservation order on that poor old pub.

But what does Croydon think about its history?

in the 1880s a powerful campaign began to close the course and do away with the temptations and iniquities offered by betting and gambling in the area. The campaign grew in strength and gathered enough political momentum to ensure the course closed forever in 1890.

Its most famous race became the Woodside Stakes and, when Croydon's course closed, the race moved on to the Gatwick Racecourse, where the race was run from 1891 until 1940. It is still contested every year to this day, but now at a new home at Brighton.

*Michael Cronin*

*Impressionist water colour depicting racehorses leaving the Parade Ring near Lower Addiscombe Road*



# Addiscombe Pharmacy

Your friendly local pharmacy

Health and wellbeing advice

Prescription collection service  
from local surgeries

Prescription delivery service  
to the housebound

Walk-in NHS and private flu  
vaccination service

Private travel clinic, offering  
advice and vaccinations

Opening times

Monday–Friday: 9am–6pm

Saturday: 9am–1pm



331 Lower Addiscombe Road  
020 8654 1542



## 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,  
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





## 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.

As a family-run pharmacy, we are proud to serve our community. Without your support, however, high street pharmacies will not be there for you in an emergency.

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

Addiscombe Pharmacy  
331 Lower Addiscombe Road 020 8654 1542



## PROBUS

**The social club  
for professionals  
and businessmen**

Monthly lunches held at  
Shirley Park Golf Club

You will be made welcome the  
moment you arrive

Attractive venue with large,  
comfortable lounge, a friendly  
bar and spacious dining room

Excellent views across a  
beautiful golf course

Superb three-course lunch

Large car park and easy access  
by bus – 119, 194, 198, 466

### *Social activities*

Summer and Christmas  
special lunches

Venue and theatre outings

Annual overseas holiday

*Partners are welcome at our  
social activities*

Come and meet us for lunch –  
we know you will want  
to come again

### **SHIRLEY & DISTRICT PROBUS CLUB**

Please contact our Secretary,  
Barry Copeman, on 020 8777 2889 or  
at [barry.probus@gmail.com](mailto:barry.probus@gmail.com)

# What's on!

There's a lot going on in and around Addiscombe

## Concerts and recitals

**The Central Band of The Royal British Legion**

**Saturday 16 November 7.00pm**  
at **St Mildred's Church, Bingham Road, Croydon, CR0 7EB**

Doors open 6.30pm

Tickets £15 (under 16s Free)

*Proceeds to be divided between The Royal British Legion and St Mildred's Organ Restoration Fund*

[www.stmildredschurch.org.uk](http://www.stmildredschurch.org.uk)

**St Mildred's Choir Concert**

**Saturday 12 October 7.30pm**

Tickets £15 from the Parish Office or via our website (above)

Please note that **St Mildred's Choir** have a CD of Christmas carols and hymns available from 12 October priced **£9.99**

## Theatre workshops

**CYTO (Croydon Youth Theatre Org)**

is a real theatre experience for the under 18s. We always welcome new members.

Every Friday there are drama workshops for all abilities and levels of confidence:

3.45pm - 5.00pm for the 6 to 9s

5.15pm - 6.45pm for the 10 to 12s

7.15pm - 9.15pm for the 13 to 18s

There are also technical workshops for the 13 to 18s on Monday evenings

(7.15pm) and of course our 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**.

## Christmas markets

**St Mildred's Christmas market** with lots of amazing stalls run by our many local arts and crafts enthusiasts.

**Saturday 7 December 12.30pm - 4.30pm**

**St Mildred's Church, Bingham Road, Croydon, CR0 7EB**

## Christmas services

**At St Mildred's**

**Sunday 22 December at 6.30pm**

*A festival of carols* — followed by mince pies and mulled wine.

**Tuesday 24 December at 4.30pm**

*"Tea towels and tinsel"* — a chance to be a shepherd or an angel.

At **11.30pm** *Midnight Mass*

**Christmas Day 25 December**

**10.00am**

*An all-age communion.*

## Clubs and societies

**Addiscombe & Shirley Rotary**

Did you know that for many years Rotary has been running *Youth Speaks*, a nationwide public-speaking competition for young people? In November,

Croydon's Rotarians will organise the Croydon heat of *Youth Speaks* to be held at a local school. There are Competitions for 11–13s and for 14–17s. Pupils from all of our secondary schools are invited to take part.



Teams are made up of three young people – a Chairperson, a Speaker and a Proposer of the Vote of Thanks. Teams choose their own topic, introduced by their Chairperson, who also introduces the other members of the team. Team speakers address the audience for six minutes, before answering questions from a Rotarian in the audience. A panel of three judges decides on the eventual winners and runners up, and the winners receive a shield and a gift token. All participants receive a certificate for taking part. The winners then advance to the next round and eventually a national winner is found.

If you are interested in the work of **Addiscombe & Shirley Rotary** and would like to know more, please see our website [www.aandsrotary.org](http://www.aandsrotary.org) or tel: **08448 84 97 43**.

### **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 Course**.

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, CRO 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 contact Gill on **0208 662 0378** or just pop along!

