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1989-2016

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**Spring 2016**



**Betty  
Westgate  
MBE**  
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and education. Founded  
**Breast Cancer Care**  
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**Road Representatives**

Addiscombe Road (275-393)	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 (1-94) Bingham Road (93-186)	Jenny Crook Jenny Tighe	29 Bingham Road 139 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
<b>Cheyne Walk</b>	<b>Volunteer needed</b>	
Claremont Road	George Orlebar	30 Claremont Road
Colworth Road	Lyn Simmons	3 Colworth Road
Compton Road	Shashi Kotecha	21 Compton Road
Craigen Avenue	Jean Carson	13 Ashburton Road
<b>Craven Road</b>	<b>Volunteer needed</b>	
Elmgrove Road	Claire Binnie	58 Kingscote Road
Fernhurst Road	Terry Eames	23 Fernhurst Road
<b>Fryston Avenue</b>	<b>Volunteer needed</b>	
Glenthorne Avenue	Mike Rothon	33 Glenthorne Avenue
Greencourt Avenue	Paul Pinder	28 Sefton Road
<b>Greencourt Gardens</b>	<b>Volunteer needed</b>	
Harriet Gardens	Bill Callow	3 Harriet Gardens
Kingscote Road	Claire Binnie	58 Kingscote Road
<b>Lower Addiscombe Road (194-362)</b>	<b>Volunteer needed</b>	
Northampton Road	Bob Sleeman	50 Northampton Road
Parkview Road (Evens) Parkview Road (Odds)	Shelagh Clark Rinish Shah	53 Bingham Road 37 Parkview Road
Peabody Close	Lorna Elliott	60 Glenthorne Avenue
<b>Sefton Road</b>	<b>Volunteer needed</b>	
Selwood Road (1-44) Selwood Road (45-87)	Mary Alexander Jan Rutter	42 Selwood Road 73 Selwood Road
Sherwood Road	Tom Wells	45 Sherwood Road
Shirley Park Road	Sarah Hills	58 Shirley Park Road
Shirley Road (1-52) Shirley Road (57-196)	Margaret Grimsley Placek Simpson	22 Shirley Road 34 Glenthorne Avenue
Whitethorn Gardens	Mike Foster	4 Whitethorn Gardens



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## Letter from Chair

*Dear Resident*

As I said in my report to our recent AGM many thanks for inviting me to stand as chairman again.

During the past year the Association has carried out many new activities, all of which are reported later in this magazine by the responsible committee member

This being our annual subscription issue I would like to bring to your attention the most important part of our Association, our members. This year I hope we can rely on you to renew, re-join or join for the first time. We need the strength in numbers to send your views to the local authorities regarding planning, parking and any other issues which may surprise us in the next year.

The controlled parking zone proposed for the roads off Bingham road should be carefully considered by those residents affected. Please send your reply back to the Council as soon as possible. Bingham park has recently had the benefit of the attention of quite a few local well organised residents who are cultivating many of the flowerbeds and plants provided by volunteers and weeds cleared by the Council contractor. Finally I would like to thank Liz for her sterling work as Editor of this magazine as she is standing down after this issue. Is there anyone out there willing to help with a small group to produce our future issues?

Once again many thanks.

*Steve White*

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## It's time to renew your Membership for 2016

This edition of the ASPRA magazine is the '**subscription**' issue, delivered by our Road Reps to **ALL** households in the ASPRA area.

Subscriptions are now due as of the AGM (26 April). With this magazine you will have received a 'subs envelope' which will have your Road Rep details on it. Please fill in your details, tick the box for the payment method and return to your Road Rep. If you prefer, you can fill in the online form on the website: [www.theaspra.org.uk](http://www.theaspra.org.uk). If you include an email address, this will allow us to easily include you in any updates. Fees were agreed at the AGM to remain at £4 per year. The preferred method is by standing order or bank transfer (Sort Code: 20-24-61, Account No: 50802549). Please remember to add your house number and road name as the reference so we can trace your membership. Cash or cheques payable to ASPRA are also acceptable and should be placed in the subs envelope. Your Road Rep will collect the returned envelopes and pass them on to the membership secretary who will update the records and ensure that you continue to be included in updates, circulars and meetings throughout the year.

### In 2015 you helped your Association to

- ◆ Improve pedestrian and vehicle safety in Bingham Road
- ◆ Bring back festive lights to our shopping parade over the Christmas period for a five year contract
- ◆ Respond to the Croydon Local Plan and help with planning decisions
- ◆ Produce two newsletters including articles and information from members
- ◆ Donate to the plaque for Betty Westwood
- ◆ Set up the gardening group for Addiscombe Recreation Ground
- ◆ Organise the jumble trail

### For the year ahead you want us to

- ◆ Continue efforts to make our area safer for pedestrians
- ◆ Consider the proposed CPZ 20mph limit
- ◆ Support the Friends of Ashburton Park
- ◆ Investigate a Public Notice Board for Addiscombe
- ◆ Work with local Residents' Associations on the Croydon Detailed Plan for Addiscombe and Shirley
- ◆ Identify and resolve issues road by road
- ◆ Increase membership

You can contact us via your Road Rep or using the form on the website to tell us about any issues, ask for help or publicise local events. The list of Road Reps is on the inside front cover of this magazine.

## Betty Westgate Plaque by Jenny Crook



Betty Westgate, Cancer Care Campaigner and Founder of National Charity Breast Cancer Care, has been awarded a posthumous blue plaque outside her former home in Colworth Road for services to charity. This is a permanent reminder of a remarkable woman whose legacy still continues today.

Betty Westgate lived on Colworth Road in Addiscombe until her death in 2000, spent over 30 years supporting people affected by breast cancer. In 1968 Betty had a biopsy for a lump in the breast. It was originally diagnosed as benign but a week later she was told she would need a mastectomy. When she asked the doctor about the operation, he could not understand her need to want to know. On her discharge, a timid young nurse thrust a wad of cotton wool into her hand, suggesting she put it in her bra, "as it would make her look more normal." After this experience she was convinced that women needed help, comfort, consideration, sensitivity and information so she began to research the subject in considerable depth; her career as a Biology teacher must have been an advantage in this mission. Thus was born Breast Cancer Care.

In 1973 she started the Mastectomy Association, running a telephone support line from her back room, which offered help and information to people affected by breast cancer. In 1974 Betty designed the "Cumfie" bra. She had prostheses made in different sizes and weights. She travelled the world to talk and educate people about the charity. Through Betty's determination the Mastectomy Association grew and became Breast Cancer Care in 1994.

At midday on Monday 19 October, a crowd of about 50-60 including many ASPRA residents gathered, to watch the unveiling of Betty's plaque at 1 Colworth Road. The whole event was organised by Lyn Simmons, Betty's next door neighbor and friend. Lyn welcomed everyone to the unveiling ceremony. "In my 20 years of living next to Betty, I always thought of her and her husband Jim as just lovely, friendly neighbours. As the years passed by we discovered what an incredible woman she was and the pioneering work she was doing behind closed doors. It also explained why their phone would ring at all hours! I had presumed she was a very popular woman, but it all made sense when she told me about the support line she was single handedly running. This plaque is a great way to celebrate Betty's life and her incredible work." The Mayor of Croydon, Patricia Hay-Justice said that she had particularly wanted to come to the ceremony as she had lost her sister to breast cancer recently. She was also proud of Betty's achievements as a citizen of Croydon.



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## Stag Beetles in Addiscombe By Bob Sleeman



Larvae  
May 2016

The new subscription-based Green Waste Disposal Scheme got under way in the ASPRA area on Thursday 28 April and will continue on alternate Thursdays until November. The new wheelie bin works well as a vertical wheelbarrow moving around the garden where careful pruning is required. It was quickly filled up with winter trimmings, leaves and spring grass mowing.

On 30 April I had no excuse to avoid gardening again and so the rampant ivy and prickly berberis (an excellent crime prevention plant) soon filled the bin. Next came the grass mowing and then the tidy up along the foot of the fence.

An old and now dead berberis snapped in my hand and out came the root together with the creepy crawlies, wood lice and some fat stag beetle larvae. The stump & larvae are now back where they came from.



Female stag beetle  
June 2014

On "Streetlife" ([www.streetlife.com](http://www.streetlife.com)), a local social network where people can talk to their neighbours online, there has been some conversation about stag beetles so search for "Stag beetles 2016" and add your discoveries. I didn't spot any in 2015 but when we first moved here in the early 80s they were very common and summer evenings were often accompanied by the sound of the whirring of their wings and the pop of these large flying beetles crashing into windows and patio doors. They are actually quite harmless.