### **Croydon Inner Wheel**

Set up in the early 1920s to mirror the then men-only societies of the Rotary Clubs, these women-only groups have flourished nationally ever since.

The Croydon branch has been meeting since 1943 and today meets at Croydon Masonic Hall at **12.00pm** on the second Friday of each month. Anyone interested should contact Shirley Vine on 0208 656 9279.

### **Have you ever fancied joining the Women's Institute?**

The Women's Institute (WI) was formed in 1915 and is the largest voluntary women's organisation in the UK with over 210,000 members across 6,600 WIs. It provides all women with the chance to build new skills, to take part in a wide variety of activities and to campaign on issues that matter to them and their local communities. It is non-party-political, non-sectarian and open to any women over the age of 18.

Croydon Crocuses WI was founded five years ago by a local group of women who felt Croydon was missing an outlet for them to gather, share their knowledge and skills and have some fun doing it. We are an inclusive and diverse group who meet monthly in Central Croydon and are actively looking for new members at the moment.

If you are interested, or would simply like to know more, please get in touch at [croydonwi@gmail.com](mailto:croydonwi@gmail.com).

# CLACK FENCING LTD

## The Name in Professional Fencing

*Areas covered: Croydon, Purley, Bromley, Addington, Thornton Heath & Surrounding Areas*

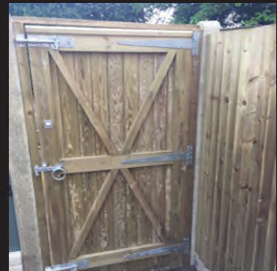
We use only the highest quality timber and fencing products.

We can fit any type of industrial or domestic fence, panel fencing, trellis, waneylap or whatever type of fencing you need for your project.

Whether you want to know more about what we can offer you, or want to discover more about our competitive prices, give us a call today.

### WHY CHOOSE US

**Trustworthy & Reliable • Free Estimates • Fully Qualified  
Work Insured & Guaranteed • Friendly & Helpful Service  
Professional Advice • 100% Customer Satisfaction Guaranteed**



Phone: 020 8657 1389 Email: [paulclack@btconnect.com](mailto:paulclack@btconnect.com)  
Web: [www.clackfencingcroydon.co.uk](http://www.clackfencingcroydon.co.uk)

**CLACK FENCING LTD**

2 Briton Close, Sanderstead, South Croydon, Surrey CR2 0JH



# Planning stuff

Round in Cheyne Walk, a planning application for a two-storey extension has been approved at number 14, and very smart it looks too. Garage at the front, living room extension at the rear. Large office/sitting room above that, another bedroom, then two en-suite bedrooms in the attic. Here's a before and after.



If we're honest, apart from the huge roof window it's very similar to its next-door neighbour at number 16, which looks like a bit like this.



While I was sniffing around Croydon Council's planning portal (oh yes), I stumbled across a far more interesting proposition. The owner of number 2 Cheyne Walk, Mrs Stanhope, has received permission to build a retirement bungalow at the bottom of her garden – and her neighbours'.



The red line delineates the plot, Addiscombe Farm to the right

The plan is to squeeze in said bungalow where the garages to numbers 2 and 4 are currently, right next door to Addiscombe Farm Cottage, that fine Grade II listed brick and flint house built in 1676, or thereabouts. No 2's garage already has

access to Addiscombe Road, which solves the vehicular access problem (can you back out on to main roads if you could do it before the law was changed?) and No 2 also has access via a drive in Cheyne, which largely solves the building access problem, what with Addiscombe Road having double red lines and suchlike.

It's difficult to find the back story on the bungalow, but the plans have clearly changed over the years: it seems to have started off with a pitched roof with, er, roof space. The detailed plans on the council's website are all but indecipherable, so here's a nice picture of what it currently looks like.

Needless to say, retiree Mrs Stanhope has to provide somewhere to park her bikes, unlike the dump, sorry flats, next to the park entrance at 40 Northampton Road.



I just keep smiling at this. It's one of the most bizarre planning applications I've ever seen.

Simon Sargent first tried to get permission to build a two-storey house at the rear of 30 Northampton Road, facing on to Carlyle Road, in March 2017. It was refused. The next application in March 2018 went through: permission granted.

Another plan went in in (grammer) August 2018. Permission granted.

Now he has applied for "Erection of a 3.5 storey detached building ... comprising 3 x 2 bedroom and 1 x 1 bedroom flats."

Look at the elevations: it's absolutely preposterous with not a chance in the



PROPOSED FRONT ELEVATION



PROPOSED REAR ELEVATION

# OVEN CLEANING SERVICE

**Non-caustic • Non-corrosive •  
Non-toxic agents  
All eco-friendly products**

Repairs to cookers, ovens, washing  
machines, dryers and dishwashers

**Leave the dirty work to us!**

Call Monday to Friday (5 to 7pm)  
Saturday (3 to 6pm)

Based in South Norwood

**Tel: 07960 272493**

## ASPRI 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

## desresblinds

"let's make it a **desirable** residence"

Customer service and quality guaranteed  
by established local family business.