If you find any please do look after them as they are endangered. You can find much of interest on Wikipedia as well as other sites: <https://ptes.org/campaigns/stag-beetles/>

ASPRA takes no responsibility for the services of advertisers or views published in this magazine, or for inaccuracies or information becoming out of date after publishing.  
This is outside our control.

Betty and Jim brought up their four sons in Colworth Road and two of them, Graham and Michael, were present. Michael, standing beside his younger brother Graham, gave a moving speech about the remarkable qualities of his mum and how proud they were. It was obvious that Betty showed the same determination in their upbringing, striving to give them the best opportunities she could with their limited financial resources. They reminisced about their younger days at 1 Colworth Road and Betty's grandchildren remembered being taken round Bingham Park when they visited Addiscombe.

Samia al Qadhi, the CEO of Breast Cancer Care, spoke about Betty's legacy. "I had the pleasure of working with Betty during my years at Breast Cancer Care. She was such a wonderful woman who wanted the best for people with breast cancer: this has remained the core principle at Breast Cancer Care; providing care, support and information from day one. With over 55,000 people each year receiving a devastating diagnosis, Betty's vision has never been more important and we are committed to continuing her amazing work."

The final speaker who led the unveiling was renowned Breast Cancer Oncologist, Professor Trevor Powles, a patron of Breast Cancer Care. Until 2003 he was Head of Breast Cancer at the Royal Marsden and is now Medical Director at the Cancer Centre London, Emeritus Professor of Breast Oncology at the Institute of Cancer Research and a patron of Breast Cancer Care. Having known and worked with Betty, he spoke of her drive in setting up the support helpline from her home in Colworth Road. Betty went to meet him in the 1970s at the Marsden and he acknowledged her understanding of the many facets of breast cancer and her ability to understand women. He outlined the advances, developments and progress made during his career in the treatment of breast cancer as well as of those who are affected by it. He highlighted the treatment for breast cancer since Betty's diagnosis all those years ago and the essential work carried out by the charity today.

Before retirement Lyn was an events organizer. These skills were very useful for Betty's Plaque Project, not only in the planning in recent months but the attention to detail on the unveiling day. A number of gates and walls in Colworth Road were decorated with large pink bows in 'Breast Cancer Awareness Month'. The window boxes of No. 1, of other nearby houses and the area round a pavement tree outside No. 1 were all freshly planted with small pink cyclamen. As the crowd waited for the VIPs to arrive and the ceremony to begin, trays of cupcakes were passed round along with small meringue cases, each filled with whipped cream and topped with two red raspberries!

**For care, support and information from day one contact:  
Breast Cancer Care's nurses:  
Phone free: 0808 800 6000  
Website: [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)**



## Ashburton Library Forthcoming Events

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

### Monday Talks

#### Monday 9 May 11am

The Life of Gilbert and Sullivan, with Jon Fox.  
£1.50 members/£3 non members, booking essential.

#### Monday 20 June 11am

Doctors in Distress, with Brian Lancaster.  
Free event, booking essential.

#### Monday 4 July 11am

Crystal Palace Subway.  
Free event, booking essential.

#### Knit and Stitch

Every Friday 9.30-11.30am.  
All abilities welcome.

#### Computer sessions for beginners

Learn to set up an email account, use Word, Excel and PowerPoint or improve your typing skills. Booking essential.

Check out the website to see the exciting online resources available at [www.croydonlibraries.com](http://www.croydonlibraries.com)

### Regular children's activities

#### Weekly singing sessions for under 5's

Tuesday, Thursdays and Saturdays at 11am.

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Tracey Connell – Mezzo-Soprano

Anthony Goode – Piano

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2 July 2016

**Shirley Methodist Church  
Eldon Avenue, Shirley 7.30pm**

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*Charles Stanford: Songs of the Fleet*

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**St Matthew's Church**

**Chichester Road, Croydon**

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## Your Committee Members

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### Vice Chairman

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**Fax: 020 3228 4511**

9 September 2015

Dear Mr Hemment and Ms Carey

I am writing to extend my thanks on behalf of all the children, young people and staff here at both Acorn Lodge Children's Unit and the Bethlem Adolescent Unit for the donation of bicycles by residents of the Addiscombe & Shirley Park Residents Association (ASPRA) and yourself.