We have dedicated specialists (each of  
whom have worked for us for years)  
for each of the products below:

All types of  
Window Blinds, Conservatory Roof Blinds,  
Shutters, Awnings/Canopies, Curtains,  
Window Film.



Call or email us for a brochure or appointment.  
We also invite you to look at our website.

[www.desresblinds.co.uk](http://www.desresblinds.co.uk)

Tel/Fax 020 8651 3569 Mobile 07961 827 917

Email [info@desresblinds.co.uk](mailto:info@desresblinds.co.uk)

# Mandells

## Domestic Appliances LLP

- Family-run business with over 25  
years' experience in the repair of  
domestic appliances.
- All makes and models of washing  
machines, tumble dryers, dishwashers,  
ovens, hobs, cookers.
- We have one set price for labour.
- We can also supply and install a new  
appliance for you at a competitive price.
- We are proud members of  
TrustATrader.com with nearly 400 reviews.

21 Greenway Gardens, Shirley CR0 8QJ  
[info@mandells.com](http://info@mandells.com) [www.mandells.com](http://www.mandells.com)



0208 777 7770





## Planning stuff/2

world, you would think, of going through.

Four flats on the same footprint, more or less, seems plain daft. It's ugly, dominating and completely out of scale and style for the site and neighbourhood. We'll see.

The, er, *interesting* new circular building on the corner of Shirley Road and Shirley Avenue has been finished for three months but there's no sign of anyone moving in yet. It will definitely be a dental practice, linked we hear to Gentle Dental on Wickham Road, but what a strange-looking place.



It's taken something like four years to build. Local shopkeepers and residents are still astonished (and dismayed) that it ever got planning permission, and even more puzzled now that what they thought was an outer wrapping which would be peeled off to reveal gleaming glass turns out to be the actual finish.

Talking of interesting buildings, the new-build garage replacement on Sherwood Road (opposite Sherwood Road Hall) is taking shape. This is the one with the peculiar asymmetric, lopsided roof.

Grey brick walls are going up, one of which apparently fell on a motorbike recently in a particularly sharp gust of wind.

It's not very wide and it's not all that

deep but it will have a small garden and, undoubtedly, a bike shed.



And talking of rear-of developments, the site behind the vet at the top of Northampton Road just gets scruffier and scruffier. The cheap coarse particleboard fencing is buckling and leaning and is a real eyesore. Still, never mind. Only the people who live near it have to put up with it. Fortunately the owner lives several hundred yards away.

And talking of dithering, 43 Northampton lives up to our expectations. Having withdrawn an application to turn the house into six flats in 2017, the owner was given permission a year later to turn the attic into a large 'games room' with bedroom, bathroom and kitchen. Hmm, as we said.

Surprise! Building work on the attic (aka one-bed flat) ended months ago and there's now a new application to turn the house into five flats. Meantime the site looks terrible, with cheap fencing, a skip, weeds and pigeons in the open windows. There appears to be a caretaker living in, but he's not there to keep it tidy.

It is apparently a Martini project, but you wouldn't know it to look at it. Let's hope, though, that it doesn't end up looking like all those strange remodelled houses on the Whitgift estate. GG



## GUTTER CLEARING GARDEN MAINTENANCE

Blocked gutters can cause serious water damage to your home. We clean your gutters from the safety of the ground

**Please contact CS MAINTENANCE on 07931 286849 for a free quote**

We also do all garden work

- Grass cutting
- Weeding
- Cutting down bushes etc
- Jet washing driveways and patios

We take all garden waste away.

We are insured and registered with the Environment Agency.

We are also reliable.

You can see my work on my Facebook page: **CS MAINTENANCE**

## ASPRA needs your help! We're looking for Road Reps for Elmgrove Road and Kingscote Road

Claire and James Binnie have been looking after these roads for years, and now we need someone to take over from them.

It's not arduous and it's a great way of meeting people.

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



## Magdalene Preschool

Magdalene Preschool is a long-standing preschool which is situated in the Magdalene Centre, Canning Road, CR0 6QD

**We offer 2, 3 and 4-year-old funding**

Opening hours: Monday/Tuesday 9am-4pm Wednesday 9am-12pm  
Thursday/Friday 9am-3.30pm

Please visit our website [magdalenepreschool.com](http://magdalenepreschool.com)  
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





## What's on at Ashburton library

**A Monday Talk** on 28 October from 11.00am-12.00pm  
*The Secret Life of Bananas* with Gesmay Paynter who shares tales of her childhood and her journeys around the world, where she discovered much about the humble banana, enabling her to declare herself a Banana Ambassador

For adults. Free admission but advance booking required.

**On Thursday 21 November** from 2.00pm-3.00pm  
*Adult Origami Craft*

Learn how to create beautiful origami designs and use them to decorate a Christmas card.

For adults. Free admission but advance booking required.

**Crime Reading Group**  
**1st Monday of the month** 5.30pm - 6.30pm

Friendly reading group where we discuss the latest Crime fiction.  
NEW MEMBERS WELCOME!

### **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 and crochet group.  
All knitting and stitching abilities welcome!