This was a very generous gesture from everyone involved and will be of enormous benefit to the children and young people on our wards, enabling them to enjoy the grounds we have here at the Bethlem Royal Hospital.

In addition, I also appreciate the time and effort that must have been involved on your part and for that, again, I wish to offer my thanks.

*Jane Ferguson*

**Jane Ferguson**  
**N&S Specialist Inpatient Service Manager**

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### Addendum from Vince Hemment

Any more bikes donated for various projects will be gratefully received.  
To donate a bike please email Vince on: register1947@yahoo.co.uk

## **Shirley Carers'**

### ***Are you a Carer?***

***Are you looking after someone who cannot manage without your help?***

A Carer is someone of any age who provides unpaid support to family, friends or neighbours who could not manage without your support.

If you think you are a Carer and you live or care for someone who lives in Croydon, please contact us to find out if we can help you.

We can provide:

- ◆ Information
- ◆ Advocacy
- ◆ Local Social Groups (and events)
- ◆ Referral for Carers' Assessments

Carers Coffee Clubs meet monthly as follows:

**Shirley** Last Thursday @ 10.30-12.00

The Shirley Café, 219 Wickham Road, Shirley CR0 8TG

**New Addington** Third Friday @ 12.00 & 1.30pm

Treats by Eden, 18 Central Parade, New Addington CR0 OJB

**All Carers and the person they care for are welcome**

For more information and to register for more details contact:

Phone: 8663 5664

Email: [carerssupport@helpforcarers.org.uk](mailto:carerssupport@helpforcarers.org.uk)

Help For Carers and Croydon Hub have Big Lottery funding to support carers throughout Croydon.



## **Future Dates**

### **Road Reps' Meetings**

22 June 2016 Small Hall

27 September 2016 Pavilion

8 February 2017 Small Hall

### **All meetings are held at :**

St Mildred's Centre, Bingham Road

Refreshments: 7:30pm

Meeting starts: 8pm

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

## ***ASPRA NEEDS YOUR HELP! WE NEED:***

### **OFFICERS**

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***Editor***

### **ROAD REPS**

***Cheyne Walk***

***Craven Road***

***Fryston Avenue***

***Greencourt Gardens***

***Lower Addiscombe Road (194-362)***

***Sefton Road***

### **VOLUNTEERS**

***Editorial Team***

***Local Issues Planning Group***

***Ad Hoc Volunteers when needed***

We are an enthusiastic and committed Committee and will give you all the help and support you need. **Without volunteers for these roles the Association will not be able to continue.** If the Association is important to you please think about getting involved.  
***Please contact The Secretary for more information.***

## **Croydon Petanque Club** *French boules*

The Croydon Petanque Club has been established in Ashburton Park (by the car park) for nearly 20 years and offers members the opportunity to play either socially or in a more competitive environment. The atmosphere is friendly and relaxed and we would welcome anyone who would like to try a new sport. Our membership covers all ranges of abilities from beginners to experienced players and there is always someone to offer help and coaching. Please come along to any of the sessions below; equipment is provided.

We meet four times per week as follows:  
Wednesdays and Sundays 10am  
Fridays & Saturdays 1pm

For more information, please contact:

Brian 86546929  
Terry 86542601  
teames571@yahoo.co.uk



## **Croydon Dancing Club** **Braithwaite Hall** **Katharine Street, Croydon** **Mondays**

7:00-8:00pm    Beginners  
8:15-9:30pm    Improvers  
£5 a session    During term time

A not-for-profit organisation aiming to provide an opportunity to learn dance styles including ballroom and Latin American. Profits will be donated to registered charities.

### **Contact details**

07779 361673  
croydance@hotmail.com

## **Jumble Trail** *By Jenny Crook*



Jumble Trail was set up to raise funds for ASPRA Festive Lights and give local residents the opportunity to de-clutter, sell homemade goods and meet their neighbours.

The Jumbletrail.com website was the starting point. Fliers were distributed to every house in the ASPRA area and residents were encouraged to register a stall for a fee of £5. The site was used to communicate with stallholders with a phone contact for queries. There was a map available on the website where stallholders could show the location of their stall. A Facebook page was set up, information was posted on Streetlife and posters were displayed in local shops and on lamp posts in the ASPRA area - although Storm Katy helpfully washed out the details on some! Allen Heritage sponsored the event with their boards and a generous donation to ASPRA. Boards advertising the event were 'placed' in front of stallholders' properties with neighbours response: 'I thought you were moving house!'