### **1-1 IT Sessions**

**Tuesdays and Thursdays**  
10.00-11.00am and 11.00am- 12.00pm,  
Saturdays 2.00 - 3.00pm

Book a free one hour long session with our volunteers, to learn or improve basic IT skills. Booking required.

### **Ashburton Film Club**

Showing a selection of Adult and Children's films on various dates.  
Cost £1.50 to library members and £3.00 to non members.  
Contact the library for film listings and dates or to join our Film Club mailing list.

### **Book Buddies**

Stories and crafts and special events for children aged 7 and under, meeting every Thursday at 4.00pm - 4.30pm

### **Homework Club**

Homework support for children aged 9 to 16 years, meeting every Tuesday and Thursday at 3.30pm - 5.30pm and Saturdays at 2.00pm -5.00pm.  
Term Time only.

### **Rhymetime**

Songs and rhymes for families and under 5s, every Tuesday at 11.00am - 11.30am, and Thursday (with children's crafts) at 10.30am, followed by Rhymetime at 11.00am - 11.30am

### **Chatterbooks**

A reading group for children in years 3-6. All abilities welcome. Please contact the library to book a place.  
Once a month on Fridays 4.00pm - 4.45pm. **First session Friday 18th October**

Please contact the library on **0203 700 1001** for information on these and other events not listed above.  
Or email:  
[ashburtonlibrary@croydon.gov.uk](mailto:ashburtonlibrary@croydon.gov.uk)



# WEAVERS HAIR & TANNING



**NEW!**

**HOT  
Sunbeds**

*from just*

**50p per minute!**



Fully compliant with  
The Sunbed Association  
guidelines



265, Lower Addiscombe Rd, CR0 6RD

Telephone: 020 8654-7391



**KEUNE**  
TINTA COLOUR

- \* No animal testing
- \* PPD-free; reduces the chance of allergic reaction
- \* Coconut oil base formula reduces itchiness, irritation and sensitivity to scalp
- \* UVA and UVB protection helps lessen colour fade
- \* 100% grey coverage
- \* Silk Proteins to improve condition and shine



## Yoga in Addiscombe

- ST MILDRED'S** *Beginners* Thursdays 6.30-7.30pm  
*Mixed* Mondays 8.30-9.30pm & Thursdays 7.45-8.45pm  
*Pregnancy* Mondays 7.15-8.15pm
- SHIRLEY HIGH** *Mixed* Saturdays 9.00-10.00am
- OUR LADY** *Mum & baby* Mondays 10.00-11.00

Classes taught by Janice Champion  
Mob. 07957 663195  
Email [info@janice-champion.co.uk](mailto:info@janice-champion.co.uk)  
Web [www.janice-champion.co.uk](http://www.janice-champion.co.uk)





## Addis'n'dat

**Park life** As anyone who has known Bingham Rec for any time will know, the old park-keeper's shed near the Northampton Road entrance has been bereft of purpose for the last ten years or so, possibly even more. Remember? I don't. Fifteen?

Well, here's exciting news. A local cafe owner is in talks with the Council to open it for tea and coffee, and to reopen the loos/toilets (and keep them tidy) in the process. Local councillors are keen, and so far there hasn't been an outright 'no'. Watch this space.

**Say NO! to NO** Ever wondered about those little silver gas canisters you sometimes see by the kerb? They remind me of the canisters that my granddad used in his soda water bottle, but you don't see those around a lot these days.



The ones in the kerb contain, or contained, at any rate, nitrous oxide, also known as laughing gas and, more recently, "hippy crack", according to a recent newspaper. About £4 each, somebody told me.

So there you are then. "Hippy crack". Not to be confused with builder's bottom.

**Kulcher korner** Well here we are, our autumn issue. (Smart alec alert: I've been looking stuff up.) Spring sprang, Sumer (one m) icame in and went out again, and before we knew it we had seasons of mellow fruitfulness wafting around all over the place.

And my point, you ask?

None really. Just thought it was all rather nice.

**Top tip** If you've got a tree outside your house and it's got new thin branches growing out where they shouldn't – just above ground level, or even further up the trunk – why not nip out one Sunday morning with a nice sharp pair of secateurs and snip them off?

No one else is going to do it, and you'll not only be making your street look better but be able to feel a bit community-minded in the process. It's soul-warming, in case you're wondering.

**Lighting up** It's our last year, this year, of the current five-year contract for our Christmas lights. We've been in talks with our man Vernon, who sorts them out for us, and it looks like we'll be able to keep them going for years to come. The cost will go up of course, but our lovely councillors, shopkeepers and traders will, we hope, be only too keen to help, again. Fingers crossed.

**Poppies galore** You'll have noticed we decided to put up our jumbo-sized poppies again,



So brave. Heroic ASPRA stalwart risks life and limb to cable tie reluctant poppies in gale force wind

for the second year running. It's appropriate and deserved. Let's not forget.

*Our thanks to Gareth Streeter, Shirley North councillor, for the pix.*

**The dreaded orange dot** Some of the trees at the sides of our roads are diseased and need sorting out. It's always a bit of a shame when nice old trees are replaced by young striplings, but it makes sense.



You can tell which trees are for the chop. Some have a sprayed-on day-glo orange X, some an orange dot.

The biggest, oldest, fattest oak tree in Bingham Rec, on the path between Bingham





houses in our area only had electricity installed in the 1920s, and then only in a limited way.

But back to the bridge. The resulting appalling traffic congestion reminds us how fragile our east-west road connections actually are.

And the only real solution is to make owning cars so expensive we give them up. It's not that far away.

**Parking mad** And here we go. Croydon Council has announced new charges for parking permits in controlled parking permit zones. Any vehicle registered before March 2001 will pay £300 a year. If a vehicle was registered after March 2001 and is in Charge Band 1, it is a mere £6.50. Charge Band 2 is £65, and it just gets worse from there.

The *surcharge* for a second permit at the same address, whatever the charging band, is £50. And, but only as long as you've had a permit before, the surcharge for a third parking permit at the same address, regardless of charging band, is £150! The third resident's permit is not available for new applications. Get a bike, chum.

**Ark the 'erald** We'll have a new senior school on our

doorstep next year. The Ark Blake Academy, in Cherry Orchard Road, will open its doors to its first batch of 180 year 7 pupils in September 2020, and will have 1,200 pupils, including 300 in the 6th form, by the time it's full in 2026.

It's big brother, of course, to Ark Oval Primary in Oval Road, and will have state-of-the-art facilities for sport and music, including a 3G sports pitch, whatever that is, on the roof. Is it something to do with mobile phones?

There will also be a four-court sports hall, dance studio, outdoor playground, drama studio and music suite with recording studio.

And not a blackboard rubber to throw at misbehaving pupils' heads to be seen. Those were the days.

Go to [arkblake.org](http://arkblake.org) for more information.

**Grrr** "Thank you for waiting. Your call is important to us." Clearly, it isn't. If it were, we wouldn't hear this irritating announcement. There's one major offender around here, and lots of you will know who I'm talking about. Ten minutes later the posh gent is still telling you you are still second

in the queue. Change the message, please. It's very, very irritating.

**So quiet** Work came to a standstill on several local flat conversion sites recently when Immigration Enforcement teams arrived and asked to see visas, sir, if you wouldn't mind.



**Not so wrecked** ASPRA's gardening group has worked wonders on the park this year. Our beds near the Northampton Road entrance haven't looked this good for as long as I can remember. Well done, all of you, and many thanks. It still looks fab.

The refurbished benches look great, too: so much more appetising. CG





## Addis'n'dat/2

Road and the park itself, has a day-glo orange dot.

It needs to stay. It would be tragic to let it go because of a few germs.

**Pharmacy for miles** Still more letters through the letterbox, all concerned with making it easier for us to get our medical supplies. They want us to place our business with their huge warehouses, and send us our meds by post.

And if we're out and they won't fit through the letterbox, we'll all end up going to Factory Lane to collect our vital parcels.

It's actually so much easier to place your business with a local pharmacy. Use them or lose them, as they say.

**Addiscombe-over** "The number of vacant shops has surged to a five-year high ... with one in ten now standing empty." (Front page of business news, 27 Sept.)

So the good news is that the old Barclays Bank on the corner of Blackhorse Lane (shame it wasn't Lloyds, given the location) has been let. We don't know who, yet, but we do

hope they have respect for the building. It would be tragic if that glorious 1914 facade is spoilt by architecturally illiterate 'modernisers' and clumsy, thoughtless signage.

**Sadtander update** At the time of going to press, the old Santander/Abbey National premises are still available, but there's definite progress.

The ground floor looks completely sorted and the owner, who also owns the

getting, a lot of stick for (a) having the nerve to try to fix things and (b) holding up the motoring public in the process. And then (c) taking longer than they originally said!

The original, 123-year-old brick bridge had been given a substantial concrete overcoat at some time, which was letting water through. The entire thing had to be excavated right down to railway ground level, and wrapped in waterproof

membrane.

Our man with a hard hat told us the gas leak they discovered took three days to fix. The water mains leak took a couple of days...and then they discovered some 120-year-old electrical cables were cracking up. More delays.

Which turns this into a much longer story. It corroborated a conversation I had with electrical contractors a couple of years go.

The source of the electricity to the Addiscombe Road sub-station opposite the vet's came from the original tram supply in central Croydon, back in the early 1900s. This is why some of the houses in the vicinity had electricity when they were built – my own house, for example, which was built in 1910, had an electric doorbell, and no knocker. (Showing off, it's called.) It had new-fangled electric lights, with gas lights on the walls just in case. Some



freehold on Weavers, next door, has also applied for planning permission to build a mansard roof – another floor, another flat – over both premises.

Major building work on the high street is a tricky business, so the yards out the back are going to be busier than usual.

**Building bridges** I actually feel sorry for Tramlink and Cleshar, the contractors on the Addiscombe Road bridge works. They got, and are still





## F-f-fairfield's hesitant re-opening

Jonas Cradock writes



On Wednesday 18 September the newly re-opened Fairfield Halls held its Gala Concert in the Phoenix Concert Hall. This featured the London Mozart Players, Soprano Liz Watts and a trio of conductors — Howard Shelley, Jane Glover and Gérard Korsten. It has taken longer than originally estimated for the building renovation to be completed, and indeed the building is having a 'soft opening' with parts of the building being opened as renovations are completed.