We had just over 50 stalls. Unfortunately it was not possible to print off a clear map from Jumble Trail as a few stallholders did not locate their stall too precisely! A few days before the event we produced a map of all the stalls with the house numbers and streets for those following the trail and copies were also available on the stalls.

We were delighted that the great majority of stallholders decided to brave the bad weather and it was heartening to see people following the Jumble Trail throughout the day. People were friendly and even if they didn't buy anything, most were happy to chat. Some had come for a purpose: one man asked, 'Have you got any old bikes?' Maybe next time. Feedback from stallholders was very positive; it was a successful community event. Stallholders met people from within the ASPRA area, as well as visitors from Bromley, Purley and further afield. A lot of stall holders and residents said they would have a stall next time.

Roads where there were several stallholders attracted greater footfall and single stalls and those on the edge of the ASPRA area had fewer visitors. Next time it would be better for neighbours to create a group of stalls in the same road and a Saturday in the summer months was favoured. One stallholder volunteered to become a Road Rep after meeting some active members. She also commented that the ASPRA Jumble Trail can only get bigger and better! We hope so too.

## **Croydon Local Plan By Bob Sleeman**

**The CLP is a major piece of work and we really need an experienced planner to take this on as an ASPRA project.**

ASPRA worked with other local Residents' Associations to produce a formal response to the Council regarding the Local Plan. The appeal for a longer consultation period was rejected, so there was no joint response but the ASPRA response was presented on time. An edited version is available at: [www.theaspra.org.uk/files/16-agm15.pdf](http://www.theaspra.org.uk/files/16-agm15.pdf).

This was the second round of consultation and it became clear that there were several significant new items hidden in the mountain of paperwork. These included deregulation of metropolitan open land to allow high density housing and designation of areas where "intensification" would be allowed which impact on the eastern fringe of the ASPRA area. Also of concern were provisions for Traveller sites in wards adjacent to Ashburton. Unfortunately Heritage status has been rejected so we can expect unsympathetic developments.

Another area of planning related to proposals for a London-Brighton railway running through Elmers End, Addiscombe and Selsdon via Uckfield and Lewes. ASPRA added its objection and responded to the chairman of the Whitgift Estate RA as coordinator. Our MP indicated that the proposals had been shelved in favour of two extra platforms at East Croydon, requiring the demolition of buildings, removal of part of Gloucester Road and the construction of a new railway bridge linking Lower Addiscombe Road and St James's Road.

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## **Ashburton Park Bowling Club Ladies & Gentlemen Roll up! Roll up!**

Be a bowler, not a couch potato - it's healthier and friendlier. Your marathon running days may be over (or may not even have started), but lawn bowling is waiting for YOU.

Young, middle aged, senior - it's never too late nor (almost) too early to start.

The game needs bowls (woods); jacks level, high or low; touchers and ditchers; greens and rinks and of course, players. You'll soon learn what all that means. The outdoor season has just started.

### **Free Coaching Sessions**

5pm Tuesdays in May

The bowling green is in Ashburton Park;  
(entrance from Sissinghurst Road, Addiscombe)

Further information from :

Bob Wright

Phone: 8654 3211

## **Stovell House Patient Participation Group**

Are you interested in finding out more about Stovell House Surgery? Would you like to influence the development of local health services?

We are keen to expand the Patient Participation Group (PPG), so please contact us and find out how you can get involved. Tell us your ideas and suggestions to improve your surgery and the provision of health and social care in Addiscombe.

Contact us via the Surgery Reception or email  
[contact@stovellhouseppg.org.uk](mailto:contact@stovellhouseppg.org.uk)

## **Bingham Park Gardening Group**

### ***By Lyn Simmons***

Within our area we are very fortunate in having a hidden gem tucked away behind Bingham Road. Addiscombe Recreation Ground, as it is formally known, dates back to 1911. It was previously farmland and at one time was part of the Ashburton Estate (*see article on Ashburton Estate - Ed*). Locally we refer to our green space as Bingham Park.