The day after the Gala concert we were treated to a tour led by Jack Dryden, BH Live's Marketing Executive. We started in front of the newly unveiled collage of Dame Peggy Ashcroft and the renamed Ashcroft Playhouse (formerly the Ashcroft Theatre) — a nod to the type of programming we can expect to see in this 800-seat venue. The Playhouse opened with a production of *The Producers* by CODA (Croydon Amateur Dramatic Society), and this season will

include the UK premiere of the musical adaptation of Frank McCourt's *Angela's Ashes*, a production of Sarah Waters *The Night Watch* as well as the touring production of the musical

*Once*.

Next we were shown into the Arnhem Foyer via a number of previously closed-off spaces which have now been opened up for use by the public. The glorious sun lounge mezzanine is beautifully light, with the original floor to ceiling windows having been restored. New chandeliers hang overhead, remade according to the original

1960's designs, though of course with modern LED lightbulbs. Jack was keen to express that they want to encourage locals to use the foyer space throughout the day and to make full use of the new cafes situated in the foyer and the mezzanine.

Alongside the London Mozart Players who are the resident orchestra, Chineke! Orchestra will be in residence along with the Savvy Theatre company and Talawa Theatre







company. We were allowed a peek into the unfinished rehearsal space for Talawa in what was the old Arnhem Gallery.

Next door to the Talawa space there will be a brasserie restaurant with an adjoining open courtyard.

The Phoenix Concert Hall now seats

just under 1800. Much has been done to retain the famed acoustic and there are now also new acoustic baffles which can be used when the hall programmes amplified concerts. Jack informed us that the tickets for all the venues in Fairfield Halls will be released in batches (each release batch containing every price band) in an effort to encourage early booking.

We also learned that box seats would be sold without a premium and would be priced in line with the best seats in the main part of the auditorium.

Finally we were shown the still-to-be completed Fairfield Lounge – a members space and a place to come for post-show cocktails. The lounge has a wonderful balcony with great views out towards the Town Hall and Queen's Gardens. It is a joy to see this building back in use and despite the inevitable snag list on such a renovation, the building promises to be a cultural hub for everyone to be proud of.



# S. J. WHITE SERVICES

(est 1968)

## Your local BUILDER

Extensions  
Conversions  
Loft rooms

Qualified carpenters

Qualified electricians



PLANNING  
PERMISSION



BUILDING  
REGULATIONS



INTERIOR DESIGN



0208 407 0362  
07960 386677

## Poetry Corner!

### Jelly babies

Little bubbles of optimism, floating from the roiling  
boiling mass of heaving bodies, working hard  
to secure their future. The darling young,  
set out in groups upon familiar waves.

Specks of life lie contemplating,  
succoured by the gelatine.  
Forming, growing, now distinct -  
a head, a tail, a wriggle.



Too soon, too soon  
the babies come –  
beware the latent frost that kills and maims  
the young before they leap.

The felines wait with golden eyes.  
They see you. Come here, float closer –  
let us reach you and enjoy  
cat caviar.

*Susan O'Neal, Birch Tree Way  
(Who still hasn't received the her well-deserved  
previously-owned wooden spoon for her poem in the  
last issue)*

## Parker Brothers

**We are a long-established,  
friendly, family business**

Servicing and repairs for all vehicles –  
new and classic



MOT testing while you  
wait or by appointment  
MOT test £45 with this ad!

Bodywork and welding

Car sales

No repair too small!

Classic car restoration

**Parker Bros (Croydon) Ltd**

9 Bywood Avenue, Shirley CR0 7RB  
020 8654 1923





## A Doctor writes...

### Fat vs fiction

For my patients with diabetes we often talk about how carbohydrates are the enemy. How too much sugar causes a spike in your blood glucose levels which then puts pressure on your pancreas. If you have heart disease, we talk about how those naughty fats are clogging up your arteries and predisposing you to another heart attack. But be wary – when you go to the supermarket to buy your meals, low fat often means extra sugar has been added, and low sugar often means they balance it out with more fats.

The US dietary guidelines say that 45-65% of your calories should come from carbohydrates, 20-35% from fats, and 10-35% should be from protein. Following this, a study published in *The Lancet* found that people who obtained more than 68% of their total calories from carbohydrates were 28% more likely to die earlier than those who took a lesser amount. While the researchers did not look into the specific types of carbs, it's assumable that the vast majority of carbs are the refined ones – think white bread, rice and pasta. These ones also have a high glycaemic index which means they spike your blood glucose levels faster, which then predisposes you to many chronic diseases, such as obesity and diabetes.

And as for fat? It had the opposite effect.

Now before tucking into all those pork pies, there is something I need to explain. We still do not know enough about fats to be able to advise that all fats are great. For those that have had their lipids tested by your GP, you would know that there are lots of elements to it. Total cholesterol is broken into triglycerides, LDL (low density lipoproteins), HDL (high density lipoproteins), non-HDL, and finally a ratio of total cholesterol to HDL. We know that the body synthesises its own cholesterol, so really your total cholesterol reading is pretty



redundant. We also know that HDL has some positive effects, so we do not want to lower that. So really the two important elements in your lipid profile are the LDL (effectively the bad cholesterol) and the ratio, which shows how much of your total cholesterol is made of good cholesterol. A ratio of over 5 is not so great.

Now if you have been keeping up, we need to find foods with the right level of fat, ie low in LDL and high in HDL. For that you need to look no further than our continental neighbours who live by the Mediterranean.

Cardiologists have touted the Mediterranean diet for many years – olive oil, beans, legumes, whole grains, fatty fish, soy, and dare I say it...red wine.

No red meat in sight, and that unfortunately is our biggest problem. Red meat is high in LDL which means it's a major contributing factor to our nation's ill health. Another recent study has found that red meat increases our risk of bowel cancer significantly. So how much is too much? I normally advise my patients to have no more than two meals of red meat a week.

So what does all this mean in real life? Cut down your refined carbohydrate significantly – less white bread, fewer processed carbs, swap your fatty meats for fish, and bulk up your meals with plenty of fresh vegetables and beans.

I guarantee those changes will keep the doctor away far better than any apple will... and the environment will thank you too!

## Take care!

Dr G Sivadhas  
GP Principal – Stovell House Surgery



# THE POINT

## ELECTRICAL SERVICES



ALL ELECTRICAL AND MAINTENANCE WORK UNDERTAKEN

Registered Electrician Proud members of **Checkatrade.com** Where reputation matters No job too small!

- EXTRA SOCKETS AND LIGHT POINTS
- UPGRADE CONSUMER UNIT
- PART AND FULL REWIRING
- ELECTRICAL INSTALLATION
- CONDITION REPORT
- SMOKE DETECTORS
- LANDLORDS' CERTIFICATES
- WE NOW INCLUDE GENERAL BUILDING WORK
- KITCHEN FITTING
- BATHROOM FITTING
- CARPENTRY
- PLASTERING
- BRICKWORK
- FLOORING

For a free quotation please call 07376 146 380  
or email [evpoint@hotmail.co.uk](mailto:evpoint@hotmail.co.uk)

# TD

*We Have Moved*

FOR ALL YOUR  
PRINT REQUIREMENTS

# PRINT & SIGNS

Graphic Design • Corporate Identity • Logo Design • Leaflets  
Order of Services • Flyers • Posters • Photo Copying • Mugs  
Banners • Business Cards • Brochures • Laminating • Menus  
Logo Design • Roller Banners • T-Shirts • Invitations • Folders  
Magazines • Magnetic Signs • Builders Boards • Shop Signs

*Where Customer Service still matters*

304 LOWER ADDISCOMBE ROAD • SURREY CR0 7AE

TD PRINT@BTCONNECT.COM

020 8656 0888



## And finally...

### ADDISCOMBE

For those of you used to our periodic attempt at wit, with which we

normally close the magazine, we're going to be serious for once. Did you know that Addiscombe has a rich literary history? Did you know that once upon a time R.F. Delderfield and D H Lawrence both lived in this area. Well, how about a chance to allow another Addiscombe resident to follow in their footsteps and see a story printed and their name in print? Will it be you?

**f** I LOVE ADDISCOMBE is announcing the very first Addiscombe writing competition and it's open to all Addiscombe residents. All you have to do is put on your creative hat and get writing. The winner will see their story published in the Spring 2020 edition of this magazine.

To enter the competition you must write an original story, no more than 800 words in length. It can be on any topic. It could be a detective story — who stole all the apple pies from the bakery? It could be a ghost story — Mr Bingham comes back to haunt the tram stop. Or perhaps it could be a gentle romance.

The competition is open to all ages — the only rule is that the story has to be set in or be about Addiscombe!

Please submit all entries by the 30th November 2019 to [addiscombe20@gmail.com](mailto:addiscombe20@gmail.com). All entries have to be in double spacing and in Arial Font 12.

For more writing ideas and tips - log on to **f** I LOVE ADDISCOMBE.  
PP

## ARTHURS BARBERS

Cutting hair in  
Addiscombe for  
more than 40 years

Monday to Thursday 9am - 6pm  
Friday 9am - 7pm  
Saturday 8am - 6pm  
Sunday 10am - 4pm

317 Lower Addiscombe Road

It's a snip! ☎ 020 8662 0811  
OAP rates Monday to Thursday

## DP ROOFING

Specialist in flat roofing,  
slating and tiling

All work guaranteed

Free estimates

30 years' experience

Tel: 020 8656 8708

Dave Patey  
45 Kingscote Road  
Addiscombe

## Advertising in ASPRA magazine

Addiscombe & Shirley Park Residents' Association is always happy to welcome new advertisers to our magazine. That said, we're a bit chock-a-block at the moment so we can't promise to take in new advertisers, much as we'd like to. We will squeeze people in if we can, but there's no guarantee. Please contact us at the email address at the bottom.