It is a very well used park, not only by young children enjoying the playground and older children playing football and tennis but also by numerous dog walkers. Runners and walkers use the perimeter path to keep fit and there are several seats to rest and enjoy the green space. Snowmen are built in winter and families enjoy picnics in the summer.

Over the years, we have seen some changes to the park, including the loss of park keepers and the grassing over of rose beds. Following an email sent to ASPRA members, a group of volunteers has now formed a gardening group with the aim of restoring two flower beds to their former glory. A meeting with a member of Croydon's Parks department resulted in the contractors responsible for park maintenance clearing the two beds of weeds and pruning the shrubs. This has given the group an almost 'blank canvas' to start planting. The group was very fortunate in acquiring several hundred crocus bulbs from the pop-up crocus farm on the former Taberner House site. So Bingham Park will have its own beautiful crocus garden. There are currently no funds available to purchase plants, although research is being conducted on what grants may be available.

In the meantime, the gardening group are searching their own gardens for cuttings and surplus plants to bring to the park and one member sourced some rocks to mark out the bed backing on to Carlyle Road. Bingham Park is a fantastic resource for so many members of our community and we want to add some colour and beauty to the flower beds. Who knows, with more volunteers we could focus on some other areas of the park, particularly the three entrance walkways.

The Sunday Times recently reported on a call for gardening to be made compulsory on the primary curriculum so perhaps families in the area with small or no gardens might want to participate in our garden projects.

If you would like to volunteer to do some gardening or make a plant donation please contact: [secretary@theaspra.org.uk](mailto:secretary@theaspra.org.uk)

Lady Ashburton subsequently had an intimate friendship with the American neo-classical sculptress, Harriet Hosmer (1830-1908). When Lady Ashburton died in 1903, the estate passed to her grandson, Lord Spencer Douglas Compton. Subsequently the land was sold and permission was given to build, stipulating that all the houses should be of "ornamental appearance" and "good and sound materials". Prices were to be not less than £350 for a detached house, £300 for a semi-detached and £275 for a terraced house. Ashburton House itself was demolished in 1912/13.

The new houses were laid out in attractive, tree-lined roads and avenues, each with a good sized front and back garden, rear access lanes etc. and this pattern largely remains. Many houses were strongly influenced by the "Arts & Crafts" movement of the day, with half timbering, decorative hung tile work, gabled roofs and stained and leaded glass.

The Black Horse pub (recently demolished) was said to be the oldest in the area. Woodside Race Course is shown on the 1868 ordnance survey map on the site of Ashburton School, now the Oasis Academy and Woodside Station was built with special facilities for the movement of the horses.

#### ***Copyright Information:***

*Mrs Janice Buxton for permission to use her archives for research.*

*Image courtesy of the Museum of Croydon. The painting is a work by Evacustes Arthur Phipson (reference: M/1993/664) which can be viewed in the Croydon Art Collection.*

*(At the invitation of Croydon Council's Spatial Planning Department, in 2014 ASPRA applied for Local Heritage Area designation. Aside from some individual buildings as candidates for listings, this was turned down in 2016. Although acknowledged as an attractive place to live with buildings of some merit, the ASPRA area did not meet with the required English Heritage criteria for LHA purposes.)*

## Addiscombe and the Ashburton Estate By Hilary Chelminski



“Adscomb”, as Addiscombe was originally spelled, within the Croydon Manor, was enclosed land belonging to Eadda from Anglo Saxon times. It was primarily given over to farming (crops included wheat, oats, barley, beans, peas, cabbage and hay) and as it had a number of clay beds, there was also a brick making industry, based mainly

around Woodside. Addiscombe roughly comprises three areas which were three historic estates, each with its own mansion house: Addiscombe Place designed by Sir John Vanbrugh, which later became the East India Military Academy; Ashburton House, on the corner of Northampton Road and Addiscombe Road; and Stroud Green House, closer to Shirley and Ashburton Park, all now demolished. The area covered by ASPRA, bounded by what is now Northampton Road, Shirley Road (then Stroud Green Lane), Addiscombe Road (then Addiscombe Lane) and Lower Addiscombe Road (then Beckenham Road), closely coincides with the original Ashburton Estate.

The Ashburton family fortunes were founded by Johann (later John) Baring (1697-1748), a German immigrant from Bremen, apprenticed to a wool merchant in Exeter, who married Elizabeth Vowler (1702-1766), the daughter of a wealthy grocer with a dowry of £20,000. They prospered and their children went into the world of merchant banking. Their son, Sir Francis Baring (1740-1810) married Harriet Herring (1750-1804), daughter of Croydon merchant William Herring and cousin of Thomas Herring, Archbishop of Canterbury. They also prospered and Sir Francis became a director of the East India Company from 1779. Through their trade with North America, their son Alexander married the eldest daughter of the wealthy Senator William Bingham and their third son married his younger daughter. Alexander became 1st Baron Ashburton. His eldest son, William Bingham Baring (1799-1864), married Lady Harriet Mary Montagu (1805-1857), who inspired the devotion of Thomas Carlyle. Their only child died in infancy and on the death of his wife Lord Ashburton married Louisa Caroline Stewart-Mackenzie (1827-1903). They had one daughter, the Hon. Mary Florence, who married William Compton, 5th Marquis of Northampton. Lord Ashburton died in 1864 and was succeeded in the barony by his younger brother, Francis.

## Extend Exercise By Maureen Home

Extend is a nationwide organisation which provides exercise classes for older people or those with disabilities to help improve mobility.

Classes are held as follows:

Location: St Mildred's Centre, Large Hall, Bingham Road

Day: Mondays and Fridays 10-11am

Cost: £4 per session

Fiona, who runs the classes, is fully qualified to put us safely through a carefully structured series of exercises. The class is tailored according to the needs and limitations of each member. Most of the exercises are done seated but halfway through the session some are done standing, holding on to a chair if necessary. The aim is for participants to improve strength and mobility in the whole body. The atmosphere is relaxed with a good deal of laughter accompanied by favourite old time music hits.

Currently there are no men in the class, but there have been male members in the past and men are very welcome to join. It would be fair to say that whilst we are more than a class we are not quite a club.

For further details please contact:

Addiscombe Neighbourhood Care

Phone: 8654 5062

Open: Mon - Friday 9:30 - 12 noon

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**Addiscombe Festive Lights**  
**By Hilary Chelminski**  
**ASPRA Projects Consultant**

Congratulations to all our ASPRA members for the festive lighting throughout the Christmas Season from November 2015 to January 2016. This was the first of the five years for which we have signed up. The annual cost is £2,500 – so, £12,500 in all. The lights were much admired and judged a great success by all who saw them, featuring two designs (as shown above) and they greatly added to the atmosphere during the festive season.

In addition to those mentioned in the last issue of the ASPRA magazine, special thanks are due to Chris Mann for his invaluable advice relating to the contract. We would also like to thank John and Sheila Newbold for reporting any lighting failures, so that the Skanska team could be alerted promptly over maintenance. ASPRA would also like to thank all those who kindly donated towards the costs of the lights.

**Donations received of between £100 and £500:**

£500 from Ashburton Councillor Stephen Mann's Ward Budget

£200 from the Blackhorse Residents' Association

£100 from St Mildred's Church

£100 from Stovell House Surgery

£100 from The Valet, Barbers.

**Donations received of between £25 and £50:**

Streets Ahead Estate Agents

The Fish House

Finches Hardware Shop

Vic Gibson Butchers

The Prawnbroker

Several of the other traders and shops did promise donations, but perhaps forgot to follow this through. Disappointingly, although they were all approached, no donations were received from any of the larger "chain" businesses and shops in the area, although they too will have benefitted from the Lights.

Although ASPRA applied to Croydon Council's Active Communities Fund for a small grant towards the costs of the lights, we recently heard that this was not successful. However we would like to thank Gavin Barwell, St Mildred's and the Tram Stop Cafe for the glowing references which they kindly provided for our efforts. Without this grant, we shall have to canvas our local shops, traders and businesses more actively in the future, especially as it is hoped that they will be some of the main beneficiaries of the lights.

In conjunction with the festive lights, next year Blackhorse Residents' Association would like to arrange to place a Christmas Tree at Blackhorse Corner and a number of local groups have expressed interest in holding events such as carol singing. It is also being proposed that perhaps the local shops would be able to get together to arrange for a "late night shopping" evening, perhaps serving mince pies, mulled wine and other seasonal delights. *(This used to a regular event in the lead up to Christmas with the previous lights - Ed.)*