The magazine is published three times a year. Our Spring and Autumn issues go to roughly 900 households and businesses. We usually print 1100 copies and distribute spare copies around the area. The Summer issue is delivered by hand to every household in our area – almost 2000 in all – plus another 500 or so copies distributed around shops, businesses, local organisations, residents' associations, clubs, and so on.

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

|                                  |     |            |               |
|----------------------------------|-----|------------|---------------|
| Full page                        | £65 | Trim size  | 148mm x 210mm |
|                                  |     | Type area  | 128mm x 185mm |
| Half page                        | £35 | Vertical   | 62mm x 185mm  |
|                                  |     | Horizontal | 28mm x 90mm   |
| Quarter page                     | £20 | Vertical   | 62mm x 90mm   |
|                                  |     | Horizontal | 128mm x 43mm  |
| Bleed page (+4mm on bleed edges) |     |            | 152mm x 218mm |

All measurements give the width first.

As you will have seen from the way we put the magazine together we are neither of us sophisticated (or even basic) graphic designers and cannot put your advertisements together for you – we simply do not have the skill. Or time. Just putting the magazine together takes quite long enough for a pair of ancient beings for whom Windows 10 and iOS 12 are the spawn of the devil.

Fortunately, we can arrange ad design for you at a very reasonable cost. Top designers, peanuts price.

For more details on cover rates, acceptable copy formats, series discounts and all the other bits and pieces you need to know, please contact our unnecessarily tall advertisement manager, Colin Gamm, by email at [adverts@theaspra.org.uk](mailto:adverts@theaspra.org.uk).

## Index to Advertisers

|                            |        |
|----------------------------|--------|
| Addiscombe DIY             | 22     |
| Addiscombe Dry Cleaners    | 22     |
| Addiscombe Fruit and Veg   | 27     |
| Addiscombe Pharmacy        | 42, 43 |
| Addiscombe Security Centre | 34     |
| Albion Windows             | 20     |
| Anthony Leonard            | 34     |
| Arnold Construction        | 14     |
| Arthurs Barbers            | 61     |
| Assured Preservations Ltd  | 16     |
| C S Maintenance            | 50     |
| Clack Fencing              | 46     |
| Claret & Ale               | 28     |
| Coughlans                  | 25     |
| Cray & Norton              | IFC    |
| Deckboard Hardwood         | 4      |
| Demarc Enterprises         | 36     |
| Des Res Blinds             | 48     |
| DP Roofing                 | 61     |
| Dream Doors                | 6      |
| Flawless Feet              | 14     |
| Guryel & Co                | 18     |
| Harris & Bailey            | 30     |
| LMB Group                  | 38     |
| Magdalene Preschool        | 50     |
| Mandells                   | 48     |
| MK Dance                   | 8      |
| Oaks Estate Agents         | 32, 33 |
| Oven Cleaning Services     | 48     |
| Parker Bros                | 58     |
| Probus                     | 43     |
| Right at Home              | 18     |
| Shirley Park Golf Club     | 10, 12 |
| S J White                  | 58     |
| Streets Ahead              | OBC    |
| TD Studio                  | 60     |
| The Fish House             | 24     |
| The Point                  | 60     |
| The Prawnbrokers           | 22     |
| Trinity Sports Club        | 40     |
| Vic Gibson                 | 26     |
| Weavers                    | 52     |
| Yoga in Addiscombe         | 52     |
| Autumn 2019                |        |





## 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 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.

|                            |                           |                      |
|----------------------------|---------------------------|----------------------|
| Addiscombe Road (275-395)  | Myra Rand                 | 391 Addiscombe Road  |
| Annandale Road             | Patricia West             | 5 Annandale Road     |
| Ashburton Avenue           | Kiff Paddon               | 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                | Jeet Bains                | 17 Cheyne Walk       |
| Claremont Road             | George Orlebar            | 30 Claremont Road    |
| Colworth Road              | Lyn Simmons               | 3 Colworth Road      |
| Compton Road               | Shashi and Shila Kotecha  | 21 Compton Road      |
| Craigen Avenue             | Jane Walsh                | 39 Craigen Avenue    |
| Craven Road                | Joy Morrall               | 7 Craven Road        |
| Elmgrove Road              | <i>Volunteer required</i> | <i>Can you help?</i> |
| Fernhurst Road             | Terry Eames               | 23 Fernhurst Road    |
| Fryston Avenue             | John Dellaway             | 34 Fryston Avenue    |
| Glenthorne Avenue          | Mike and 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             | <i>Volunteer required</i> | <i>Can you help?</i> |
| Lower Addiscombe Road      | Jonas Cradock             | Colworth Road        |
| 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)      | Claire Brialey            | 59 Shirley Road      |
| Whitethorn Gardens         | Mike Foster               | 4 Whitethorn Gardens |



**LANDLORDS**  
STOP CHASING YOUR TAIL,  
**LET US DO THE  
HARD WORK!**



**BRITISH  
PROPERTY  
AWARDS**

**2018-2019**



**GOLD WINNER**

**LETTING AGENT  
IN CROYDON**

